

Pasta

CHEESE RAVIOLI IN A TOMATO CREAM SAUCE

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 mins if thawed, 20-25 mins 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 mins if thawed, 45-55 mins if frozen

LASAGNA

A traditional lasagna. Lasagna noodles layered with ground beef, ricotta, Parmesan and mozzarella cheeses are baked with our fantastic marinara sauce.

Oven 55 mins if thawed, 70 mins if frozen

RAVIOLI BOLOGNESE

Jumbo cheese ravioli layered with a Bolognese sauce, mushrooms & a tomato ragout & then topped with more cheese.

Oven 55 mins if thawed

VEGETARIAN LASAGNA

Lasagna noodles layered with our marinara sauce, ricotta cheese, spinach, mushrooms, onions & more. Topped with Parmesan cheese.

Oven 1 hour

Pork

BREADED PORK CHOPS & BABY POTATOES

Five ounce, center-cut pork chops are breaded with Parmesan cheese & seasonings. The breading becomes nice & crispy in the skillet and keeps the chops juicy. Heat the seasoned baby potatoes in the oven (25 mins).

Stovetop 8-10 mins if thawed, 12-20 if frozen

BASIL PORK CHOPS WITH CAESAR PENNE PASTA

Cook the center-cut pork chops in a skillet while the pasta boils. Toss the pasta with our Caesar mix & dinner is ready! The pasta can be served as a warm or cold salad.

Stovetop 16 mins if thawed, 25 mins if frozen

Brunch

BAKED PRALINE FRENCH TOAST

Thick slices of bread are soaked in a cinnamon-sugar custard with pecans. Bake until the bread puffs & the praline top crisps.

Oven 50 mins if thawed, 65-70 if frozen

BLUEBERRY & CREAM CHEESE FRENCH TOAST

Blueberries, cream cheese & maple bake together in this French toast casserole. Serve with the warm, sweet blueberry sauce.

Oven 50 mins if thawed, 65-70 mins if frozen

CANADIAN BACON STRATA

Sourdough bread layered with eggs, cheddar cheese and sliced Canadian bacon. Perfect for lunch, brunch or supper.

Oven 1 hr

CRUSTLESS VEGETABLE QUICHE

A colorful, layered quiche. Eggs & cheese bake and puff around slices of zucchini, broccoli, carrots and peppers.

Oven 45 mins if thawed, 60 mins if frozen

Bistro Specials - \$20

not available with package pricing

CHILI-RUBBED SALMON WITH SAUTÉED CORN

Three six ounce salmon fillets are coated in our chili pepper rub. Full of flavor - but not too spicy. Serve with included mixture of sautéed corn & garlic and traditional salsa.

Broiler 6-10 mins if thawed (serves 2-3)

CRAB RAVIOLI

Crab stuffed ravioli served in our béchamel sauce flavored with white wine, Parmesan cheese, garlic & herbs. Just pop in the oven and bake.

Oven 30-35 mins if thawed (serves 2-3)

Braided Breads - \$12

not available with package pricing

SUNDRIED TOMATO & GOAT CHEESE

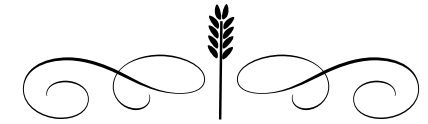
This golden, criss-crossed bread is filled with a blend of creamy goat cheese, tasty sun-dried tomatoes and a touch of garlic & rosemary. Slice and serve as an hors d'oeuvres or as a special side dish for salads or any meal.

Oven 30-35 mins if thawed, 40-45 mins if frozen

PEPPERONI

Our delicious yeast bread dough is stuffed with mozzarella, pepperoni, mushrooms, green peppers, black olives, onion, Italian herbs and our fabulous marinara.

Oven 30-35 mins if thawed, 40-45 mins if frozen



BACK BAY GOURMET

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 back to our own community.

Our ready-made entrées are a cost-effective, healthy option for busy families, or for those that are challenged in the kitchen.

Everything is prepared by our chefs in-house. No preservatives are added & our meals will last for 2 months in your freezer. With some notice, we can even tailor our recipes to your taste.

REGULAR ENTRÉE (SERVES 2-3): \$18.50

LARGE ENTRÉE (SERVES 4-6): \$37.00

SAVE WITH PACKAGE PRICING!

