



Weekly Specials



January 31st - February 6th

Orange Roughy \$19.95

Orange Roughy with a Twist

- Four 6-ounce orange roughy fillets
- 2 tablespoons olive oil
- Salt and pepper to taste
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 1/2 cup salsa, divided
- 1/2 cup feta cheese, crumbled
- 4 cups baby spinach leaves

1. Combine salt, pepper, garlic, and onion powders. Brush fish fillets with oil and sprinkle all sides with the mixture.
2. Cover and refrigerate for 30 minutes. Spoon 1/4 cup salsa over the fillets.
3. Bake at 350°F for 20 minutes or until fish flakes easily when tested with a fork. Remove from the oven and sprinkle with feta.
4. Return to the oven for an additional 5 minutes to soften the cheese.
5. Serve fish over spinach with additional salsa.

New Zealand King Salmon \$17.95

Lemon & Rosemary Salmon

- Four 6-ounce salmon steaks
- 1 lemon
- 2 tablespoons extra virgin olive oil
- 1 tablespoon chopped fresh rosemary
- 2 teaspoons freshly minced garlic
- 2 tablespoons nonpareil capers (optional)
- Salt & pepper for seasoning

1. Heat the oven to 400°F.
2. Place salmon steaks on a parchment paper-lined baking tray. Season with salt & pepper. Zest the lemon directly onto the fish with a fine grater or microplane.
3. In a small bowl, juice the lemon and add olive oil & rosemary. Whisk with a fork until slightly emulsified and spoon over the salmon. Top each steak with garlic.
4. Place the tray into the oven and bake for 10 - 12 minutes.
5. Remove from the oven and transfer to a serving dish. Drizzle with pan juices and garnish with capers if using.

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 - 4:00 PM