

## BREAKFAST

- Breakfast Burrito with Potato & Bacon 8.75/Vegetarian 7.95
- Steel Cut Oatmeal with currants, walnuts & fresh berries 5.95
- Yogurt Parfait with Teal's Granola 5.95
- Ham or Bacon Scrambled Egg Croissant 8.50/ Vegetarian 7.25
- Fried Egg Sandwich with Bacon or Spinach 8.00/ 7.50
- Breakfast Biscuit with Ham 5.95/ Vegetarian 4.95
- 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

To Place an Online Order  
Scroll Down ↓  
Please note some items  
are not available online.

## FROM OUR ESPRESSO BAR

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

• 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 a francese bun.* 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 with Baby Spinach and Ginger 4.25/ 8.50
- Creamy Lemon Kale 3.95/ 7.95
- Crunchy Broccoli & Pecan 4.50/ 8.95
- 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

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

READY AT  
4:30 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Italian Pot Roast</b> — • — Parmesan Smashed Potatoes — • — Peas & Pancetta <i>with crispy onions</i> 20.95	<b>Mediterranean Salmon</b> <i>with cherry tomatoes, olives &amp; pepperoncini</i> — • — Saffron Mashed Potatoes — • — Garlic Sauteed Spinach 21.95	<b>Bistro Steak</b> <i>with red wine sauteed mushrooms</i> — • — Truffled Fettuccini — • — Lemon Broccolini 22.95	<b>Chicken Piccata</b> <i>with lemon &amp; capers</i> — • — Pasta Formaggio <i>with sage &amp; prosciutto</i> — • — Green Beans <i>with toasted almonds</i> 19.95	<b>Surf &amp; Turf</b> <i>with Prawns &amp; Flank Steak</i> — • — Baked Potato <i>with butter &amp; sour cream</i> — • — Chopped Iceberg Salad <i>with bacon, croutons and blue cheese dressing</i> 21.95

*All Five Dinners are Available Cold To Go Daily thru Sunday, January 31st from 7am - 7pm*

### HOT FOOD

- Balsamic Citrus Glazed Quarter Chicken 6.95
- BBQ Pork Ribs 8.50
- Peking Chicken Wings 7.95 for four
- Chicken Enchiladas 6.50
- Macaroni & Cheese 4.50 / 8.95
- Penne d'Alba Pasta  
*with toasted garlic, tomato sauce & mozzarella* 4.50 / 8.95
- Spinach Gorgonzola Pasta 4.50 / 8.95
- Twice Baked Potato 4.75
- Steamed Veggies 3.95 / 7.95
- Francese Garlic Bread 2.50



### COLD GRAB & GO PASTAS & ENTREES

- BBQ Pork Ribs, serves 3-4 19.95
- Peking Chicken Wings 14.95
- Chicken Enchiladas 12.95 for two
- Twice Baked Potatoes 9.50 for two
- Spinach Gorgonzola Pasta, serves 2-3 15.95
- Penne d'Alba Pasta, serves 2-3  
*with toasted garlic, tomato sauce & mozzarella* 15.95
- Macaroni & Cheese, serves 2-3 15.95
- Lasagne Bolognese, serves 3-4 26.50
- Francese Garlic Bread 7.95
- Pizza Package: Dough, Red Sauce, Mozzarella and Parmesan 10.95 / With Salami 13.95

### GAYLE'S OWN

- Housemade Soup, Pint 8.75  
*Kale & Potato Soup with Sausage*  
*Artichoke Broccoli Bisque, vegetarian*
- Deviled Eggs 10.50/6 pack
- Crostini buttery garlic toasts 8.50
- Blue Cheese Dip 6.95
- Roasted Garlic & Artichoke Dip 6.95
- Savory Cheese Spread 6.95
- Housemade Hummus 6.95
- Red Pepper Cashew Spread 7.25
- Dressings: Poppy Seed or Orange Balsamic 7.25

## COOKIES & GOODIES

- Iced Turtle 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
- Biscotti Gift Bag *our famous almond biscotti arranged in a bag tied with a festive ribbon.* 16.95
- Teal's Granola *with oats, dried cranberries, sunflower seeds, almonds, pecans, hazelnuts, maple syrup & a hint of vanilla.* 12.50
- Crisp Spiced Nuts *a slightly sweet and spicy nut mix made with almonds and pecans.* 14.50

## 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/ 1.30 roll
- 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	AVAILABLE BY THE SLICE
5" ~ 25.00	Black & White • Princess
7" ~ 42.00	Carrot • Blackberry Bramble
5.95 slice	

*To Place Your Order  
Click Here*

**OPEN 7AM - 7PM DAILY**