

## 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

- 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

## FROM OUR ESPRESSO BAR

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|--------------------------------------------------|----------------------------------------------|
| 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                                   | Hibiscus Cooler 3.50                         |

• 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

- Roasted Chicken & Potato with Basil 5.50/ 10.95
- 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
- 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, 11/2                                                                                                                               | TUESDAY, 11/3                                                                                                                         | WEDNESDAY, 11/4                                                                                                                        | THURSDAY, 11/5                                                                                                                         | FRIDAY, 11/6                                                                                                                                            |
|--------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Chicken Schnitzel</b><br>with pepper bacon gravy<br>— • —<br>Buttermilk<br>Mashed Potatoes<br>— • —<br>Buttered<br>Green Beans<br>20.95 | <b>Teriyaki<br/>Salmon</b><br>— • —<br>Sticky Rice<br>with edamame & shiitake<br>— • —<br>Ginger & Garlic<br>Sauteed Spinach<br>21.95 | <b>Greek Flank Steak</b><br>— • —<br>Garlic Roasted<br>Yukon Potatoes<br>— • —<br>Chopped Salad<br>with feta & lemon dressing<br>21.95 | <b>Roast Turkey Breast<br/>&amp; Gravy</b><br>— • —<br>Cornbread Stuffing<br>— • —<br>Mashed Potatoes<br>— • —<br>Green Beans<br>21.95 | <b>Swedish Meatballs</b><br>with a rich, creamy sauce<br>& lingonberry jam<br>— • —<br>Creamy Mashed<br>Potatoes<br>— • —<br>Buttered Broccoli<br>19.95 |

*All Five Dinners are Available Cold To Go Daily thru Sunday, November 8th from 7am - 7pm*

### HOT FOOD

- Balsamic Citrus Glazed Quarter Chicken 6.95
- Lemon Marinated Chicken Breast 6.95
- BBQ Pork Ribs 8.25
- Peking Chicken Wings (4) 7.50
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- 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  
*Curried Chicken with Apple*  
*Zucchini Gorgonzola, vegetarian*
- Garlic Bread ~ Francese 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
- Pimento 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
- Lemon Marinated Chicken Breast 6.95
- BBQ Pork Ribs, serves 3-4 19.95
- Peking Chicken Wings 14.95
- 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
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- 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
- Olallieberry Pie 28.95/ 3.95 slice
- 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 Unicorn Cookie 1.95
- Lemon Crackle Cookie 1.75/ 19.25 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
- Rio Baguette, slightly sour 4.25
- Challah Twist or Sandwich 4.75
- Muesli Bread 6.25
- English Toaster 4.25
- 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

## SPECIALTY CAKES

- 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.*
- German Chocolate Cake**  
*Devil's food cake with coconut/caramel/pecan icing inside and on top. Finished with chocolate ganache and toasted pecans on the sides.*
- Raspberry Poppy Seed Cake**  
*Poppy seed cake with raspberry whipped cream inside & out.*
- 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.*
- New York Cheesecake**  
*In a classic graham cracker crust and topped with sour cream. 7" only. 38.00*
- Boston Cream Pie**  
*Vanilla sponge cake filled with vanilla pastry cream and topped with a chocolate ganache glaze. 7" only. 28.00*
- Key Lime Pie**  
*Creamy, sweet-tart key lime filling in a graham cracker crust topped with whipped cream. 38.00*

### CAKE PRICES, SIZES & SLICES

| PRICES            | AVAILABLE<br>BY THE SLICE            |
|-------------------|--------------------------------------|
| 5" ~ 25.00        | Flourless Cappucino Cake             |
| 7" ~ 42.00        | German Chocolate • Carrot • Princess |
| 9" ~ 55.00        | New York Cheesecake • Key Lime Pie   |
| <i>5.95 slice</i> |                                      |

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