



Gourmet To Go Menu

While living in London, we discovered “Gourmet To Go” within London’s amazing Food Halls. Inspired by the convenience of putting a great family meal on the table with very little effort, we were determined to bring this concept to our own community. Our ready-made entrees are a cost-effective, healthy option for busy families, or for those that are “culinarily challenged”.

Everything is prepared by our chefs in-house. No preservatives are added & our meals will last for 2 months in your freezer.

Don’t like spice or onions perhaps? Give us 72 hours & we will tailor your entrees to your taste.

INDIVIDUAL PRICING

Large Entrée (serves 4-6): \$32
Regular Entrée (serves 2-3): \$16

PACKAGE PRICING

The more you buy –
the more you save!

Buy 3 Large Entrees (6 Regular)
for just \$88.50

Call, email, or come in to order!

BACK BAY GOURMET

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Chicken

Chicken Carbonara with Butter Garlic Rice

Generous chicken breasts are coated with a rich Alfredo sauce with bacon. Parmesan cheese tops the creation, which is served with the included butter garlic rice. Oven 35-40 minutes if thawed, 45-60 minutes if frozen.

Chicken Cordon Bleu

Five ounce chicken breasts are topped with sliced ham, Swiss cheese, and our white wine béchamel sauce. The chicken breasts bake over a layer of rice pilaf. A fabulous one-dish meal! Oven: 50 minutes if thawed, 60-70 minutes if frozen.

Chicken Enchiladas

A hearty American favorite! Corn tortillas are layered with diced white chicken meat, cheddar cheese and chopped onions. The enchiladas are drenched in a creamy sauce flavored with mild green chilies & topped with melted cheese. Oven: 50-60 minutes if thawed, 70-80 minutes if frozen.

Chicken En Croute

Diced white chicken, peas, carrots, red bell peppers, and seasonings combined with our béchamel sauce inside delicious puff pastry. Save it for guests, or plan a special family dinner. All you have to do is pop it in the oven! Oven: 45 minutes if thawed, 65-75 minutes if frozen

Chicken Marsala

Chicken breasts are covered in our rich, beautiful Marsala-mushroom sauce. A quick cook on the stovetop and your elegant dinner is ready. Serve over linguine (included). Stovetop: 20 minutes

Chicken Parmigiana

Five ounce chicken breasts are lightly breaded with our crunchy Parmesan crumb coating. The chicken cooks on the stovetop in an Italian marinara sauce, topped with a touch of mozzarella cheese. Serve over tender noodles (included). Stovetop: 15-20 minutes if thawed, 25 minutes if frozen.

Chicken Wellington

A lighter version of the popular beef wellington. Boneless chicken breasts are topped with a creamy mushroom and Swiss cheese mixture; then wrapped in a flaky puff pastry. Oven: 35-40 minutes if thawed, 45-60 minutes if frozen.

Oven Roasted Chicken with Baby Potatoes

Five ounce chicken breasts and our baby potatoes are marinated in a fantastic garlic & herb blend & then topped with shredded Parmesan. This is one of our most popular dishes & is very kid-friendly. Oven: 35-45 minutes if thawed, 45-60 minutes if frozen.

Parmesan Chicken with a Sage Cream Sauce

Juicy chicken breasts are encrusted in a wonderful blend of Panko and traditional bread crumbs, Parmesan cheese & herbs. An elegant sage cream sauce is then poured over the chicken before serving. An easy dish, yet very appropriate for a formal setting. Oven: 45 minutes if thawed, 60-65 minutes if frozen.

Pecan Mozzarella Chicken

5 ounce chicken breasts are coated with a tangy Dijon mustard and then dipped in chopped pecans. Simply pop them in the oven, then top with the shredded mozzarella cheese & basil pesto. Oven: 25 minutes if thawed, 30 minutes if frozen.

Pesto Chicken & Pasta

Tender five ounce chicken breasts baked with our basil & olive oil pesto. Topped with our mozzarella cheese. Serve over pasta (included). Oven: 20-25 minutes if thawed, 40-45 minutes if frozen.

Swiss Chicken

Chicken breasts are smothered in a delicious Swiss cheese cream sauce with onions, garlic & a crispy, buttery topping. Just throw this one in the oven! Oven: 50 minutes if thawed, 60 minutes frozen.

Beef

Asian Flank Steak

This flank steak marinates in a fantastic blend of soy sauce, fresh ginger, sesame oil, and other Asian blends. You can cook this entrée on the grill, skillet or in the slow cooker. The secret to this recipe is freezing the steak in its marinade – when it thaws, it is wonderfully tender! Grill/Skillet: 15-20 minutes if thawed. Slow Cooker: low 4-6 hours.

Barbequed Meatloaf

Always a family favorite, we’ve taken meatloaf to another level by smothering it with our fantastic, zesty barbeque sauce. Oven: 1 hour.

Beef Bourguignon

Memories of Julia Child inspire this classic French-style beef stew. Now you can make it at home – with ease. Impress family and friends...and yourself! Stovetop: 60 minutes for stew; 10 minutes for noodles

Meatloaf with Bacon & Cheddar Cheese

A customer favorite! What makes this meatloaf so good is the infusion of shredded cheddar cheese, diced bacon & onion combined with our fabulous, sweet ketchup glaze on top.
Oven: 1 hour.

Shepherd's Pie

This is the American version, made with beef instead of lamb. Ground beef and vegetables are baked in a wonderful brown gravy & topped with creamy mashed potatoes. Shredded cheddar cheese finishes the top.
Oven: 45 minutes.

