



THE FRENCH GOURMET

Catering • Restaurant • Bakery • Wine Boutique



lunch catering menu

Minimum of 6 servings
per entree. 24+ hour
notice appreciated; 12
hour notice required.

All items served hot and ready
in disposable aluminum pans.

Chafing dishes and eco-
friendly disposable plates,
napkins, cutlery, etc. available
at additional cost.

The French Gourmet

960 Turquoise Street
San Diego, CA 92109
858.488.1725
thefrenchgourmet.com

Delivery charge may apply. Please
contact us for details and ask about
our volume discount.

Prices subject to change. Rev. 11/2015

Chicken Entrees

priced per person

Roasted Rotisserie Chicken 10
Lemon Thyme, Natural Jus

Mediterranean Chicken Roulade 12
Chicken Breast Filled with Spinach, Artichoke
Fondue, Sweet Red Bell Pepper, and Pine Nuts with
a Light Romesco Sauce

Chicken Marsala 10
Chicken Breast Sautéed with Sweet Onions and a
Marsala Wine Reduction

Beef Entrees

priced per person

Braised Beef Short Ribs 14
Braised in Red Wine, Beef Stock with Root
Vegetables

8oz Flat Iron Steak 15
Served with Cabernet Demi Glacé

Pasta Entrees

priced per person

Pasta Primavera 10
Penne with Broccoli, Cauliflower, Peppers, Basil
Pesto Cream and Parmesan

Lasagna 9
Traditional Meat Lasagna Made with Fresh Pasta,
Tomato, Ricotta, Mozzarella

or

Vegetarian with Fresh, Garden Vegetables
Between Layers of Pasta, Basil, Cheese

Seafood Entrees

priced per person

Salmon with Papaya Salsa 13
Grilled or Poached Salmon Filet Topped with
Papaya, Cilantro, Lime Salsa

Macadamia Crusted Mahi Mahi 14
Served with a Pineapple Beurre Blanc

Vegetarian Entrees

priced per person

Eggplant Torte 10
Layers of Baked Eggplant, Sautéed Spinach, Fresh
Tomatoes, Feta and Monterey Jack Cheeses

Ratatouille and Couscous 10
Sautéed Eggplant, Zucchini, Onion, Bell Pepper,
Garlic, Tomato Served with Herb Infused Small
Grain Semolina

From Our Bakery

freshly baked daily in-house

French or Wheat Baguette 5
Whole Loaf Sliced for Your Convenience
Served with Butter

Artisan Bread 7
May Include Multigrain, Kalamata Olive,
Ciabatta, Sourdough, Asiago
Served with Butter

Assortment of Rolls 3
Half Dozen Assorted Fresh Baked Rolls
Served with Butter

Accompaniments

priced per person

Roasted Fingerling Potatoes 3
Pan Seared with Olive Oil and Fresh Rosemary

Potatoes Au Gratin 3
Seasoned with Onion, Hint of Garlic, Nutmeg,
Baked in Cream, Topped with Swiss Cheese

Farro Pilaf 2
Hearty Ancient Grain, Vegetable Stock

Grilled Asparagus 4.50
Lightly Dressed with Fresh Lemon Juice and
Olive Oil

Grilled Vegetables 3
Assortment of Grilled Fresh Seasonal Vegetables

Green Beans and Glazed Carrots 2
Tender Blue Lake Green Beans and Carrots Glazed
with a Hint of Sugar and Orange

Beverages

Cafe Moto Coffee Box 15
Serves 8-12
Freshly Brewed Regular or Decaf

IZZE Sparkling Juice 2.50
Blackberry, Clementine, Grapefruit, Pomegranate

Tazo Iced Tea 2.50
Zen Green Tea or Peach

Canned Soft Drinks 1.50
Coke, Diet Coke, Sprite

Bottled Water 1.50