

GAYLE'S IN STORE MENU • COME ON IN!

HOT FOOD

- Fresh Corn Frittata (v) 6.25
Scrambled Egg Croissant (v) 7.25
Scrambled Egg & Ham or Bacon Croissant 8.25
Breakfast Burrito with Bacon 8.75 /Vegetarian 7.95
Individual Quiche: Bacon, or Tomato & Spinach (v) 5.50
Balsamic Citrus Glazed Quarter Chicken 6.95
BBQ Pork Ribs 8.25
Garlic Bread (v) 2.35
Chicken Enchiladas 6.50
Macaroni & Cheese (v) 4.50 /8.95
Penne d'Alba (v) 4.50 /8.95
Spinach Gorgonzola Pasta 4.50 /8.95

BLUE PLATE DINNER

Surf & Turf with grilled prawns and marinated flank steak, baked potato with butter & sour cream, and chopped iceberg salad with blue cheese dressing. 21.95

FEATURED DINNERS

- Chicken Piccata** with lemon & capers, Pasta Formaggio with sage & prosciutto and Lemon Broccolini. 19.95
Miso Glazed Salmon, Sticky Rice with edamame & shitake mushrooms, and Spicy Green Beans. 21.95
Roast Turkey Breast & Gravy, Stuffing, Mashed Potatoes and Green Beans. 19.95
Old Fashioned Meatloaf, Mashed Potatoes and Buttered Green Beans. 17.95
Chicken Parmesan with housemade tomato sauce & mozzarella, Spaghetti with Cauliflower, almonds & green olives, and Caesar Salad with Gayle's garlic croutons. 19.95

GAYLE'S OWN & SIDES

- Housemade Soup, Pint
Chicken Noodle or Gazpacho, vegan 8.75
Garlic Bread~*Francese half loaf ready for your oven.* (v) 7.50
Deviled Eggs 10.50/6 pack
Roasted Garlic & Artichoke Dip, 8 oz (v) 6.95
Hummus, 8 oz (v) 6.95
Fern's Cheese Spread, 8 oz (v) 6.95
Crostiti, 8 oz 8.50
Poppy Seed Dressing 12 oz 7.25
Toll House Cookie Dough 12.50 doz

(v) = vegetarian

(wf) = wheat free

GRAB & GO PASTAS & ENTREES

- Spaghetti with Cauliflower, almonds & green olives, serves 2-3 (v) 15.95
Balsamic Citrus Glazed Quarter Chicken 6.95
BBQ Pork Ribs, serves 3-4 19.95
Meatloaf Slice 9.95
Chicken Parmesan 10.95
Macaroni & Cheese, serves 2-3 (v) 15.95
Lasagne Bolognese, serves 3-4 26.50
Chicken Enchiladas 12.95 for two
Chicken Pot Pie, serves 1-2 11.50
Bacon & Caramelized Onion Quiche, serves 1-2 11.95
Penne d'Alba, serves 2-3 (v) 15.95
Spinach Gorgonzola Pasta, serves 2-3 (v) 15.95
Spaghetti & Meatballs, serves 2-3 16.95
Pizza Package: Dough, Red Sauce, Mozzarella & Parmesan 10.95 With Salami 13.95 Dough Only 4.95

SEASONAL SANDWICHES

- Italiano Ficelle *with salami, ham, provolone, pepperoncini, vinaigrette and mayo.* 9.50
Turkey & Swiss Ficelle *with dijonnaise and dill pickle.* 9.50
Albacore Tuna & Cheddar *with housemade pickles on seeded ficelle.* 9.95
Ranch Tri Tip *with cheddar cheese, lettuce, tomato and ranch dressing on a francese bun.* 9.95
Corned Beef on Rye *with Swiss cheese, pickles, mustard & mayo.* 9.95
Southwest Turkey *with pepper jack cheese, avocado, tomato and cilantro mayo on Capitola sourdough.* 9.95
Vegan Veggie Wrap *with hummus, avocado, wheat tortilla.* vegan 8.95
Smoked Gouda & Avocado *with red pepper cashew spread, baby spinach, & dill pickle on muesli bread.* (v) 8.95
Marinated Chicken Breast *with housemade mayo and a splash of lemon juice on thick sliced Capitola sourdough.* 9.25
Almond Tarragon Chicken Salad Croissant 9.75

SALADS

- Quinoa & Hummus Composed Salad (v) 11.50
Bistro Composed Salad (v) 11.50
Caesar Composed Salad 9.95
Caesar Composed Salad with Grilled Chicken Breast 12.50
Fiesta Salad, vegan 3.95 half pint/ 7.95 pint
Miss Spoon's Quinoa (v) 3.50 half pint/ 6.95 pint
Christie's Coleslaw (v) 3.50 half pint/ 6.95 pint
Fresh Fruit, vegan 4.25 half pint/ 8.50 pint



EXCEPTIONALLY DELICIOUS SINCE 1978!



