



# Weekly Specials



## August 8th - August 14th

### Local Halibut \$21.95

#### Balsamic Glazed Halibut

- 2 tablespoons of balsamic vinegar
- 1 teaspoon of brown sugar, packed
- 1 teaspoon of Dijon mustard
- 12 ounces of halibut
- 1 teaspoon of black pepper

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1. In a bowl, mix together vinegar, brown sugar, and mustard.
  2. Rinse fish and pat dry with paper towels.
  3. Lightly spray fish with cooking spray, then sprinkle with black pepper.
  4. Heat a large non-stick skillet lightly coated with cooking spray over medium-high heat.
  5. Add fish and cook until browned on the bottom, about 4 minutes.
  6. Turn pieces over. Spoon vinegar mixture over browned sides.
  7. Reduce heat and cook until fish is opaque but still moist in the center, about 4 to 5 minutes longer. Serve immediately.

### Fresh Scallops \$44.95

#### Citrus Ginger Scallops

- 2 tablespoons of avocado oil
- 1 1/2 lb of fresh scallops
- 1 orange, zested and juiced
- 1 lemon, juiced
- 1 tablespoon of fresh ginger, grated
- 2 tablespoons of butter
- Sea salt, to taste
- Fresh thyme, for garnish

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1. Pat your scallops dry with a paper towel and sprinkle them with sea salt.
  2. Heat the oil in a sauté pan over medium-high heat. When the oil is nearly smoking, place your scallops in the pan and sear for approximately one and a half to two minutes on each side. Remove scallops to a plate.
  3. Reduce the heat to medium and add the orange and lemon juice, orange zest, grated ginger, and butter to the pan. Whisk the sauce together in the pan until it's simmering, then add the scallops back to the pan and spoon the sauce on top.
  4. Plate your scallops, drizzle more sauce on top and garnish with thyme.

#### 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