



Weekly Specials



August 1st - August 7th

Grouper \$21.95

Creole Spiced Grouper

- 1 lb. grouper
- 3 tablespoons olive oil
- 4 cloves pressed garlic (or minced)
- 3 tablespoons creole seasoning
- 1-2 tablespoons finely grated parmesan cheese

1. Preheat oven to 425 degrees. Place cast iron skillet in the oven while preheating. (If you don't have a cast iron skillet, just use a roasting pan, but don't preheat the pan.)
2. In a small bowl mix together oil, garlic, 2-3 tablespoons of the seasoning, and Parmesan cheese. Brush the fish generously with mixture and place in the hot skillet (be careful and don't forget to use an oven mitt!) Place skillet and fish back into the oven. Cook for about 12-15 minutes, depending on the thickness of the fish until the fish is translucent and flaky.

Ahi Tuna \$26.95

Pan-Seared Tuna with Avocado

- 2 big handfuls of fresh cilantro leaves, finely chopped
- 1/2 jalapeno, sliced
- 1 teaspoon grated fresh ginger
- 1 garlic clove, grated
- 2 limes, juiced
- 2 tablespoons soy sauce
- Pinch of sugar
- Sea salt and freshly ground black pepper
- 1/4 cup extra-virgin olive oil
- 1 (6-ounce) block sushi-quality tuna
- 1 ripe avocado, sliced

1. In a mixing bowl, combine the cilantro, jalapeno, ginger, garlic, lime juice, soy sauce, sugar, salt, pepper, and 2 tablespoons of olive oil. Stir the ingredients together until well incorporated.
2. Place a skillet over medium-high heat and coat with the remaining 2 tablespoons of olive oil. Season the tuna generously with salt and pepper. Lay the tuna in the hot oil and sear for 1 minute on each side to form a slight crust. Pour 1/2 of the cilantro mixture into the pan to coat the fish. Serve the seared tuna with the sliced avocado and the remaining cilantro sauce drizzled over the whole plate.

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