



# August 30th -September 5th

## Swordfish \$17.95

## **Grilled Marinated Swordfish**

- 4 swordfish steaks, about 6 ounces each, one-inch thick
- Salt and freshly ground pepper to taste
- 3 tablespoons olive oil
- 2 teaspoons soy sauce
- 1 tablespoon red-wine vinegar
- 4 sprigs rosemary or 1 teaspoon dried
- 1 tablespoon finely chopped garlic
- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- 2 teaspoons grated lemon rind
- ¼ teaspoon red pepper flakes
- 1. Preheat your charcoal grill.
- 2. Sprinkle fish with salt and pepper on both sides. Place oil in a flat dish, and add soy sauce, vinegar, rosemary, garlic, coriander, cumin, lemon rind, and pepper flakes. Blend well. Place fish steaks in marinade, coat well on both sides, cover with plastic wrap and let stand for 10 to 15 minutes.
- 3. Place fish on the grill and cook for 3 to 4 minutes. Turn and cook for 3 minutes more. Serve withyour favorite side dish.

#### **Reminders**

**Tuesdays:** \$2.00 off anything in the case Curbside assistance and delivery options are available.

Orders delivered Monday - Saturday
Ventura & Oxnard \$50 minimum
Ojai & Camarillo \$100 minimum

## <u>Ahi Tuna \$25.95</u>

### **Ahi Tuna Tacos**

- 6 soft taco shells
- 1 pound sushi-grade ahi tuna, cut into bite-sized pieces
- 1 avocado, diced
- ½ cup shredded purple cabbage
- 1 mango, chopped into chunks
- Spicy chipotle mayo (or your favorite sauce), as needed
- 6 lime wedges
- Cilantro, as needed
  - 1. Chop and prepare all ingredients listed.
  - 2. Warm taco shells on the grill, if desired, and then assemble with fixings.
  - 3. Enjoy immediately with a hefty squeeze of lime juice.

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Monday - Friday 11:00 AM - 6:00 PM

Saturday & Sunday 10:00 AM - 4:00PM