

## BREAKFAST

- Breakfast Burrito with Bacon 8.75 / Vegetarian 7.95
- Breakfast Biscuit 4.95 / 5.95 with Ham
- Frittata Verde (v) 6.50
- Crisp Bacon Slices (3) 4.50
- Scrambled Egg Croissant (v) 7.25 with Ham or Bacon 8.50
- Fried Egg Sandwich with Bacon or Spinach 8.00 / 7.50
- Individual Quiche: Bacon, or Tomato & Spinach (v) 5.50
- Rosemary Roasted Potatoes 3.95 / 7.95

## DANISH, CROISSANT & GOODIES

- Three Ginger Gingerbread 15.95/ slice 3.50
- Pumpkin Muffin 3.60
- Old Fashioned Cinnamon Roll 4.75
- Croissant 2.95
- Pain d' Amande 4.25
- Chocolatine 3.95
- Kouign Amann 4.75
- Raspberry Filled Kouign Amann 5.25
- Apple Cheese Danish 3.75
- Downtowner with Sugar 3.75
- Bear Claw 4.25
- Pecan Schnecken 4.50
- Olallieberry Turnover 4.75
- Ham & Cheese Croissant 5.25
- Garlic Cheese Twist 3.75

To Place an Order  
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## FROM OUR ESPRESSO BAR

- |   |  |
|---|--|
| Gayle's Own Dark Roast or Decaf Coffee 2.50/ 2.95 | Mocha 4.25/4.75                              |
| Cold Brew Coffee 3.75                             | Hot Chocolate 3.00/3.50                      |
| Latte or Tea Latte 3.75/4.25                      | Steamer 2.50/2.75                            |
| Cafe au Lait 3.75/4.25                            | Chai 3.75/4.25                               |
| Cappuccino 3.75                                   | Mocha Chai 4.25/4.75                         |
| Macchiato 3.25                                    | Hot Tea 1.95                                 |
| Espresso 2.75                                     | Apricot or Black Iced Tea (unsweetened) 3.50 |
| Americano 2.75                                    |  |

• Extras •

Soy, Almond, Oat or Coconut Milk .75 • Whipped Cream .75  
Add a Shot of Espresso 1.50 • Vanilla Syrup .75

BOTTLED DRINKS/ BEER/ WINE  
ALSO AVAILABLE

(wf) = wheat free (v) = vegetarian

## SEASONAL SANDWICHES

- Italiano Ficelle  
*salami, ham, provolone, pepperoncini, vinaigrette & mayo.* 9.95
- Albacore Tuna & Cheddar on Seeded Ficelle  
*with housemade pickles and lettuce.* 9.75
- Turkey & Swiss Ficelle  
*with dijonnaise and dill pickle.* 9.75
- Fresh Mozzarella & Roasted Tomato Ficelle  
*with lemon, arugula and olives.* (v) 9.50
- Roasted Vegetable & Avocado  
*cumin spiced carrots & garbanzos, pumpkin seeds and artichoke tapenade on Joe's bread.* Vegan 8.95
- Turkey Crannie  
*with provolone, grated carrot, lettuce & cranberry mustard and mayo on a francese bun.* 9.95
- Tri Tip with Horseradish Sauce  
*with pickled red onion and butter lettuce on a poppy seed challah bun.* 9.95
- Marinated Chicken Breast  
*with herb mayo and a splash of lemon juice on thick sliced Capitola sourdough.* 9.50
- Almond Tarragon Chicken Salad Croissant 9.95
- Egg Salad Sandwich  
*with butter lettuce on hearty wheat.* 7.50

## SALADS

PRICES ARE PER HALF PINT/ PINT

- Crunchy Broccoli & Pecan (v) 4.50/ 8.95
- Red, Green & Gold Kale Salad, vegan 4.25/ 8.50
- Abby's Pasta Salad (v) 4.50/ 8.95
- Miss Spoon's Quinoa (v) 3.95 half pint/ 7.95 pint
- Italian Chopped Salad 4.75/ 9.50
- Christie's Coleslaw (v) 3.50/ 6.95
- Fresh Fruit, vegan 4.25/ 8.50
- Albacore Tuna or Almond Chicken Salad 6.95/ 13.95

