



THE FRENCH GOURMET
Catering - Restaurant - Bakery - Wine Boutique
 960 Turquoise Street, San Diego, CA 92109
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 catering@thefrenchgourmet.com

**BREAKFAST
& LUNCH**

Everyday 8:00 am-3:00 pm

EGGS & OMELETTES

We use Locally Grown Farm Fresh Eggs from Eben-Haezer Poultry Ranch in Ramona
Omelettes can be made with egg whites upon request.

Menu items are served with garlic and parsley potatoes or breakfast potatoes and fruit garnish, unless otherwise noted.

Eggs Benedict

Two poached eggs on a toasted English muffin and real Hollandaise sauce with your choice of:

<i>Traditional</i>	Canadian bacon	11.95
<i>Florentine</i>	Canadian Bacon with creamed spinach and mushrooms	11.95
<i>California</i>	Sliced tomato & avocado	11.95
	<i>Smoked Salmon</i>	14.95
	<i>Duck Confit & Arugula</i>	15.95

Two Eggs - Any Style 9.95

And your choice of ham, bacon, or chicken-apple sausage

Flat Iron Steak & Two Eggs Any Style 16.95
 With tarragon-Hollandaise sauce

Vegetable Scramble 10.95

Fresh vegetables scrambled with potatoes, eggs, and jalapeño jack cheese.
 Served with warm flour tortillas and fresh salsa

Three Egg Omelettes

Egg white option available

<i>Florentine</i>	Creamed spinach and mushrooms, and topped with real Hollandaise sauce	10.95
<i>Smoked Salmon</i>	Capers, sour cream and red onions	14.95
	<i>Ham & Cheese</i>	11.95
<i>Vegetarian</i>	Filled with Ratatouille	10.95
<i>Farmer's</i>	Bacon, potatoes, onions, bell pepper, and Swiss cheese	11.95

Corned Beef Hash & Eggs 11.95

Breakfast Wrap 8.95

Eggs, potatoes, bacon, and jalapeño jack cheese in a flour tortilla with fresh salsa

Breakfast Croissant Sandwich 7.95

Scrambled eggs, cheese, and your choice of ham or bacon

FRENCH TOAST & HAND MADE CRÊPES

French Gourmet Toast 9.95

Made with slices of our own cinnamon-brown sugar brioche and served with syrup and fresh fruit
 Add Nutella and Banana 2.00

Apple Crêpes 10.95

With a warm apple-cinnamon compote and topped with vanilla-scented yogurt and served with fresh fruit

Strawberry Crêpes 11.95

With fresh strawberries in a brown sugar glaze, topped with vanilla-scented yogurt and served with fresh fruit
 Add Nutella and Banana 2.00

Nutella and Fresh Strawberry Crêpes 10.95

With chocolate ganache and sabayon

Eggs, Ham & Swiss Cheese Crêpes 11.95

Seafood Crêpes 13.95

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

Florentine Crêpes 11.95

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

SIDE ORDERS & ADD ON'S

Real Hollandaise Sauce 2.00

Bacon, Chicken-Apple Sausage or Ham 4.00

Two Eggs 2.00

Half Avocado - Sliced 2.00

Garlic & Parsley Potatoes 3.00

Kennebec Hand-cut French Fries 2.25

Sweet Potato Fries 2.50

BEVERAGES

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

1.5 liter Large Evian Mineral Water 3.95
Badoit 4.95

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

Fresh Squeezed Orange Juice
 Small 3.00 Large 4.00

Grapefruit Juice
 Small 3.00 Large 4.00

Mimosa (Orange or Grapefruit Juice) 5.95
Bloody Mary 5.95

Coke, Diet Coke, Sprite – 12 oz can 2.00
Orangina 3.00

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.



SOUPS

Soup du Jour Cup 3.95 Bowl 5.95
Prepared daily - ask your server

Seafood Soup Cup 5.95 Bowl 7.95
Bouillabaisse-style

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 a l'Oignon or
Soup du Jour & Half Panini or Wrap** 11.95
Choice of Panini or Wrap below

PANINIS, WRAPS, & BURGERS

*Served with your choice of coleslaw, hand-cut Kennebec French fries, sweet potato fries,
or small mixed green salad with our homemade vinaigrette*

Grilled Chicken Panini 10.95
Grilled chicken breast with tomato, basil aioli
and mozzarella

Vegan Wrap 10.95
Tofu, fresh basil, roasted red bell peppers, hummus,
baby spinach, extra virgin olive oil, and balsamic glaze

Steak Focaccia Panini 12.95
Sliced grilled flat iron steak, onion chutney,
Blue Marble Jack Cheese, and arugula

Tuna Wrap 12.95
Seared Ahi tuna with wakame, tomatoes, chives,
romaine lettuce, creamy wasabi,
and a light ginger-rice vinegar dressing

**Hamburger or Cheeseburger
(with Blue Marble Jack Cheese)** 10.95
Half-pound natural California grass-fed beef patty on
our homemade bun with lettuce, tomato,
and sliced onions

Mediterranean Turkey Wrap 11.95
Roasted turkey, hummus, feta, fresh basil, hearts of
palm, tomatoes, aioli, and arugula

HOUSE SPECIALTIES

Pâté Sampler 9.50
Chicken, duck, and country pâté, served with onion
chutney, cornichons, pickled garlic,
and Greek-style Petrou olives

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

Chicken Pot Pie 10.95
Baked fresh from scratch.
Served with steamed vegetables or mixed greens
with our homemade vinaigrette

SALADS

Salade Niçoise 13.95
Traditional French salad - mixed greens tossed with
potatoes, green beans, "Genova Tonna" tuna, boiled egg,
olives, and topped with anchovies (optional)

Avocado Delight 12.95
Diced avocado, tomatoes, heart of palm, grapefruit with
a ginger-cilantro Asian dressing

Caesar Salad 9.95
Romaine lettuce, croutons and Parmesan cheese tossed
with our French Gourmet Caesar dressing
With grilled chicken breast 12.95
With grilled shrimp 14.95

Oriental Chicken Salad 12.95
Sliced grilled chicken breast marinated in a tangy sesame
dressing, served on Romaine lettuce and a julienne of
cabbage with a light ginger-rice vinegar dressing

Fresh Fruit Plate 10.95
Assorted fruit of the season with vanilla-scented yogurt

Mixed Greens with Tomatoes 5.95
With blue cheese 6.95

LUNCH ENTRÉES

*Served with your choice of soup du jour or house salad, steamed vegetables,
hand-cut Kennebec French fries, or garlic and parsley potatoes unless otherwise stated.*

Ratatouille 12.95
Traditional French recipe: sautéed eggplant, onions, bell
peppers, zucchini, and tomatoes served over quinoa

Grilled Salmon 17.95
Grilled filet of fresh salmon,
served with a refreshing papaya salsa

Steak Pommes Frites 15.95
Grilled 8 oz flat iron steak with
a chimichurri swirl. Served with French fries

Moules Marinères 12.95
Steamed mussels with white wine, shallots, and butter

Filet Mignon 24.95
7 oz cooked to order served with Béarnaise sauce

Shrimp Scampi 18.95
Sautéed in a garlic, white wine and cream sauce

Mediterranean Cornish Game Hen 16.95
Grilled and baked in a
fragrant marinade of lemon-lime, mint, garlic,
onion, cilantro and cumin served over quinoa

Coquille St. Jacques 19.95
Sautéed scallops, finished with a garlic-tomato concassé

Seafood Crêpes 13.95
With baby shrimp, scallops, fish, surimi, crab meat,
and mushrooms in a velouté sauce

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