



Weekly Specials



August 22nd - August 28th

Swordfish \$19.95

Lemon-Basil Swordfish

- 2 swordfish steaks, 1-inch thick
- Juice of 1/2 lemon
- Extra virgin olive oil
- Salt and freshly ground black pepper

Lemon-Basil Butter

- 4 tablespoons of unsalted butter, softened
- 1 teaspoon of freshly squeezed lemon juice
- Lemon zest
- 1/2 teaspoon of garlic, minced
- 1/4 teaspoon of salt
- 2 tablespoons of minced fresh basil

1. Preheat a gas or charcoal grill to high heat.
2. Cut each swordfish steak in half, drizzle with lemon juice and let stand for 1 minute. Rub both sides of each steak with olive oil, salt, and pepper and set aside.
3. Place the butter, lemon juice, lemon zest, garlic, salt, and basil in a small bowl and combine well. Set aside until ready to serve.
4. Oil the grill grates and add the fish. Grill the swordfish steaks until opaque throughout, 3-1/2 to 4-1/2 minutes per side.
5. Top each piece of fish with about 1 tablespoon of lemon-basil butter just as it comes off the grill. Rest for 3 minutes before serving.

Arctic Charr \$19.95

Sesame Crusted Arctic Charr

- 2 Arctic charr fillets, cut in half
- 1/8 teaspoon of salt
- 3 tablespoons of hoisin sauce
- 1/2 cup of mixed black and white sesame seeds
- 2 tablespoons of unseasoned rice vinegar
- 1 1/2 teaspoons of minced ginger
- 1/2 teaspoon of sriracha hot sauce
- 3 bundles of soba noodles
- 1 cup of frozen edamame
- 2 teaspoons of canola oil
- 1 teaspoon of dark sesame oil

1. Boil a medium pot of water.
2. Sprinkle fillets with salt and fresh pepper. Lightly coat the flesh with 1 tbsp hoisin. Pour sesame seeds onto a large plate. Press fillets, flesh-side down, into seeds to cover.
3. Whisk the remaining 2 tbsp hoisin with vinegar, ginger, and sriracha in a large bowl until combined.
4. Cook soba and edamame in boiling water, until al dente, 4 min. Drain and rinse under cold water. Drain well, then toss with hoisin mixture until well coated.
5. Heat a large frying pan over medium-high. Add canola and sesame oil, then fillets, seed-side down. Cook until golden, flipping halfway through, 5 to 7 min.
6. Serve noodles with arctic charr overtop.

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