## COMPOSED SALADS

- Bistro Salad *with goat cheese, dried cranberries and spiced nuts* (v) 11.50
- Caesar Salad 9.95/ with Chicken Breast 12.50  
*with housemade croutons & parmesan*
- Spinach Salad *with cherry tomatoes, mushrooms, hard-boiled egg, and red onion* (v) 8.50/ With Bacon 9.50

## GAYLE'S Weekday *Hot* Blue Plate Dinners

READY AT  
4:30 PM

MONDAY, 11/16	TUESDAY, 11/17	WEDNESDAY, 11/18	THURSDAY, 11/19	FRIDAY, 11/20
<b>Roast Pork Loin</b> with apricot & sourdough stuffing — • — <b>Vermont Cheddar</b> <b>Mashed Potatoes</b> — • — <b>Buttery, Bacony Cabbage</b> 20.95	<b>Chicken</b> <b>Marbella</b> — • — <b>Buttered</b> <b>Basmati Rice</b> — • — <b>Lemon Broccolini</b> 19.95	<b>Beer &amp; Balsamic</b> <b>Braised Short Ribs</b> — • — <b>Cheesy Baked Polenta</b> — • — <b>Tarragon</b> <b>Green Beans</b> 21.95	<b>Surf &amp; Turf</b> with Prawns & Flank Steak — • — <b>Baked Potato</b> with butter & sour cream — • — <b>Chopped Iceberg Salad</b> with blue cheese dressing 21.95	<b>Mediterranean</b> <b>Salmon</b> — • — <b>Saffron</b> <b>Mashed Potatoes</b> — • — <b>Garlic Sauteed</b> <b>Spinach</b> 21.95

*All Five Dinners are Available Cold To Go Daily thru Sunday, November 22nd from 7am - 7pm*

### HOT FOOD

- Balsamic Citrus Glazed Quarter Chicken 6.95
- Lemon Marinated Chicken Breast 6.95
- BBQ Pork Ribs 8.25
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- Hot Soup of the Day 12 oz 6.50/ 32 oz 16.95
- Twice Baked Potato (v) 4.75
- Chicken Enchiladas 6.50
- Macaroni & Cheese (v) 4.50 /8.95
- Penne d'Alba Pasta**  
*with toasted garlic, tomato sauce & mozzarella* (v) 4.50 /8.95
- Spinach Gorgonzola Pasta 4.50 /8.95
- Steamed Veggies 3.95 / 7.95
- Garlic Bread (v) 2.35

### GAYLE'S OWN & SIDES

- Housemade Soup, Pint 8.75
- New England Clam Chowder*
- Artichoke Broccoli Bisque* (v)
- Garlic Bread~*Francesce half loaf ready for your oven.* (v) 7.50
- Deviled Eggs 10.50/6 pack/ 1.65 individual
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- Crostini *buttery garlic toasts* 8.50
- Roasted Garlic & Artichoke Dip (v) 6.95
- Savory Cheese Spread (v) 6.95
- Hummus (v) 6.95
- Red Pepper Cashew Spread (v) 7.25

### COLD GRAB & GO PASTAS & ENTREES

- Balsamic Citrus Glazed Quarter Chicken 6.95
- BBQ Pork Ribs, serves 3-4 19.95
- Grilled Salmon 13.95
- Chicken Enchiladas 12.95 *for two*
- Bacon & Caramelized Onion Quiche, serves 1-2 11.95
- Broccoli & Cheddar Quiche, serves 1-2 11.95
- Twice Baked Potatoes 9.50 *for two*
- • -----
- Spinach Gorgonzola Pasta, serves 2-3 (v) 15.95
- Penne d'Alba Pasta**  
*with toasted garlic, tomato sauce & mozzarella* (v) 15.95
- Macaroni & Cheese, serves 2-3 (v) 15.95
- Spaghetti & Meatballs, serves 2-3 16.95
- Lasagne Bolognese, serves 3-4 26.50
- Pizza Package: Dough, Red Sauce, Mozzarella  
& Parmesan 10.95 With Salami 13.95

