

Please call ahead for
availability of our
du jour selections



1410 FOREST DRIVE
ANNAPOLIS, MD 21403
410-263-1324

info@tastingsgourmetmarket.com
Hours: M-F 10-7, Sa 10-6, Su 11-5

GOURMET TO GO MENU— FALL 2013

Our menu is based on the gifts of the Mediterranean F.I.G.S.® French, Italian, Greek, and Spanish

SOUP DU JOUR

Cup \$2.95 Bowl \$5.95 Quart \$11.95

All of our soups are made from scratch with fresh and natural ingredients. We feature one hot soup daily and several soups available in our refrigerated grab-and-go case. Our soups have never been frozen so you can stock up and freeze your favorites.

To help our customers who are vegetarians, who want soups that are low in fat, or who may have other dietary restrictions, we label our soups with the following codes (if applicable):

V: the soup is vegetarian, which means there are absolutely no meat, fish or poultry products in the soup.

L: the soup is low fat, which means the soup contains no more than a trace of olive oil.

D: the soup is free of any dairy products such as butter, cream or cheese.

GF: the soup is Gluten Free.

There are some soups on the menu every day with V, L, D, and GF designations.

We email our weekly soup menu and post our soup du jour on our Facebook page. To sign up for our soup email go to our [website](#) or sign up in-store.

QUICHE DU JOUR

\$5.50 (SLICE), \$32.00 (WHOLE 10")

Freshly baked flaky quiche dough filled with our creamy custard and an assortment of seasonal produce, artisanal cheeses and meats. Best eaten at room temperature or heated.

FLATBREAD DU JOUR

\$8.50

Crispy oblong crust topped with a selection of seasonal produce, artisanal cheeses and meats and seasonings. Best eaten at room temperature or heated.

FOCACCIA DU JOUR

\$9.99/LB

Our house focaccia is made daily and topped with seasonal ingredients. Sold by weight just like on the streets of Rome.



THE CHEESE PLATE

\$15

Flight of Three Seasonal Cheeses, Dried Fruit, Nuts & Crostini
Perfect Lunch for One or Healthy Snack for Two

CHARCUTERIE BOARD

\$15.50

A Selection of Three Artisan Cured Meats, Olives, Nuts, & Crostini

BAKERY

Croissant	1.99
Pain au Chocolat	1.99
Apple Turnover	2.50
Blueberry Scones	2.50
Cookies (we have gluten free)	1.75-2.25
Fruit Tarts	5.50-8.50
Italian Nonna Cake	4.95
Tastings Bread Pudding	12.99/lb

BEVERAGES

Fiji Water 500ml, 1L	1.75, 2.75
Saratoga Sparkling Water	2.00
Honest Tea	2.25
Fizzy Lizzy Natural Sodas	2.25
Orangina	2.00
Coffee	2.00
Espresso	1.75
Cappuccino	2.50
Latte	2.75

ARTISANAL BREADS & ROLLS

French Baguette	2.80
Ciabatta Lunga	3.00
Multigrain Batard	4.65
Multigrain Boule	5.75
Sourdough Boule	6.00
Kalamata Olive Fougasse	5.75
Harvest Loaf	6.50

All of our breads are sourced from the finest breadmakers around the world and can be sold either baked fresh from our oven or par-baked for you to bake at home whenever you are ready. Bring the inner baker out of you!





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SALADS

The Tastings Salad \$7.50
Laura Chenel Goat Cheese Medallions on Organic Mesclun with Black Mission Figs, Red Onion, Caramelized Walnuts, House Crostini & Fig-Balsamic Vinaigrette

The Greek Salad \$8.50
Valbreso Feta on Chopped Romaine with Kalamata Olives, Tomato, Cucumber, Green Pepper, Red Onion, House Croutons & Greek Dressing

Chicken Caesar Salad \$9.50
Grilled Organic Chicken Breast on Crunchy Romaine with Freshly Grated Parmigiano-Reggiano, House Croutons & Tastings Caesar Dressing

Fall Poached Pear Salad \$8.50
Fourme d'Ambert Blue Cheese on Organic Mesclun with Poached Pears, Red Onion, Caramelized Walnuts, House Crostini & Honey-Pear Vinaigrette

Roasted Beet Salad \$8.50
Laura Chenel Goat Cheese, Roasted Red Beets with Red Onion, Caramelized Walnuts & Orange-Balsamic Vinaigrette

Spinach & Grilled Chicken Breast \$9.50
Crumbled Blue d'Auvergne on Organic Baby Spinach with Grilled Chicken Breast, Dried Cranberries, Sliced Almonds & Red Wine-Honey Vinaigrette

TASTINGS SPECIALTY SALADS

Created daily with organic and/or all-natural, low-fat available from our Grab-N-Go Case.

Curried Chicken Salad with Grapes

Mediterranean Tuna Salad

Chicken Salad with Apricot-Dijon Dressing

Quinoa with Butternut Squash

Mediterranean Chickpea Salad

Orzo with Roasted Fall Vegetables

Greek Farro Salad

Israeli Couscous with Moroccan Spices

Tastings Egg Salad



SANDWICHES

The Parisian \$7.50
Double-Cream French Brie, Imported Madrange Ham, Cornichons on a Baguette

The Caprese \$7.50
Fresh Mozzarella, Roasted Roma Tomatoes, Fresh Basil Pesto on Ciabatta

The Italian \$8.50
Sopressata, Hot Coppa, Hot Capicola, Provolone, Roasted Tomatoes, Red Onion, Green Pepper, Red Pepper Spread, Romaine on Ciabatta Roll

Roast Turkey Breast \$8.50
Roasted Turkey Breast, Ancho-Chili Red Bell Pepper Jam, Provolone, Red Onion, Romaine on Multigrain

The Vegetarian \$8.50
Roasted seasonal vegetables, Herbed Chèvre, Red Pepper Spread, Mesclun on a Ciabatta Roll

PETIT SANDWICH

Just the right size, our small sandwiches are the perfect snack or lunch companion to our soup or salads

~ Madrange Ham & Brie ~ Salami & Provolone ~ Caprese ~

PANINI DU JOUR \$8.50

Created daily with a selection of our artisanal meats and cheeses
Please allow 10 minutes

Grilled Cheese Thursdays

\$7.50
Chef's selection of our high quality artisanal meats and cheeses
Please allow 10 minutes