BUY 6 REGULAR ENTRÉES (3 LARGE) FOR JUST \$105.00

Red Mill Walk Shopping Center
2277 Upton Drive, Suite 714 & 716
Virginia Beach, Virginia 23454
757.689.0771

www.thebackbaygourmet.com



Chicken

CARRIBEAN PINEAPPLE CHICKEN

Chicken breasts layered atop a bed of rice pilaf & finished with a colorful Carribean sauce - a blend of pineapple, coconut milk, red bell peppers & zesty jalapenos.

Oven 25 mins if thawed, 35-40 mins if frozen

CRISPY ASIAN CHICKEN WRAPS

Full of tender white chicken and healthy fresh vegetables, these are great for a busy day when you still want to have a good supper on the table. You can bake these while still frozen - no need to defrost. Your meal is ready in minutes! Serve with soy-sesame dipping sauce (included).

Oven 20-30 mins

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 mins if thawed, 45-60 mins if frozen

CHICKEN CORDON BLEU

Five ounce chicken breasts are topped with delicious 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 mins if thawed; 60-70 mins if frozen

CHICKEN ENCHILADAS

A hearty American favorite! Corn tortillas are stuffed with diced white chicken meat, cheddar cheese and chopped green onions. The enchiladas are drenched in a creamy sauce flavored with mild green chilies & topped with melted cheese.

Oven 50-60 mins if thawed, 70-80 mins if frozen

CHICKEN EN CROUTE

Diced white chicken, peas, carrots, red bell peppers, and seasonings combined with our béchamel sauce inside delicious puff pastry. All you have to do is pop it in the oven!

Oven 45 mins if thawed; 65-75 mins if frozen

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 mins if thawed, 25 mins 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 mins if thawed, 45-60 mins if frozen

KING RANCH CHICKEN

Tex Mex! Layers of diced white chicken, cheddar cheese, corn tortillas, tomatoes, onions & more. This dish has a little kick. Simply pop in the oven!

Oven: 45-50 mins if thawed, 65-70 mins if frozen

OVEN ROASTED CHICKEN WITH BABY POTATOES

Five ounce chicken breasts and our baby potatoes are marinated in a fantastic garlic & herb blend and then topped with shredded Parmesan. This is one of our most popular dishes & is very kid-friendly.

Oven 35-45 mins if thawed, 45-60 mins frozen

PARMESAN CHICKEN WITH 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 mins if thawed, 60-65 mins if frozen

PECAN MOZZARELLA CHICKEN

Five ounce chicken breasts are coated with 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 mins if thawed, 30 mins if frozen

PESTO CHICKEN & PASTA

Tender five ounce chicken breasts baked with our basil & olive oil pesto. Topped with mozzarella cheese. Serve over pasta (included).

Oven 20-25 mins if thawed, 40-45 mins 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 mins if thawed, 60 mins if frozen

Beef

ASIAN FLANK STEAK

Flank steak marinated in a blend of soy sauce, fresh ginger, sesame oil & 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's wonderfully tender!

Grill/skillet 15-20 mins if thawed, Slow Cooker low 4-6 hrs

BBQ MEATLOAF

Always a family favorite, we've taken meatloaf to another level by smothering it with our fantastic, zesty barbecue sauce.

Oven 1 hr

CALIFORNIA MEATLOAF

A healthier meatloaf with amazing flavor - this has become a staff favorite! Ground beef with green peppers, onion, celery & herbs - topped with a sweet & tangy brown sauce.

Oven 1 hour

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 and topped with creamy mashed potatoes. Shredded cheddar cheese finishes the top.

Oven: 45 mins if thawed. low 4-6 hrs

SWEDISH MEATBALLS

Plump meatballs tossed in our delicious sour cream mushroom sauce. Serve over herbed egg noodles (included).

Stovetop 15-20 mins if thawed

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 mins if thawed

Mac N Cheese on Stovetop 10-15 mins

SHRIMP & CHICKEN BAKE WITH ARTICHOKE

Shrimp & diced white chicken paired with artichoke hearts, mushrooms & onions covered in a creamy white cheese sauce baked on top of a layer of rice.

Oven 45 mins