



# THE FRENCH GOURMET

Catering - Restaurant - Bakery - Wine Boutique

960 Turquoise Street, San Diego, CA 92109

(858) 488-1725 x316 (858) 488-1799 fax

www.thefrenchgourmet.com

catering@thefrenchgourmet.com

## BREAKFAST & LUNCH

Everyday 8:00 am-3:00 pm

### EGGS & OMELETTES

#### EGGS BENEDICT 12.95

Two poached eggs on a toasted English muffin with Canadian bacon and real Hollandaise sauce

#### EGGS FLORENTINE 11.95

Two poached eggs on a toasted English muffin with creamed spinach and real Hollandaise sauce

#### TWO EGGS ANY STYLE 10.95

Served with your choice of ham, bacon or sausage and home-fried garlic and parsley potatoes

#### SCRAMBLED EGGS & RATATOUILLE 10.95

Eggs scrambled with traditional ratatouille: sautéed eggplant, onions, bell peppers, zucchini, and tomatoes

#### PIPERADE WITH SERRANO HAM 12.95

Blend of eggs, bell peppers, tomatoes, onion, garlic and Serrano Ham

#### FLORENTINE OMELETTE 11.95

Omelette filled with ham and creamed spinach, topped with real Hollandaise sauce (Available without ham)

#### BRIE CHEESE OMELETTE 12.95

3 egg omelette filled with Brie cheese and herbs

#### FINE HERB OMELETTE 10.95

3 egg omelette with chives, parsley, and basil

#### APPLE OMELETTE 11.95

3 egg omelette filled with a sautéed apples

#### OMELETTE ANY STYLE 12.95

Delicious three egg omelette filled with your choice of any 3 of the following: ham, sausage and/or bacon, onions, Brie or Swiss or feta cheese, mushrooms, avocado, bell pepper, tomatoes

### FRENCH TOAST & CRÊPES

#### FRENCH GOURMET TOAST 10.95

Made with slices of our own French baguette served with sweet butter, syrup, and fruit garnish

#### APPLE CRÊPES 10.95

Two hand-made crêpes rolled with a warm apple-cinnamon compote topped with sour cream and served with fresh fruit

#### SPINACH & GOAT CHEESE CRÊPES 12.95

Two hand-made crêpes filled with creamed spinach and topped with goat cheese

#### HAM & CHEESE CRÊPES 10.95

Two hand-made crêpes filled with ham, Swiss cheese and a Béchamel sauce

#### SEAFOOD CRÊPES 12.95

Two handmade crêpes filled with baby shrimp scallions, scallops, fish and surimi in a velouté sauce

#### FLORENTINE CRÊPES 11.95

Two hand-made crêpes filled with ham and creamed spinach, topped with real Hollandaise sauce (Available without ham)

Most menu items are served with fried garlic and parsley potatoes.  
Fruit Garnish Available on Request at no charge as long as you eat it.  
Omelettes can be made with egg whites upon request.

### SIDE ORDERS

REAL HOLLANDAISE SAUCE 1.50

BACON, SAUSAGE OR HAM 3.00

ONE EGG 2.50

FRIED GARLIC & PARSLEY POTATOES 2.50

AVOCADO SLICES 2.00

FRENCH FRIES (lunch only) 3.50

### BEVERAGES

#### THE FRENCH GOURMET SPECIAL

LARGE EVIAN / MINERAL WATER 2.95

VOSS SPARKLING WATER 4.95

#### SOFT DRINKS

Coke, Diet Coke, Sprite 2.00

Orangina or Snapple 2.95

COFFEE / DECAF 1.95

TEA / ICED TEA 1.95

CAFE AU LAIT / LATTÉ 3.50

CAPPUCCINO / CAFE MOCHA 3.50

FRESH SQUEEZED ORANGE JUICE

small 2.75 large 3.50

MIMOSA 4.95

BLOODY MARY 3.95

The French Gourmet proudly serves



and



♥ Healthy Dining Menu Items

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

Menu and prices applicable to change without notice.

Many of our dishes are available for take-out.

Please present any coupons or gift certificates when asking for bill.

