

## BREAKFAST

- Breakfast Burrito with Bacon** 8.75 / **Vegetarian** 7.95  
**Scrambled Egg Croissant (v)** 7.25 **with Ham or Bacon** 8.50  
**Individual Quiche: Bacon, or Tomato & Spinach (v)** 5.50

## 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

(wf) = wheat free (v) = vegetarian

## BLUE PLATE DINNERS COLD TO GO

- BBQ Tri Tip Dinner with Twice Baked Potato and Buttered Broccoli** 19.95  
**Amalfi Chicken Dinner with Parmesan Smashed Potatoes and Buttered Broccoli** 19.95  
**Shrimp Scampi Dinner with garlic & white wine Linguine, Fresh Asparagus and Rio Baguette** 19.95

## COLD GRAB & GO PASTAS & ENTREES

- BBQ Pork Ribs, serves 3-4** 19.95  
**Chicken Enchiladas** 12.95 *for two*  
**Polenta Casserole (v) (wf)** 14.95 *for two*  
**Twice Baked Potatoes** 9.50 *for two*  
**Spinach Gorgonzola Pasta, serves 2-3 (v)** 15.95  
**Penne d'Alba Pasta, serves 2-3 (v)**  
*with toasted garlic, tomato sauce & mozzarella* 15.95  
**Macaroni & Cheese, serves 2-3 (v)** 15.95  
**Lasagne Bolognese, serves 3-4** 26.50

## GAYLE'S OWN & SIDES

- Housemade Soup by the Pint** 8.75  
*Turkey Noodle*  
*Carrot Ginger (v)*  
**Francese Garlic Bread (v)** 7.50  
**Deviled Eggs** 10.50/6 *pack*  
**Crostini** *buttery garlic toasts* 8.50  
**Roasted Garlic & Artichoke Dip (v)** 6.95  
**Savory Cheese Spread (v)** 6.95  
**Housemade Hummus (v)** 6.95  
**Red Pepper Cashew Spread (v)** 7.25

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## DANISH, CROISSANT & GOODIES

Three Ginger Gingerbread 15.95/ slice 3.50

Pumpkin Muffin 3.75

Old Fashioned Cinnamon Roll 4.75

Croissant 2.95

Pain d' Amande 4.25

Chocolatine 3.95

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

## COOKIES & GOODIES

Lemon Crackle Cookie 1.60/ 17.50 doz

Chocolate Coma Cookie (wf) 1.85/19.95 doz

Ginger Cookie 1.60/ 17.50 doz

Old Fashioned Peanut Butter 2.75/ 29.25 doz

Cowboy Cookie 2.75/ 29.25 doz

Butterstars 1.60/ 17.50 doz

Toll House 1.60/ 17.50 doz/ Cookie Dough 12.50 doz

## BREAD

Francese Baguette 4.50/ Buns 4.95/ 4 pack

Rio Baguette, slightly sour 4.25

Organic Joe's Bread 7.25

Organic Capitola Sourdough

Round 4.25 • Sandwich 5.95

Olive Capitola Sourdough 5.95

Organic Old World Raisin Walnut 6.95

Organic Hearty Sandwich Wheat 5.50

Muesli Bread 6.25

Challah Twist or Sandwich 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*

**Salted Caramel Cake**

*Devil's food cake with a housemade salted caramel filling and a dark chocolate icing, topped with flaked sea salt.*

**Key Lime Pie**

*Creamy, sweet-tart key lime filling in a graham cracker crust topped with whipped cream. 38.00*

**Burnt Almond Cake**

*Vanilla sponge cake, almond flavored pastry cream inside with vanilla buttercream and candied almonds outside.*

**Carrot Cake**

*With cream cheese icing inside & 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  
5" ~ 25.00  
7" ~ 42.00  
5.95 slice

#### AVAILABLE BY THE SLICE

Salted Caramel • Carrot  
Princess • Key Lime  
*Inscription on Your Cake ~ No Charge*  
*Fresh Flowers ~ Price Varies by Size*

## 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

Chocolate Eclair 5.25

## FROM OUR ESPRESSO BAR

Gayle's Own Dark Roast or Decaf Coffee 2.50

BOTTLED DRINKS/ BEER/ WINE  
ALSO AVAILABLE

To Place Your Order  
[Click Here](#)