## PIES & PASTRIES

- Pumpkin Pie 20.95 / 3.95 slice
- Fresh Apple Crumb Pie 26.95 / 3.95 slice
- Pecan Pie 28.95 / 3.95 slice
- Olallieberry Pie 28.95/ 3.95 slice
- Mini Pumpkin Cheesecake 6.95
- Caramel Apple Bread Pudding 5.95
- Tiramisu Parfait 5.95
- Florentine honey, almond & chocolate with candied orange 3.25
- Chocolate Eclair 5.25
- Cupcakes, Vanilla or Chocolate 3.60

## COOKIES & GOODIES

- Iced Owl Cookie 2.25
- Lemon Crackle Cookie 1.60/ 17.50 doz
- Cocos 1.75/ 19.25 doz
- Chocolate Coma Cookie (wf) 1.85/19.95 doz
- Ginger Cookie 1.60/ 17.50 doz
- Brookies 2.95/ 32.50 doz
- Old Fashioned Peanut Butter 2.75/ 29.25 doz
- Cowboy Cookie 2.75/ 29.25 doz
- Strawberry Shortcake 2.75/ 29.95 doz
- Butterstars 1.60/ 17.50 doz
- Toll House 1.60/ 17.50 doz/ Cookie Dough 12.50 doz
- Biscotti Bag, 12 piece 16.95
- Teal's Granola 12.50

## BREAD

- Organic Joe's Bread 7.25
- Organic Capitola Sourdough  
Round 4.25 • Sandwich 5.95
- Olive Capitola Sourdough 5.95
- Challah Twist or Sandwich 4.75
- Rio Baguette, slightly sour 4.25
- Muesli Bread 6.25
- Organic Hearty Sandwich Wheat 5.50
- Organic Old World Raisin Walnut 6.95
- Francese Baguette 4.50/ Buns 4.25 /4 pack
- Carpo's Seeded Francese 4.75
- English Toaster 4.25

## SPECIALTY CAKES

- Pumpkin Cheesecake**  
*In a ginger cookie crust with vanilla whipped cream & decorated with white chocolate autumn leaves. 38.00*
- Pumpkin Chiffon Roll**  
*Light pumpkin chiffon cake filled with a caramel whipped cream & decorated for fall. 32.00*
- Shimmering Pumpkin Princess Cake**  
*Chocolate cake, raspberry jam, pastry cream & chocolate whipped cream with a pumpkin shaped shell & a dusting of gold.  
5" ~ 27.00/ 7" ~ 48.00/ 9" ~ 63.00*
- Burnt Almond Cake**  
*Vanilla sponge cake, almond flavored pastry cream inside with vanilla buttercream and candied almonds outside.*
- Flourless Cappuccino Cake**  
*Flourless, fudgy chocolate cake filled and iced with coffee whipped cream. Vanilla whipped cream "foam" on top.*
- Salted Caramel Cake**  
*Devil's food cake with a housemade salted caramel filling and a dark chocolate icing, topped with flaked sea salt.*
- Carrot Cake**  
*With cream cheese icing inside and outside, and hand-painted carrots.*
- Princess Cake**  
*Vanilla sponge cake with pastry cream, raspberry jam and vanilla whipped cream inside with a marzipan shell and a fresh rose.*
- Chocolate Mousse Cake**  
*Devil's food cake, rich chocolate mousse & chocolate whipped cream, with chocolate ganache and ground hazelnuts on the side.*

### CAKE PRICES, SIZES & SLICES

PRICES	AVAILABLE BY THE SLICE
5" ~ 25.00	Pumpkin Chiffon Roll • Salted Caramel
7" ~ 42.00	Carrot • Princess
5.95 slice	<i>Inscription on Your Cake ~ No Charge Fresh Flowers ~ Price Varies by Size</i>

To Place Your Order  
[Click Here](#)