



# Weekly Specials



May 23rd -  
May 29th



## Petrале Sole \$15.95

### Lemon and Balsamic Sole

- 1 1/4 pounds sole fillets, about 6 ounces each
- 1/4 cup balsamic vinegar
- 1/4 cup fresh lemon juice
- 1 teaspoon dry mustard
- 1 small yellow onion, chopped
- 2 teaspoons fresh parsley, chopped
- 1 lemon, cut into slices
- Salt and pepper, to taste

1. Rinse and pat dry the fish fillets with paper towels. Place them in a shallow baking dish.
2. In a small bowl, combine the balsamic vinegar, lemon juice, mustard, onion, and chopped parsley. Mix and pour over the fish. Cover with plastic wrap and refrigerate for 20 to 30 minutes.
3. Preheat the grill and oil the grates well. Remove fish from marinade and place on grill. Grill on high heat for about 4 to 6 minutes or until the fish reaches an internal temperature of at least 145 F.
4. Once cooked through, remove from grill, sprinkle salt and pepper. Garnish with lemon slices, and serve immediately.

## Grouper \$21.95

### Key Lime Butter Grilled Grouper

- 1 1/2 pounds of grouper fillets, about 6 ounces each
- 2 tablespoons softened unsalted butter
- 2-3 tablespoons lime juice
- Zest of 1 key lime
- Salt and pepper, to taste

1. Heat a grill to medium or medium-high heat.
2. Stir the zest and juice of one key lime into the softened butter.
3. Brush key lime butter on each grouper fillet and season with salt and pepper.
4. Place fillets on the grill and cook for approximately 6 minutes per side. When cooked the fish will become opaque and flaky.
5. Once the fillets are cooked through, place them on the serving dish and brush with any remaining butter.
6. Serve with additional lime wedges or pico de gallo if desired.

### 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](http://www.oceanprideofventura.com)  
(805) 644-4310



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

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