

HOT FOOD

- Fresh Corn Frittata (v) 6.25
 Scrambled Egg Croissant (v) 7.25
 Scrambled Egg & Ham or Bacon Croissant 8.25
 Fried Egg Sandwich with Bacon or Spinach 7.75 / 7.50
 Breakfast Burrito with Bacon 8.75 / Vegetarian 7.95
 Individual Quiche: Bacon, or Tomato & Spinach (v) 5.50
 Rosemary Roasted Potatoes 3.95 / 7.95
 Balsamic Citrus Glazed Quarter Chicken 6.95
 BBQ Pork Ribs 8.25
 Chicken Enchiladas 6.50
 Steamed Veggies 3.95 / 7.95
 Macaroni & Cheese (v) 4.50 / 8.95
 Penne d'Alba (v) 4.50 / 8.95
 Spinach Gorgonzola Pasta 4.50 / 8.95
 Polenta Casserole (v) (wf) 7.50
 Garlic Bread (v) 2.35

BLUE PLATE DINNER

Swedish Meatballs with a rich, creamy sauce and lingonberry jam, creamy mashed potatoes and baby spinach salad with poppy seed dressing. 19.95

FEATURED DINNERS

Chicken Piccata with lemon & capers, Pasta Formaggio with sage & prosciutto and Lemon Broccolini. 19.95

Miso Glazed Salmon, Sticky Rice with edamame & shiitake mushrooms, and Spicy Green Beans. 21.95

Roast Turkey Breast & Gravy, Stuffing, Mashed Potatoes and Green Beans. 19.95

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

GAYLE'S OWN & SIDES

- Housemade Soup, Pint
Turkey & Rice 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
 Red Pepper Cashew Spread, 8 oz (v) 7.25
 Fern's Tangy Cheese Spread, 8 oz (v) 6.95
 Garlic Butter 4.95
 Crostini, 8 oz 8.50
 Poppy Seed Dressing 12 oz 7.25

(wf) = wheat free (v) = vegetarian

GRAB & GO PASTAS & ENTREES

- Balsamic Citrus Glazed Quarter Chicken 6.95
 BBQ Pork Ribs, serves 3-4 19.95
 Macaroni & Cheese, serves 2-3 (v) 15.95
 Penne d'Alba, serves 2-3 (v) 15.95
 Spinach Gorgonzola Pasta, serves 2-3 (v) 15.95
 Polenta Casserole (v) (wf) 14.95
 Spaghetti & Meatballs, serves 2-3 16.95
 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
 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
Southwest Turkey with pepper jack cheese, avocado, tomato and cilantro mayo on Capitola sourdough. 9.95
Smoked Gouda & Avocado with red pepper cashew spread, baby spinach, & dill pickle on muesli bread. (v) 8.95
Marinated Chicken Breast with herb mayo and a splash of lemon juice on thick sliced Capitola sourdough. 9.25
Almond Tarragon Chicken Salad Croissant 9.75

SALADS

- Salmon Niçoise Composed Salad** 14.95
Quinoa & Hummus Composed Salad (v) 11.50
Bistro Composed Salad (v) 11.50
Caesar Composed Salad 9.95 with **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

Albacore Tuna or Almond Tarragon Chicken Salad
 6.95 Half Pint



EXCEPTIONALLY DELICIOUS SINCE 1978!



DANISH, CROISSANT & GOODIES

- Morning Glory Muffin 3.60
- 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 Surfboard 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
- Blackberry Bramble
- Carrot Cake
- Chocolate Mousse
- Salted Caramel Cake
- Old Fashioned Chocolate Cake

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

Inscription on Your Cake ~ No Charge
Fresh Flowers ~ Price Varies by Size

- 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
- Individual Cherry Topped Cheesecake 6.95

**CHECK OUT OUR
MENU ON YOUR
PHONE →**



BREAD

- Organic Joe's Bread 7.25
- Organic Capitola Sourdough
Round 3.95 • Sandwich* 5.75 • Baguette 4.50
- Olive Capitola Sourdough* 5.75
- Organic Raisin Nut Rye 6.95
- Francese Baguette 4.50
- Francese Buns 4.25 /4 pack
- Carpo's Seeded Francese 4.75
- Rio Baguette, slightly sour 4.25
- Muesli Bread* 6.25
- Jewish Rye* 6.75

FROM OUR ESPRESSO BAR

- Gayle's Own Dark Roast or Decaf Coffee:
Medium: 2.50/ Large 2.95 • Any size coffee refill...1.75
- Latte 3.75/4.25
- Mocha 4.25/4.75
- Cappuccino 3.75
- Americano 2.75
- Espresso 2.75
- Chai 3.75/4.25
- Mocha Chai 4.25/4.75
- Hot Tea ~ Selection Varies 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

RED

- Terrazas, Altos Del Plata, Cabernet Sauvignon, 2018 11.95
- Martin Ranch, Central Coast, Pinot Noir, 2017 21.95
- Conundrum, California Red Wine Blend, 2016. 23.95

WHITE

- West Cliff, Pinot Gris, 2018 15.95
- Stolpman Vineyards, Sauvignon Blanc, 2018 21.95
- Chamisal Vineyard, Chardonnay, 2017 23.95

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.
- Cancellations must be made 48 hours in advance.