

# OVEN-READY GOURMET

## Salmon en Croûte

Fresh filet with spinach and salmon mousse, wrapped in puff pastry, baked to a golden brown.

16" Narrow cocktail size strip \$49

Full Dinner Strip serves 6-8 \$99

Fresh Dill Velouté \$12/qt

## Grilled Salmon - 6/7oz

With a refreshing Papaya Salsa  
Or Mediterranean Spiced Salmon  
\$16.50 pp

## Salmon Dijonnaise

Fresh salmon filet baked with mustard, citrus, and tarragon  
\$16.50 pp

## Macadamia Crusted Mahi Mahi

With Pineapple Beurre Blanc  
\$17 pp

## Breast of Chicken

Piccata, Forestière, Marsala, or  
Mediterranean, Diable  
\$8.50 pp

## Stuffed Whole Boned Chicken

Choice of filling:

- Greek-style with Pine Nuts,  
Spinach and Feta Cheese

- Pesto

- Apple Bread

Serves 6-8 \$49

## Chicken: Coq au Vin, Provençale, or Normande

Airline Breast & Leg \$14 pp

## Filet of Beef Wellington

A Classic! Beef tenderloin coated with liver pâté and fresh mushroom duxelle, wrapped in puff pastry, baked to a golden brown.

Individual \$28

Cocktail size strip \$150

Whole filet serves 8-12 \$275

Port demi-glace \$15/qt

## Braised Short Ribs, Bourguignonne-Style

In a red wine sauce with pearl onions, mushrooms and carrots  
\$19 pp

## Duck Confit

Slow-braised, duck legs in a light currant demi-glace,  
\$10 per leg

## ½ Roasted Duckling

With raspberry sauce  
Minimum order of 6 \$20 pp

## Dijon Crusted Rack of Lamb

2 racks serves 3 \$26 pp

## Whole Quiches

See page 6

## Individual Chicken Pot Pie

Baked from scratch! \$6.95 ea

## Tourte Milanaise

Layers of frittata, spinach, ham, Swiss cheese, and sweet bell pepper, wrapped in puff pastry, baked to a golden brown.  
Turkey and tuna also available.  
Serves up to 20 \$62

## Tourte au Choux

*Very French!*

Pork, onions, cabbage and spices, pre-baked in a puff pastry  
Serves 8-10 \$56

## Ham or Turkey Broccoli Feuilleté

Fresh broccoli, ham or turkey, and roasted red bell pepper, baked in puff pastry  
Serves 8-10 \$48

Without ham or turkey as a vegetarian dish \$45

## Ratatouille

A light stew of eggplant, zucchini, onion, garlic, tomato, and colored peppers  
5 lb minimum  
1 lb serves 4-6 \$9/lb

## Cassoulet

White beans baked with duck confit, pork, and sausage  
\$19 pp

*Large quantity discounts are available*

## Penne Pasta Primavera

Penne pasta tossed with blanched garden vegetables with your choice of tomato basil, tequila lime, or basil pesto sauce with freshly grated Parmesan cheese  
10 person minimum \$8.25 pp

## Smoked Salmon Penne Pasta

Vodka Grain Mustard Sauce  
\$12 pp

## Vegetarian Eggplant Torta

Layers of baked eggplant, sautéed spinach, fresh tomatoes, Feta and Monterey Jack cheeses  
½ Pan serves 10-12 \$60  
Full Pan serves 20-24 \$95

## Tomato Basil or Eggplant Lasagna

½ Pan serves 10-12 \$45

Full Pan serves 20-24 \$80

À la Viande (meat) add \$20

## Italian-Style Grilled Vegetables

\$13 lb

## Lemon Blue Lake Green Beans

Seasonal Cost \$8-10 lb

## Roasted Brussels Sprouts & Cauliflower

Finished with a touch of grain mustard and balsamic vinegar  
\$8/lb

## Country French Potato Pie

French au gratin-style potatoes baked in our own flaky crust  
Serves 8-10 \$22

## Potatoes au Gratin

Individual Timbale \$2.75

9" serves 4-8 \$20

½ Pan serves 15-20 \$50

Full Pan serves 30-40 \$80

## Rosemary Red Potatoes \$6 lb

## Braised Fingerling Potatoes

\$7/lb

## Mixed Wild Rice w/ Almonds

\$12/lb (3 lb minimum)

*Vegetables & Potatoes 1lb serves 3-4*

Plan Your Menu at: [www.TheFrenchGourmet.com](http://www.TheFrenchGourmet.com) [catering@thefrenchgourmet.com](mailto:catering@thefrenchgourmet.com)  
(858) 488-1725 ext 2 (858) 488-1799 fax

Orders only final upon confirmation by phone and payment

*Prices subject to change without notice*