



Weekly Specials



January 3rd - January 9th

Barramundi \$18.95

Lemon Basil Barramundi

- 2 barramundi fillets (skin on or off)
- cooking spray (canola or olive oil)
- 2 tablespoons salted butter
- 1 small garlic clove, minced
- 1/2 teaspoon salt
- 3 tablespoons lemon juice
- 4 -6 fresh basil leaves

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1. Rinse fillets and pat dry with a paper towel
 2. Spray fillets with canola or olive oil.
 3. Saute fillets on high heat, 3 minutes (skin side up.)
 4. Flip and cook for 1 more minute. Transfer to serving dish.
 5. For the sauce, gently saute the garlic and butter for about 2 minutes. Stir in salt, lemon juice, and basil.
 6. Remove from heat and spoon the sauce over fillets immediately before serving.

John Dory \$19.95

Smoked Paprika John Dory

- 1/2 cup butter, softened
- 1/2 teaspoon smoked paprika
- 1 tablespoon olive oil
- 4 John Dory fillets (6 ounces each)
- Salt, to season
- 1 lemon, cut into wedges

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1. Combine the butter and paprika and set aside. Heat a large frying pan until very hot and add the olive oil.
 2. Season the fish well with salt and add the fillets to the pan, skin side down, pressing firmly with a fish press or the back of a spatula for a minute or so to stop the fillet from curling.
 3. Cook for about 2 minutes, then flip and add the paprika butter to the pan, basting the fish with it as it melts. Cook for another 2 minutes until the fish is just cooked and the butter is bubbling.
 4. Remove from the pan and serve immediately with wedges of lemon.

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