



# THE FRENCH GOURMET

Catering • Restaurant • Bakery • Wine Boutique

960 Turquoise St. • San Diego, CA 92109

WE ARE  
**OPEN**

FOR TO-GO & BAKERY ORDERS



[www.TheFrenchGourmet.com](http://www.TheFrenchGourmet.com)

<https://shop.thefrenchgourmet.com>

## THE FRENCH GOURMET PICK-UP/DELIVERY MENU

**Prime Rib WED. & Sat. - Hot and ready to serve** \$25  
12 oz. serving with potato of the day, sautéed vegetables, au jus, creamy horse radish (5:00pm pick-up at TFG, 6:00pm pick-up at OMC)

### Cold REHEATABLE Meals

After removing the lid, Warm up in container at 225° for 30 to 45 min. or Microwave 3 min.

Individual Meals	Each	Family Style (4)
<b>Italian-style Meat Lasagna served with garlic bread</b>		\$21 (serves 2)
<b>Pork Tenderloin Medallions</b>	\$15	\$50
<i>Pan seared with mustard shallot sauce, whipped red bliss potatoes and sautéed vegetables</i>		
<b>Meatloaf</b>	\$12	\$40
<i>Whipped red bliss potatoes, sautéed vegetables</i>		
<b>Braised Chicken of the day, such as:</b>		(Leg and Breast)
• <b>Coq au Vin</b>	\$24	\$80
<i>Carrots, onions, mushrooms, red wine sauce, garnished with mashed potatoes</i>		
• <b>Poulet aux Champignons</b>	\$24	\$80
<i>White Wine, onions, mushrooms, touch of cream, mixed wild rice</i>		
• <b>Poulet Provençal</b>	\$24	\$80
<i>Onions, tomatoes, garlic, bell pepper, mixed wild rice</i>		
<b>Salmon Dijonnaise</b>	\$18	\$60
<i>Fresh salmon filet baked with mustard, citrus, and tarragon topping. Mixed wild rice pilaf with glazed carrots and green beans</i>		
<b>Chicken Piccata or Marsala</b>	\$15	\$50
<i>Boneless chicken breast sautéed with a lemon caper sauce or mushroom sauce. Mixed wild rice pilaf and sautéed green beans.</i>		
<b>Braised Short Ribs</b>	\$21	\$75
<i>Bourguignonne-Style in a red wine sauce with pearl onions, mushrooms and glazed carrots. Whipped red bliss potatoes and sautéed green beans.</i>		
<b>Duck Confit</b>	\$15	\$50
<i>Slow-braised, duck leg in a light currant demi-glace, wild rice pilaf and sautéed glazed carrots and green beans. (Extra leg \$6)</i>		
<b>Ratatouille</b>	\$9	\$35
<i>A light stew of eggplant, zucchini, onion, garlic, tomato, and bell peppers over steamed quinoa</i>		
<b>Kids Meal</b>	\$7	N/A
<i>Chicken tenders from scratch! Mac-n-Cheese, glazed carrots and Ranch dressing</i>		
<b>Chicken Pot Pie</b>	\$7	N/A
<i>Tender chicken, peas, carrots, mushrooms, savory sauce, golden crust</i>		

### Additional Items

**Assorted Soups - Made from scratch, such as:**  
*Cream of Broccoli, Cream of Watercress, Red Bell Pepper Pear, Potato Leek, French Onion, Butternut Squash, Tomato Basil, Chicken Noodle, Clam Chowder (\$9).*  
Inquire for the day's offerings. 1qt \$7 (serves 2-3)

**House-made Quiche: Lorraine, Spinach, Mushroom and Chili Verde**  
Pie pan size (serves 4-6) \$24 Large (serves 8-10) \$36  
Individual serving \$6

**Whipped Red Bliss Potatoes with butter & cream** \$7/lb  
**Mixed Wild Rice Pilaf with garlic herb butter** \$11/lb  
**Steamed Blue Lake Green Beans with garlic herb butter** \$8/lb  
**Glazed Carrots & Blue Lake Green Beans with garlic herb butter** \$8/lb  
**Mac-n-Cheese Elbow pasta with rich cheddar cheese sauce** \$6/lb

**Savory Baked In Croissants:**  
Turkey & Cheese, Ham & Cheese, Spinach & Cheese \$3.95 ea

**Assorted Baguette Sandwiches:**  
*Ham & Swiss: Cheese, Turkey & Avocado, Vegetarian, Tuna Salad, Chicken Curry Salad* \$6.50 ea

**Fresh Fruit Cup** \$4.25/pint

**Caesar Salad Romain lettuce, Parmesan cheese, garlic croutons, creamy Caesar dressing** \$4 small \$12 large

**Dill Potato Salad** \$10.50/lb  
**Mixed Green Salad mushrooms, tomatoes, cucumber & carrot, vinaigrette on side** \$4 small

**Roasted Vegetable Farro Salad** \$9.50/lb  
**Baguette** \$2 ea  
**French Breakfast Rolls** from \$2.25 ea  
**Desserts by the Slice** from \$4.50  
**Wine of the day** from \$10

\*\* Special requests available upon approval \*\*

**Assorted delicious cakes & pastries available upon request**

Menu subject to change  
email [catering@thefrenchgourmet.com](mailto:catering@thefrenchgourmet.com) for possible update

Place your order Today: (858) 488-1725 x2 or x5 • [catering@thefrenchgourmet.com](mailto:catering@thefrenchgourmet.com)