

BREAKFAST

- Breakfast Burrito with Potato & Bacon 8.75/Vegetarian 7.95
Ham or Bacon Scrambled Egg Croissant 8.50/Vegetarian 7.25
Low Guilt Burrito with Brown Rice, Black Bean & Kale 7.50
Breakfast Biscuit with Ham 5.95/Vegetarian 4.95
Simple Breakfast Sandwich with cheddar & mustard on hearty whole wheat with Bacon or Vegetarian 8.50 / 7.95
Individual Quiche: Bacon, or Tomato & Spinach 5.50
Frittata Verde 6.50
Crisp Bacon Slices (3) 4.50
Rosemary Roasted Potatoes 3.95 / 7.95

DANISH, CROISSANT & GOODIES

- Kouign Amann 4.75
Monkey Bread 4.75
Banana Bran Muffin 3.75
Lemon Danish 3.75
Old Fashioned Cinnamon Roll 4.75
Croissant 2.95
Pain d' Amande 4.25
Chocolatine 3.95
Bear Claw 4.25
Downtowner with Sugar 3.75
Crocodile, flaky brown sugar maple pecan pastry 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 | |

• Extras •

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

SEASONAL SANDWICHES

- Italiano Ficelle
salami, ham, provolone, pepperoncini, vinaigrette & mayo. 9.95
Turkey, Provolone & Pesto Ficelle
with roasted tomato and lettuce. 9.95
Pastrami Ficelle
with Swiss cheese, pickles & mustard. 9.95
Albacore Tuna Salad & Cheddar
with butter lettuce on Capitola sourdough. 9.50
Vegan Veggie Wrap
Our own hummus, sunflower sprout, tomato, grated carrot & red cabbage wrapped in a whole wheat tortilla. 8.95
Ranch Tri Tip
with cheddar cheese, lettuce, tomato and ranch dressing on Dutch crunch. 9.95
Masala Chicken Salad Croissant
Masala roasted chicken, slivered almonds, mayo, currants, celery, scallions and lettuce tucked into a croissant. 9.95
California Avocado & Jack
on hearty wheat with lettuce, sprouts, mayo & mustard. 8.95

SALADS

PRICES ARE PER HALF PINT/ PINT

- Roasted Beets & Baby Spinach with ginger dressing 4.25/8.50
Creamy Lemon Kale 3.95/7.95
Abby's Pasta Salad 4.50/8.95
Miss Spoon's Quinoa 3.95 half pint/ 7.95 pint
Christie's Coleslaw 3.50/6.95
Fresh Fruit, vegan 4.25/8.50
Albacore Tuna or Masala Chicken Salad 6.95/13.95

COMPOSED SALADS

- The Chicken & The Egg
Our Garden Salad with grilled chicken breast and hard-boiled egg. 11.50
Garden Salad with carrot matchsticks, red beets, mushrooms, cherry tomatoes, cucumber slices & sunflower sprouts on a bed of mixed greens 8.95
Caesar Salad 9.95/ with Chicken Breast 12.50
with housemade croutons & parmesan
Bistro Salad
with goat cheese, dried cranberries and spiced nuts 11.50
Salmon Niçoise Salad
with green beans, red potatoes and hard-boiled egg 14.95

COOKIES

- Iced Rubber Ducky Cookie 2.25
- Old Fashioned Brownies 3.95
- Cowboy Cookie 2.75
- Peanut Butter & Jelly Thumbprints 1.75
- Dirty Chai Cookie 1.60
- Cake Batter Cookie with rainbow sprinkles 2.25
- Chocolate Coma Cookie (wf) 1.85
- Pecan Tassies 1.95
- Toll House Cookies 1.60

BREAD

- Francese Baguette 4.50/ Buns 4.95/ 4 pack
- Rio Sourdough Baguette 4.25
- Joe's Bread (wheat sourdough) 7.25
- Organic Capitola Sourdough Round 3.95
- Olive Sourdough Oval 5.75
- English Toaster Bread 4.25
- Organic Hearty Wheat Sandwich Loaf 5.50
- Muesli Loaf 6.25
- Organic Capitola Sourdough Sandwich 5.75
- Organic Old World Raisin Walnut 6.75
- Jewish Rye 6.75
- Challah Twist or Sandwich 4.75

PIES & PASTRIES

- Olallieberry Pie 28.95/ 3.95 slice
- Key Lime Parfait 5.95
- Napoleon 5.25
- Florentine *honey, almond & chocolate with candied orange* 3.25
- Chocolate Eclair 5.25

SPECIALTY CAKES

- Black & White Cake**
Flourless chocolate cake with chocolate ganache and vanilla whipped cream inside, and vanilla whipped cream outside with a chocolate ganache pour.
- Salted Caramel Cake**
Devil's food cake with a housemade salted caramel filling and a dark chocolate icing, topped with flaked sea salt.
- Chocolate Mousse Cake**
Devil's food cake, rich chocolate mousse & chocolate whipped cream, with chocolate ganache and ground hazelnuts on the side.
- Blackberry Bramble**
Vanilla sponge filled with blackberry jam and blackberry buttercream. With a marbled design of vanilla and blackberry buttercream.
- Carrot Cake**
With cream cheese icing inside and outside, and hand-painted carrots.
- Lemon Raspberry Dream**
Vanilla sponge cake with layers of raspberry jam and lemon buttercream, and topped with fresh raspberries.
- Princess Cake**
Vanilla sponge cake with pastry cream, raspberry jam & vanilla whipped cream inside with a marzipan shell & a fresh rose.

CAKE PRICES, SIZES & SLICES

PRICES

- 5" ~ 25.00
- 7" ~ 42.00
- 5.95 slice

AVAILABLE BY THE SLICE

- Black & White • Princess
- Carrot • Blackberry Bramble

OPEN 7AM - 7PM DAILY