DANISH, CROISSANT & GOODIES

- Croissant 2.95
- Chocolatine 3.95
- Kouign Amann 4.75
- Downtowner with Sugar 3.60
- Ham & Cheese Croissant 5.25
- Garlic Cheese Twist 3.75
- Pecan Schnecken 4.25
- Marionberry Turnover 4.75
- Fresh Raspberry & Pastry Cream Danish 3.60
- Bear Claw 3.95
- Old Fashioned Cinnamon Roll 4.75
- Teal's Granola, 11 oz 12.50

COOKIES

- Chocolate Coma Cookie (wf) 1.85/ 19.95 doz
- Iced Tropical Flower Cookie 1.95
- Toll House 1.60/ 17.50 doz
- Butterstars 1.60/ 17.50 doz
- Strawberry Shortcake 2.75/ 29.95 doz
- Cowboy Cookie 2.75/ 29.95 doz
- Peanut Butter Chocolate Chunk Cookie 2.75/ 29.95 doz
- Biscotti Bag, 12 piece 16.95

CAKES & PASTRIES

- Princess Cake
- Carrot Cake
- Chocolate Mousse
- Salted Caramel Cake
- Old Fashioned Chocolate Cake
- Inscription on Your Cake ~ No Charge*
- Fresh Flowers ~ Price Varies by Size*

- **Cake Prices** •
- 5" ~25.00
- 7" ~42.00
- 9" ~55.00
- 5.95 Slice
- (Selection Varies)

- Orange Chiffon Cake 28.00
- Key Lime Pie 38.00/5.95 slice
- Marionberry Pie 28.95/3.95 slice
- Mixed Berry Tartes & Tartlettes 33.95 whole /6.25 ea
- Lemon Lust Tarte 20.95 whole /2.95 slice
- Chocolate Eclair 5.25
- Fresh Raspberry Brownies 4.25

CHECK OUT
OUR MENU
ON YOUR
PHONE →



BREAD

- Organic Joe's Bread 7.25
- Organic Capitola Sourdough Round 3.95
- Organic Capitola Sourdough Sandwich* 5.75
- Olive Capitola Sourdough* 5.75
- Organic Capitola Sourdough Baguette 4.50
- Carpo's Baguette 4.75
- Rio Baguette 4.25
- Francese Baguette 4.50
- Francese Buns 1.10 ea/4.25 4 pack
- English Toaster Bread* 4.25
- Muesli Bread* 6.25
- Jewish Rye* 6.75

**Sliced When Requested*

FROM OUR ESPRESSO BAR

- Gayle's Own Dark Roast or Decaf Coffee:**
- Medium: 2.50/ Large 2.95 • Any size coffee refill...1.75*
- Espresso Drinks: Regular or Decaf**
- Latte 3.75/4.25 • Mocha 4.25/4.75 • Cappuccino 3.75*
- Espresso 2.75*
- Chai:**
- Chai 3.75/4.25 • Mocha Chai 4.25/4.75*
- Hot Tea ~ Selection Varies:**
- British Breakfast, Early Grey, Green, Mint, Chamomile Lemon & Decaf British Breakfast 1.95*
- Tropical Iced Tea (unsweetened) 3.50**
- Extras:**
- Alternate Milks: Soy, Almond or Oat .75*
- Add a Shot of Espresso 1.50*
- Whipped Cream .75*
- Vanilla Syrup .75*

WINE SELECTION

- Terrazas, Altos Del Plata, Cabernet Sauvignon, 2018 16.95
- Martin Ranch, Central Coast, Pinot Noir, 2017 27.50
- Conundrum, California Red Wine Blend, 2016. 32.95
- West Cliff, Pinot Gris, 2018 19.95
- Stolpman Vineyards, Sauvignon Blanc, 2018 26.95
- Chamisal Vineyard, Chardonnay, 2017 28.95

Online Ordering Details...

- Orders may be placed online only.
- Orders placed by 2pm will be available for pick up the next day after 11am.
- No special orders or modifications at this time.
- Cancelations must be made 48 hours in advance.