



Weekly Specials



November 8th - November 14th

John Dory \$18.95

Lemon Caper John Dory

- 2 tablespoons olive oil plus 2-3 extra to serve
- 2 (6 ounces) John Dory fillets with skin on
- 2 teaspoons capers in brine
- 1/2 lemon, juiced
- Freshly ground black pepper

1. Preheat oven to 350F.
2. Grease an oven-proof dish with olive oil and place fish, skin side down, in the dish. Bake for 10-15 minutes. Test your fish by pushing a skewer into the flesh – if there is resistance, it will need to cook a little longer. If the skewer pushes in and comes out easily it means the fish is flaky and ready.
3. Remove from oven and transfer to serving plates. Add extra olive oil, lemon juice, and capers to the pan and mix well. Drizzle over the fish and season with pepper.
4. Serve with a mixed green salad or watercress.

Orange Roughy \$19.95

Italian Orange Roughy

- 1/4 cup Italian seasoned bread crumbs
- 2 tablespoons grated parmesan cheese
- 2 tablespoons grated romano cheese
- 1/4 teaspoon garlic powder
- 1/2 teaspoon salt, or to taste
- 1 pound orange roughy fillets
- 1/4 cup butter, melted
- 1 tablespoon chopped fresh parsley

1. Preheat oven to 400F. Coat a medium baking dish with non-stick cooking spray.
2. In a shallow bowl, mix bread crumbs, parmesan cheese, romano cheese, garlic powder, and salt.
3. Brush both sides of orange roughy fillets with butter, and dredge in the bread crumb mixture. Arrange fillets in a single layer in the prepared baking dish, and sprinkle with parsley.
4. Bake in preheated oven for 10 to 15 minutes, or until the fish flakes easily with a fork.

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



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

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