Gratuity will be added to parties of six or more.

3.75 split charge. Applicable sales tax will be added.

We reserve the right to refuse service to anyone.

# LUNCH

Served until 3 pm

## SOUPS

SOUP DU JOUR Cup 3.95 Bowl 5.95  
Prepared daily - ask your server

SOUP DE POISSON Cup 4.95 Bowl 6.95  
Served with rouille, parmesan, and croutons

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

SOUP DU JOUR & HALF PANINI 9.95  
(Choice of panini below)

## PANINI PLATES

*Served with your choice of Coleslaw or French Fries or small mixed green salad and our homemade vinaigrette*

GRILLED CHICKEN PANINI 10.95  
Grilled chicken breast with tomato,  
basil and mozzarella

TUNA MELT PANINI 9.95  
Fresh tuna salad with Swiss cheese

PROSCIUTTO & MOZARELLA PANINI 11.95  
Sliced prosciutto with melted mozzarella cheese

VEGETARIAN PANINI 9.95  
Grilled seasonal vegetables  
and vinaigrette dressing

## HOUSE SPECIALITIES

CROQUE MONSIEUR & SALAD 9.95  
Two layers of white canapé bread with ham,  
melted Swiss cheese, and béchamel sauce.  
Served with mixed greens  
and our homemade vinaigrette

QUICHE 9.95  
Your choice of spinach, mushroom or Lorraine.  
Served with mixed greens  
and our homemade vinaigrette

PATÉ SAMPLER 9.50  
Chicken, duck, and country pâté, served with onion  
chutney, cornichons, and Greek-style Petrou olives

CHICKEN POT PIE 9.95  
Baked fresh from scratch.  
Served with steamed vegetables or  
mixed greens and our homemade vinaigrette

## SALADS

SALADE NIÇOISE ♥ 12.95  
Traditional French salad - mixed greens tossed with  
potatoes, green beans, "Genova Tonna" tuna, boiled  
egg, olives, and topped with anchovies (optional)

SPINACH SALAD WITH  
BRIE & PINE NUTS 12.95  
Fresh spinach with brie and pine nuts tossed  
in a fresh strawberry vinaigrette

CAESAR SALAD 9.95  
Romaine lettuce, croutons and Parmesan cheese  
tossed with our French Gourmet Caesar dressing  
Add grilled chicken breast 12.95  
Add grilled shrimp 15.95

ORIENTAL CHICKEN SALAD 11.95  
Grilled and sliced breast of chicken marinated in a tangy  
sesame dressing, served on Romaine and a julienne of  
cabbage with a light ginger rice vinegar dressing

BEET SALAD WITH ORANGES 11.95  
Served on a bed of spinach  
with our creamy house dressing

SYLVIA'S SALAD 11.95  
Mixed greens tossed with turkey, roasted almonds,  
grapes, onions, tomatoes and our bleu cheese dressing

FRESH FRUIT PLATE ♥ 10.95  
Assorted fruit of the season with cottage cheese

MIXED GREENS 5.95  
Tossed with our homemade vinaigrette  
Add goat cheese or blue cheese 6.95

## LUNCH ENTRÉES

*Served with your choice of soup du jour or house salad, steamed vegetables,  
or fried garlic and parsley potatoes unless otherwise stated.*

RATATOUILLE ♥ 12.95  
Traditional French recipe: sautéed eggplant,  
onions, bell peppers, zucchini,  
and tomatoes served over couscous

GRILLED SALMON ♥ 15.95  
Grilled filet of fresh salmon,  
served with a refreshing papaya salsa

STEAK GRILLE BEURRE  
MAÎTRE D'HÔTEL 15.95  
Grilled 7 oz tender top sirloin with herb butter

MOULES MARINIÈRES 12.95  
Freshly steamed mussels with white wine,  
shallots, and butter. Served with French fries  
or mixed green salad with our vinaigrette

FILET MIGNON 23.95  
Beef tenderloin cooked to order  
served with Béarnaise sauce

SHRIMP SCAMPI 17.95  
Large sautéed shrimp served in a garlic,  
white wine and cream sauce

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