



## THE FRENCH GOURMET

Catering - Restaurant - Bakery - Wine Boutique  
960 Turquoise Street, San Diego, CA 92109  
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## DINNER MENU

M Closed for dinner  
T-Th 4:00 pm to 10:00 pm  
F-S 4:00 pm to 11:00 pm  
Su Closed for dinner

### SOUPES & HORS D'ŒUVRE

THE FRENCH GOURMET CHARCUTERIE PLATE 12.95  
Pâté, Prosciutto, Fra'Mani Handcrafted Salumi, smoked Duck Breast,  
Served with cornichons, Greek-style Petrou olives,  
Dijon mustard, mixed berry chutney and sliced French Gourmet baguette  
~ Great for sharing ~

ESCARGOTS A LA BOURGUIGNONE 8.95  
Half a dozen escargots broiled in garlic herb butter

MOULES MARINIÈRES 9.95  
Freshly steamed mussels with white wine sauce and shallots

CUISSES DE GRENOUILLE PROVENÇALE 9.95  
Frog legs sautéed with garlic, olive oil, and sweet tomatoes

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SOUPE A L'OIGNON GRATINÉE  
Cup 4.95 Bowl 6.95  
Onion soup topped with a slice of French bread and melted Swiss cheese

SOUPE DU JOUR Cup 3.95 Bowl 5.95

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SALADE D'EPINARD 7.95  
Spinach salad tossed with currants, golden raisins, applewood smoked bacon, smoked Gouda  
and dressed with a warm balsamic vinaigrette

ARUGULA ET MÂCHE 8.95  
Arugula and mâche with pear slivers, caramelized walnuts, Shaft blue cheese  
and finished with herb vinaigrette

GRILLED CAESAR ROMAINE 8.95

SALADE MAISON 3.95  
with French Gourmet Vinaigrette

### BOISSONS

THE FRENCH GOURMET SPECIAL  
LARGE EVIAN / MINERAL WATER 3.95

VOSS SPARKLING WATER 4.95

SOFT DRINKS  
Coke, Diet Coke, Sprite 2.00  
Orangina or Snapple 2.95

#### COFFEE & TEA

COFFEE / DECAF 1.95  
TEA / ICED TEA 2.50

#### SPECIALTY COFFEES

CAFÉ AU LAIT / LATTÉ 3.50  
CAPPUCCINO 3.50  
CAFÉ MOCHA 3.50  
EXTRA ESPRESSO SHOT .95

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The French Gourmet proudly serves



and

VOSS  
artesian water from norway

Please ask server about our fine wines to go.

# ENTRÉES

*Most entrées are served with the vegetable of the day and your choice of rosemary red potatoes, mashed potatoes, or potatoes au gratin, unless otherwise noted*

## POULET

Chicken in the following style:

<i>PICCATA</i> – Breast of chicken sautéed with lemon and capers	19.95
<i>MUSHROOM MARSALA</i> – Breast of chicken sautéed with wine and mushroom sauce	18.95
<i>MOROCCAN</i> – ½ chicken grilled and baked in a fragrant marinade of lemon-lime, mint, garlic, onion, cilantro and cumin over couscous	20.95

## BEEF TENDERLOIN MEDALLION DUO 25.95

Two small grilled tenderloins with blue cheese gratinée demi-glace

## FRESH CATCH Market Price

Fish of the day, Chef's Preparation

## DUO OF DUCK 26.95

Leg confit and seared duck breast braised with sautéed spinach and Fuji apples, rainbow marble potatoes and raspberry demi-glace

## LAMB OSSOBUCO 22.95

Braised lamb cooked in its own juices with natural jus reduction.  
Served with caramelized shallot potato purée and seasonal vegetables

## SCALLOPINI DE VEAU 29.95

Veal tenderloin medallions in the following style:

*PICCATA* – Lemon and Capers OR

*NORMANDE* – Apple and cream sauce

## GRASS-FED BEEF GRILLED RIBEYE 27.95

Finished with a decadent port and bleu cheese demi-glace.  
Served with truffle, parmesan pommes frites

## PAN-SEARED SALMON 24.95

Seared fresh fillet of salmon with lemon-dill beurre blanc.  
Served with asparagus and cherry tomato risotto and sautéed spinach

## FILET MIGNON 28.95

Grilled beef tenderloin with Béarnaise sauce or sautéed au poivre

With Shrimp Scampi 33.95

## CABERNET BRAISED SHORT RIBS 25.95

Served with a natural jus reduction and Truffle potato purée

## FOIE DE VEAU 21.95

Sautéed calf's liver with onions and demi-glace

## COQUILLE ST. JACQUES♥ 26.95

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

## GRILLED RACK OF LAMB 28.95

Served with Port Salut Polenta cakes, chef's vegetables and finished with a caramelized Maui onion demi-glace and fried parsnip shavings

## SAUMON GRILLÉ♥ 20.95

Grilled citrus-marinated fresh salmon filet served with a refreshing papaya salsa

Also available:

Poached with Lemon♥ OR

Poached with Hollandaise Sauce

## RATATOUILLE♥ 16.95

Traditional recipe: Sautéed eggplant, onions, bell peppers, zucchini, and tomatoes served over couscous

## MIXED SEAFOOD PASTA 24.95

Sautéed fresh shrimp, fish, mussels, and scallops, served with a tomato and white wine sauce tossed with tri-color linguini

## CREVETTE SCAMPI LA DIFFERENCE 21.95

Shrimp sautéed with garlic butter, lemon, and white wine

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## CHEESE PLATE

12.95

Artisan Imported Cheeses

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♥ Healthy Dining Menu Items

*Prices are 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. Applicable sales tax will be added.

Please present any coupons or gift certificates when asking for bill. Many of our dishes are available for take-out.

Shirt and shoes required. We reserve the right to refuse service to anyone.

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