



Weekly Specials



November 1st - November 7th

Grouper \$19.95

Creole Cast Iron Grouper

- 1 lb. grouper
- 3 tablespoons olive oil
- 4 cloves pressed garlic (or minced)
- 3 tablespoons creole seasoning
- 1-2 tablespoons finely grated parmesan cheese

1. Preheat oven to 425 degrees. Place cast iron skillet in the oven while preheating. (If you don't have a cast iron skillet, just use a roasting pan, but don't preheat the pan.)
2. In a small bowl mix together oil, garlic, 2-3 tablespoons of the seasoning, and Parmesan cheese. Brush the fish generously with mixture and place in the hot skillet (be careful and don't forget to use an oven mitt!) Place skillet and fish back into the oven. Cook for about 12-15 minutes, depending on the thickness of the fish until the fish is translucent and flaky.

Swordfish \$19.95

Grilled Swordfish with Lemon, Mint, and Basil

- 1/2 cup olive oil
- 3 tablespoons chopped fresh mint leaves
- 3 tablespoons fresh lemon juice
- 1 tablespoon chopped fresh basil leaves
- 1 garlic clove, minced
- Salt and freshly ground black pepper
- 4 (5 to 6-ounces each) swordfish steaks

1. Prepare the grill (medium-high heat). Whisk the oil, mint, lemon juice, basil, and garlic in a medium bowl to blend. Season the lemon and olive oil mixture with salt and pepper, to taste.
2. Brush the swordfish steaks with 2 tablespoons of the lemon and olive oil mixture. Grill the steaks until just cooked through, about 3 minutes per side (depending on the thickness of steaks). Transfer the steaks to plates. Spoon the remaining sauce over and serve.

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

2894 Bunsen Ave. Unit B
Ventura, CA 93003

www.oceanprideofventura.com
(805) 644-4310



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

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

