



# 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

Sun & Mon Closed for dinner  
Tues-Sat 4:00pm to 9:00pm

### APPETIZERS, SOUP, AND SALADS

|  |       |
|--|-------|
| Pâté Maison Sampler<br>Duck, Chicken Liver, and Country  | 7.95  |
| Escargots à la Bourguignonne<br>Half dozen escargots broiled in garlic-herb butter                                       | 8.95  |
| Moules Marinières<br>Black mussels, white wine, shallots, and cream  | 9.95  |
| Crab Cake<br>Lemon beurre blanc, chives  | 12.95 |
| Olive-Rosemary Bruschetta<br>Oven roasted tomatoes, garlic aioli, pine nuts and fresh basil                              | 7.95  |
| Charcuterie Plate – Chef's Choice  | 14.95 |
| Soupe à l'Oignon Gratinée – Cup (French Onion Soup)<br>Topped and broiled with a toasted baguette slice and Swiss cheese | 7.95  |
| Salade Maison<br>Bibb lettuce, frisée, Belgian endive, tomatoes, and house vinaigrette                                   | 6.95  |
| Frisée aux Lardons<br>Cherry tomatoes, poached egg, bacon pieces, and shallot vinaigrette                                | 9.95  |
| Grilled Peach & Arugula Salad<br>Blue cheese, red onion, citrus vinaigrette  | 9.95  |
| With flat iron steak   | 14.95 |

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### BEVERAGES

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|---|------------------------------|
| We proudly serve environmentally-friendly,<br>in-house purified water | Orangina 3.00                |
| Vivreau Still or Sparkling Water                                      | Coffee / Decaf 2.25          |
| Evian Mineral Water (1.5 liter) 3.95                                  | Tea / Iced Tea 2.25          |
| Badoit Sparkling Water (750 ml) 4.95                                  | Café au Lait / Latté 4.00    |
| Coke, Diet Coke, Sprite 2.00  | Cappuccino / Café Mocha 4.00 |

*We proudly serve CAFE MOTO coffees and espressos*

*Award-Winning Wine List Available*

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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. 5.00 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 cards/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

Entrées are served with the fresh vegetables

Add sautéed garlic mushrooms to any entrée 6.00

Pan Roasted Crispy Skin Frenched Chicken 19.95  
Lemon-Tarragon, mashed potatoes

Duck Leg Confit 20.95

Braised red cabbage, black currant demi-glace,  
mashed potatoes

(Lapin) Rabbit á la Moutarde 20.95  
Fingerling potatoes

Filet Mignon 27.95

Green peppercorn or Béarnaise sauce, and  
mashed potatoes

With Shrimp Scampi 37.95

Cabernet Braised Short Ribs 22.95  
With mashed potatoes

Grilled Flat Iron Steak 21.95

Green peppercorn Béarnaise sauce  
Potatoes au gratin

Sautéed Calf Liver 21.95

Onions, demi-glace, mashed potatoes

Dijon-Crusted Rack of Lamb 27.95  
Potatoes au gratin

Catch of the Day Market Price  
Local and sustainable fish of the day,  
Chef's preparation

Bouillabaisse 26.95

Fresh fish, mussels, scallops and shrimp,  
fennel and tomato. Toast rouille

Shrimp Scampi 26.95

Sautéed with garlic butter, lemon,  
and white wine. With mashed potatoes

Scallops Meuniere 26.95

Sautéed with white wine, shallots, garlic butter,  
tomato. Lentils and kale

Pan Seared Fresh Salmon 23.95

Béarnaise or Salsa Verde, mashed potatoes

Salmon Dijonnaise 23.95

Fresh salmon filet baked with mustard,  
citrus, and tarragon. Fingerling potatoes

### Vegetarian

Ratatouille and Quinoa (V, GF) 18.95

Caramelized Pearl Onion, Fennel  
and Blue Cheese Tarte Tatin 18.95

**SIDES:** Mashed potatoes, Potatoes au Gratin, Fingerling Potatoes, or Lentils & Kale 5.00 each

## PRIX FIXE

29.95

Choice of one appetizer, one entrée, one dessert

*No substitutions*

### Appetizers

Salade Maison

Soupe a la Oignon Gratinée

Escargots à la Bourguignonne

Olive-Rosemary Bruschetta

### Entrées

Pan Roasted Crispy Skin Frenched Chicken - Lemon-Tarragon and mashed potatoes

Flat Iron Steak – Béarnaise or Green Peppercorn Sauce and potatoes au gratin

Pan Seared Salmon – Béarnaise or Salsa Verde and mashed potatoes

Ratatouille over Quinoa (V, GF)

### Dessert

Pâtisserie Maison

Crème Brulée

## DESSERTS

Crème Brulée 7.95

Chocolate  
Ganache & Nutella  
Crêpes 6.95

Pâtisserie  
Maison 7.95

Cheese Plate 13.95

PLEASE DON'T KEEP US A SECRET - TELL YOUR FRIENDS!