



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

M Closed for dinner
Tues-Thur 4:00pm to 9:00pm
Fri-Sat 4:00pm to 9:00pm
Sun Closed for dinner

3-Course Prix Fixe 27.95

Choose a First Course, Entrée, and Dessert
All items available A la Carte

FIRST COURSE – APPETIZERS, SOUP, AND SALADS

Most items 7.00 À la Carte
(indicates Supplement Price)

Pâté Maison Sampler

Duck, Chicken Liver, and Country

Escargots à la Bourguignonne

Half a dozen escargots broiled in garlic herb butter

Greenlip Mussels Provençale

Baked with garlic butter and bread crumbs

Cold-Smoked French Herring with Warm Potato Salad and Greens

Olive-Rosemary Bruschetta

With oven roasted tomatoes, garlic aioli, pine nuts and fresh basil

The French Gourmet Charcuterie Plate (8.00)

Pâté, Prosciutto, Fra'Mani Handcrafted Salumi, Mortadella, and Genoa Salami.
Served with cornichons, Greek-style Petrou olives, pickled garlic,
Dijon mustard, onion chutney and sliced French Gourmet baguette
~ Great for sharing ~

Soupe a l'Oignon Gratinée

Grilled Pear, Arugula, and Warm Goat Cheese Mixed Green Salad (3.00)

Salade Maison

Bibb lettuce, watercress, Belgian endive, and house vinaigrette

BEVERAGES

Environmentally-friendly, in-house purified water
Vivreau Still or Sparkling Water.....1.00/person

Evian Mineral Water (1.5 liter) 3.95

Badoit Sparkling Water (750 ml) 4.95

Coke, Diet Coke, Sprite 1.50

Orangina 2.50

Coffee / Decaf 2.25

Tea / Iced Tea 2.25

Café au Lait / Latté 4.00

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. 3.75 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 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

*Most items 21.00 À la Carte
(indicates Supplement or Lesser Price)*

Entrées are served with the locally grown vegetables
We proudly serve KENNEBEC HAND-CUT FRENCH FRIES

Mary's Free Range Chicken

Finished with your choice of the following sauces:

Piccata – Breast of chicken sautéed with lemon and capers. Served with mashed potatoes (-2.00)

Mushroom Marsala – Breast of chicken sautéed with wine and mushroom sauce.
Served with garlic parsley potatoes

Mediterranean – ½ Cornish game hen grilled and baked in a fragrant marinade of lemon-lime, mint, garlic, onion, cilantro and cumin over quinoa

Duck Leg Confit

With braised red cabbage, black currant demi-glace, and mashed potatoes

Rabbit Provençale

Durham Ranch Natural Rabbit sautéed with onions, mushrooms, thyme, garlic, and white wine.
Served with fingerling potatoes

Filet Mignon (6.00)

With your choice of green peppercorn, chimichurri, or Béarnaise sauce.

With Shrimp Scampi (12.00)

Enjoy with French fries or potatoes au gratin

Cabernet Braised Short Ribs with Mashed Potatoes

Dijon-Crusted Rack of Lamb with Garlic Parsley Potatoes (6.00)

Grass-Fed New Zealand Flat Iron Beef Steak

Grilled and served with your choice of Béarnaise or chimichurri sauce

Enjoy with French fries or potatoes au gratin

Sautéed Calf Liver

With onions and demi-glace and mashed potatoes

Pork Flat Iron Steak

Sautéed with green apples and Dijon rouge mustard sauce.

Served with French fries or mashed potatoes

Catch of the Day

Local and Sustainable Fish of the Day, Chef's Preparation, with risotto

Scallops Provençale (5.00)

Sautéed fresh "dry sack" scallops, finished with a garlic-tomato concassé. Served with risotto

Shrimp Scampi

Sautéed with garlic butter, lemon, and white wine. Served with French fries

Grilled Salmon (Seasonal)

Grilled citrus-marinated fresh salmon filet

served with a refreshing papaya salsa or Béarnaise sauce and garlic parsley potatoes

Also available poached with Lemon or Hollandaise Sauce

Salmon Dijonnaise

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

Vegetarian: Ratatouille (-2.00)

Sautéed eggplant, onions, bell peppers, zucchini, and tomatoes served over quinoa

Vegetarian: Butternut Squash Ravioli (-2.00)

with sautéed apple and sage beurre blanc

DESSERTS

*Most items 6.00 A la Carte
(indicates Supplement Price)*

Crème Brulée

**Chocolate
Ganache & Nutella
Crêpes**

Pâtisserie Maison

Cheese Plate (8.00)

PLEASE DON'T KEEP US A SECRET - TELL YOUR FRIENDS!