



THE FRENCH GOURMET

Catering - Restaurant - Bakery - Wine Boutique
960 Turquoise Street, San Diego, CA 92109
(858) 488-1725 x 316 (858) 488-1799 fax
www.TheFrenchGourmet.com

Dinner Menu

Sun & Mon Closed for dinner
Tues-Sat 4:00pm to 9:00pm

FIRST COURSE – APPETIZERS, SOUP, AND SALADS

Pâté Maison Sampler Duck, Chicken Liver, and Country	7.95
Escargots à la Bourguignonne Half a dozen escargots broiled in garlic-herb butter	8.95
Moules Marinières Black mussels, white wine, shallots, and cream	9.95
Crab Cakes Lemon Beurre Blanc, chives	12.95
Olive-Rosemary Bruschetta Oven roasted tomatoes, garlic aioli, pine nuts and fresh basil	7.95
Charcuterie Plate – Chef's Choice	14.95
Soupe à l'Oignon Gratinée – Cup (French Onion Soup) Topped and broiled with a toasted baguette slice and Swiss cheese	7.95
Salade Maison Bibb lettuce, frisée, Belgian endive, tomatoes, and house vinaigrette	6.95
Frisée aux Lardons Cherry tomatoes, poached egg, bacon pieces, and shallot vinaigrette	9.95
Grilled Peach & Arugula Salad Blue cheese, red onion, citrus vinaigrette	9.95
With flat iron steak	14.95

BEVERAGES

We proudly serve environmentally-friendly, in-house purified water	Orangina 3.00
Vivreau Still or Sparkling Water	Coffee / Decaf 2.25
Evian Mineral Water (1.5 liter) 3.95	Tea / Iced Tea 2.25
Badoit Sparkling Water (750 ml) 4.95	Café au Lait / Latté 4.00
Coke, Diet Coke, Sprite 2.00	Cappuccino / Café Mocha 4.00

We proudly serve CAFÉ MOTO coffees and espressos

Award-Winning Wine List Available

Menu subject to change without notice.

Please understand that market conditions change daily. If a menu item fails to meet our standards it will not be offered.

Gratuity will be added to parties of six or more. 5.00 split charge for a la carte items (no splitting on prix fixe menu).

Applicable sales tax will be added. Please present any coupons or gift cards/certificates when asking for bill.

Ask for our To-Go menu. Shirt and shoes required. We reserve the right to refuse service to anyone.

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your chance of foodborne illness.

ENTRÉES

Entrées are served with the fresh vegetables

Add sautéed garlic mushrooms to any entrée 6.00

Pan Roasted Crispy Skin Frenched Chicken 19.95
Lemon-Tarragon, mashed potatoes

Duck Leg Confit 20.95

Braised red cabbage, black currant demi-glace,
mashed potatoes

(Lapin) Rabbit á la Moutarde 20.95
Fingerling potatoes

Filet Mignon 27.95

Green peppercorn or Béarnaise sauce, and
mashed potatoes

With Shrimp Scampi 37.95

Cabernet Braised Short Ribs 22.95
With mashed potatoes

Grilled Flat Iron Steak 21.95

Green peppercorn Béarnaise sauce
Potatoes au gratin

Sautéed Calf Liver 21.95

Onions, demi-glace, mashed potatoes

Dijon-Crusted Rack of Lamb 27.95
Potatoes au gratin

Catch of the Day Market Price
Local and sustainable fish of the day,
Chef's preparation

Bouillabaisse 26.95

Fresh fish, mussels, scallops and shrimp,
fennel and tomato. Toast rouille

Shrimp Scampi 26.95

Sautéed with garlic butter, lemon,
and white wine. With mashed potatoes

Scallops Meuniere 26.95

Sautéed with white wine, shallots, garlic butter,
tomato. Lentils and kale

Pan Seared Fresh Salmon 23.95

Béarnaise or Salsa Verde, mashed potatoes

Salmon Dijonnaise 23.95

Fresh salmon filet baked with mustard,
citrus, and tarragon. Fingerling potatoes

Vegetarian

Ratatouille and Quinoa (V, GF) 18.95

Caramelized Pearl Onion, Fennel
and Blue Cheese Tarte Tatin 18.95

SIDES: Mashed potatoes, Potatoes au Gratin, Fingerling Potatoes, or Lentils & Kale 5.00 each

PRIX FIXE

29.95

Choice of one appetizer, one entrée, one dessert

No substitutions

Appetizers

Salade Maison

Soupe a la Oignon Gratinée

Escargots à la Bourguignonne

Olive-Rosemary Bruschetta

Entrées

Pan Roasted Crispy Skin Frenched Chicken - Lemon-Tarragon and mashed potatoes

Flat Iron Steak – Béarnaise or Green Peppercorn Sauce and potatoes au gratin

Pan Seared Salmon – Béarnaise or Salsa Verde and mashed potatoes

Ratatouille over Quinoa (V, GF)

Dessert

Pâtisserie Maison

Crème Brulée

DESSERTS

Crème Brulée 7.95

Chocolate
Ganache & Nutella
Crêpes 6.95

Pâtisserie
Maison 7.95

Cheese Plate 13.95