



# 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 9:30pm  
Sun 4:00pm to 9:00pm

### 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

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## 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

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### **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

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## **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!