Swedish Meatballs

Plump meatballs tossed in our delicious sour cream mushroom sauce. Serve over herbed egg noodles (included)
Stovetop: 15-20 minutes, if thawed.

Swiss Pot Roast with Potatoes

Tender beef steak simmers in a tomato-based gravy with mushrooms, tomatoes, onions and potatoes. A classic meal, perfect for your crock pot.
Slow cooker: 7 hours; Stovetop: 2.5-3 hours.

Fish

Crunchy-Baked Fish with Mac 'n Cheese

Tilapia filets are breaded in panko crumbs & seasonings for a healthy bake in the oven. The fish comes with our incredibly decadent macaroni & cheese (made with béchamel!).
Fish in Oven: 15-20 minutes if thawed,
Mac N Cheese on Stovetop: 10-15 minutes.

Shrimp & Chicken Bake with Artichokes

Shrimp & diced white chicken paired with artichoke hearts, mushrooms and onions covered in a creamy white cheese sauce.
Oven: 45 minutes

Pork

Breaded Pork Chops with Baby Potatoes

5 ounce, center-cut pork chops are breaded with Parmesan cheese & seasonings. The breading becomes nice & crispy in the skillet and keeps the chops perfectly juicy. The seasoned baby potatoes are always a hit and are easy to heat in the oven.
Stovetop: 8-10 minutes if thawed, 12-20 minutes if frozen. Potatoes: 25 minutes in oven.

Basil Pork Chops with Caesar Penne Pasta

This is simple to cook with a fantastic presentation & flavor. Cook the meaty, center-cut pork chops in a skillet while the pasta boils. Toss the pasta with our Caesar & dinner is ready! The pasta can be served as a warm or cold salad
Stovetop: 16 minutes, if thawed; 25 minutes if frozen.

Pasta

Cheese Ravioli in a Tomato Cream Sauce

Our jumbo cheese-filled ravioli are pan-seared in olive oil & covered in our pink sauce, flavored with tomatoes, cream & a hint of wine.
Stovetop: 15-20 minutes if thawed, 20-25 minutes, if frozen.

Cheese Stuffed Pasta Shells with Marinara

Large pasta shells are stuffed with a blend of Parmesan, mozzarella and ricotta cheeses and covered in our herbed marinara sauce.
Oven: 25-35 minutes if thawed, 45-55 minutes, if frozen.

Lasagna

Lasagna noodles layered with ground beef, ricotta, Parmesan and mozzarella cheeses are baked with our fantastic marinara sauce. A traditional lasagna.
Oven: 55 minutes if thawed, 70 minutes, if frozen.

Ravioli Bolognese

Our jumbo cheese ravioli are layered with a Bolognese sauce, mushrooms & a tomato ragout and then topped with more cheese.
Oven: 55 minutes if thawed.

Vegetarian Lasagna

Lasagna noodles are layered with our marinara sauce, ricotta cheese, spinach, mushrooms, onions and more. Topped with Parmesan cheese.
Oven: 1 hour if thawed, 1 hour 10 minutes if frozen.

Brunch

Baked Praline French Toast

Thick slices of bread are soaked in a cinnamon-sugar custard and dotted with chopped pecans. The French toast casserole is then baked until the bread puffs & the praline top crisps.
Oven: 50 minutes if thawed, 65-70 minutes, if frozen.

Blueberry & Cream Cheese French Toast

This twist on French toast makes a fabulous breakfast so very easy. Blueberries, cream cheese and maple bake together in this French toast casserole. Serve with the warm, sweet blueberry sauce. Oven: 50 minutes, if thawed, 65-70 minutes, if frozen.

Canadian Bacon Strata

Sourdough bread layered with eggs, cheddar cheese and sliced Canadian Bacon. Perfect for lunch, brunch or supper.
Oven: 1 hour if thawed, 1.5 hours, if frozen.

Crustless Vegetable Quiche

A colorful, layered quiche. Eggs and cheese bake and puff around slices of zucchini, broccoli, carrots and peppers.
Oven: 45 minutes if thawed, 60 minutes, if frozen.

Braided Breads - \$11

(not available with package pricing)

Sundried Tomato & Goat Cheese Braided Bread

This golden, criss-crossed bread is filled with an incredible blend of creamy goat cheese, tasty sun-dried tomatoes and a touch of garlic and rosemary. Slice this beautiful loaf and serve as an hors d'oeuvres or as a special side dish for salads or any meal. Oven: 30-35 minutes if thawed, 40-45 minutes if frozen.

Pepperoni Braided Bread

Our delicious yeast bread dough is stuffed with three cheeses: shredded mozzarella, Parmesan and ricotta, pepperoni, mushrooms, and sun-dried tomatoes, Italian herbs and of course, our fabulous marinara sauce. Oven: 30-35 minutes if thawed, 40-45 minutes if frozen.

Bistro Specials

Chili-Rubbed Salmon with Sautéed Corn (Serves 2-3)

Six ounce salmon fillets are coated in our chili pepper rub. Full of flavor – but not too spicy. Serve with sautéed corn & garlic and our traditional salsa (included)
Broiler: 6-10 minutes if thawed. **\$18***

Crab Ravioli (Serves 2-3)

Beautiful Crab Ravioli served in our béchamel sauce flavored with white wine, Parmesan cheese, garlic and herbs. Just pop in the oven and bake.
Oven: 30-35 minutes if thawed. **\$18***

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