

 Click to Print[SAVE THIS](#) | [EMAIL THIS](#) | [Close](#)**NORTH COUNTY FOOD FINDS****Cafe features upscale dining in downhome setting****By Maria Desiderata Montana**
September 14, 2006

SAN MARCOS – You can go beyond French pastries and splurge on imaginative breakfast, lunch and dinner specialties with a decidedly European accent at Market St. Cafe & French Bakery.

“It's the whole package that I want my customers to experience,” said owner Ric Libiran, who runs the place with chef-partner Michael ZonFrilli. “My philosophy was to bring fine dining into a casual setting.”

The cafe in Old California Restaurant Row has an upscale bistro ambience. Guests can grab a cozy corner table under whirling ceiling fans, or sit on the patio for open-air dining around fire pits.

French pastries, mostly from \$1.75 to \$1.95, are baked on-site every morning. Favorites include the Jesuite, a puff pastry with custard; raspberry or apricot Danish; the Palmier, a crunchy caramelized sugar pastry; and Cross Brioche, egg pastry filled with custard and topped with sugar crystals.

If you prefer a full breakfast, my pick is the Mexican Omelet with salsa, bacon, three cheeses and avocado (\$6.95). Other options are Eggs Benedict (\$7.95); a Belgian waffle with strawberries and whipped cream (\$5.95); or four wedges of French toast with eggs and bacon or sausage (\$5.95).

Lunch offerings include soup, chili, quiche, salads, hot and cold sandwiches, panini and pasta. Don't miss the Classic French Onion Soup (cup \$2.95, bowl \$4.95); the creamy Quiche Florentine (\$7.95); or the Grilled Chicken Pesto Penne with toasted walnuts, sun-dried tomatoes and house-made pesto (\$8.95).

As the sun starts to set, try a Sauteed Mushroom Vol-au-Vent appetizer: puff pastry filled with exotic mushrooms in a mushroom cream sauce (\$7.50).

The Caesar Salad features house-made dressing, herbed focaccia croutons and shaved parmesan (\$6.50). The Cafe Field Greens salad consists of baby greens, sun-dried pears and candied walnuts tossed with an aged balsamic vinaigrette (\$6.50).

The dinner menu boasts gourmet meat and seafood creations without the high-end prices. Brown Sugar Glazed Meatloaf (\$13.50) is broiled with a brown sugar-tomato glaze and served with scalloped potatoes and vegetables. The Pan-Roasted Salmon Filet is crusted in fennel seeds and served with French green beans, citrus segments and shaved fennel (\$15.50). Herb Roasted Pork Tenderloin comes with Yukon Gold potatoes and sweet corn-chile relish (\$16.50).

Give up your diet for one day and get a freshly made dessert (\$5). Favorites include warm bread pudding, vanilla crème brulée, Black Forest Cake, three-layer chocolate mousse cake with chocolate sauce, and assorted fruit tarts.

There are more than 30 domestic and imported wines by the glass to choose from. Wines are half-price on Tuesday nights. Happy hour, from 4 to 6 p.m. daily, features half-priced appetizers and wines by the glass.


Market St. Cafe & French Bakery is at 1080 W. San Marcos Blvd., Suite 104. Breakfast 7 to 11 a.m. Monday-Friday, 8 a.m. to noon Saturday and Sunday. Lunch 11 a.m. to 4 p.m. Monday-Friday, noon to 4 p.m. Saturday and Sunday. Dinner 4 to 9 p.m. Sunday-Thursday, 4 to 10 p.m. Friday and Saturday. Information: (760) 471-7646 or www.marketstcafe.com.

■ Maria Desiderata Montana is a San Diego writer.

[»Next Story»](#)

Find this article at:

http://www.signonsandiego.com/uniontrib/20060914/news_lz1w14finds.html

 [Click to Print](#)

[SAVE THIS](#) | [EMAIL THIS](#) | [Close](#)

Check the box to include the list of links referenced in the article.