



Weekly Specials



May 2nd - May 8th

Ocean Trout \$21.95

Spice-Crusted Ocean Trout

- 2 teaspoons ground coriander
- 2 teaspoons ground cumin
- 1 teaspoon sweet paprika
- 1 teaspoon sea salt
- 4 ocean trout fillets, 6 ounces each
- 1 tablespoon olive oil
- Mixed salad leaves, to serve
- Lemon wedges, to serve

1. Combine coriander, cumin, paprika, and sea salt in a bowl. Rub over fish. Place fish in a glass or ceramic dish. Cover with plastic wrap and place in the fridge for 30 minutes to develop the flavors.
2. Heat the oil in a non-stick frying pan over medium-high heat. Add trout and cook for 2 minutes on each side for medium or until cooked to your liking.
3. Serve over mixed greens and top with a squeeze of lemon.

Alaskan Halibut \$31.95

Halibut Caprese

- 4 halibut fillets, 6 ounces each
- Salt and pepper, to taste
- 8 slices fresh mozzarella cheese
- 8 large fresh whole basil leaves
- 2 medium tomatoes, *each cut into 4 slices*
- 3 tablespoons balsamic vinegar
- 1½ tablespoons olive oil
- ⅓ cup fresh basil, *chopped*

1. Preheat broiler/oven to medium-high (450°F). Line a baking sheet with aluminum foil, and coat with nonstick cooking spray. Place halibut in a pan and broil about 5 inches from heat source for 4 to 6 minutes, or until lightly browned. Turn fillets over and season with salt and pepper.
2. Broil an additional 1 to 2 minutes until fish is opaque throughout.
3. Remove halibut from oven, layer 2 slices of cheese, 2 basil leaves, and 2 slices of tomato over each portion. Return halibut to the oven and broil an additional 2 minutes, until cheese begins to melt. Blend balsamic vinegar and oil. To serve, spoon dressing over fillets and garnish with chopped basil.

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