

BREAKFAST

- Zucchini & Potato Frittata 6.50
- Breakfast Burrito with Potato & Bacon 8.75/Vegetarian 7.95
- Greek 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
- Crisp Bacon Slices (3) 4.50
- Rosemary Roasted Potatoes 3.95 / 7.95

DANISH, CROISSANT & GOODIES

- Kouign Amann 4.75
- Monkey Bread 4.75
- Lemon Blueberry Muffin 3.75
- Strawberry Cheese 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
- Ham & Cheese Croissant 5.25
- Garlic Cheese Twist 3.75
- Mushroom Turnover 2.95
- Bacon Cheddar Scone 4.50

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

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 hummus, sunflower sprouts, tomato, grated carrot & red cabbage 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 *with roasted chicken, almonds, mayo, currants, celery, scallions and lettuce.* 9.95
- California Avocado & Jack *on hearty wheat with lettuce, sprouts, mayo & mustard.* 8.95
- Turkey, Avocado & Jack *on hearty wheat with lettuce, sprouts, mayo & mustard.* 9.95

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
- Crisp Green Salad of the Day 3.50

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
Beef Bourguignon — • — Crème Fraîche Mashed Potatoes — • — Broccoli with preserved lemon 20.95	Slow-Braised Lamb Shanks <i>with red wine, tomato & spices</i> — • — Dolmas Rice Pilaf — • — Greek Country Salad with lemon dressing 20.95	Crispy Mustard Crusted Chicken — • — Risotto with greens & peas — • — Lemon Asparagus 19.95	Cider Brined Pork Chops — • — Vermont Cheddar Mashed Potatoes — • — Roasted Brussels Sprouts with pancetta 20.95	Shrimp Scampi <i>with garlic & white wine Linguine</i> — • — Fresh Asparagus — • — Rio Sourdough Baguette Slice 19.95

All Five Dinners are Available Cold To Go Daily thru Friday, February 5th 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
- Polenta Casserole 7.50
- 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

- Chicken Pot Pie, serves 1-2 11.95
- BBQ Pork Ribs, serves 3-4 19.95
- Peking Chicken Wings 14.95
- Chicken Enchiladas 12.95 for two
- Potato & Kale Enchiladas 9.95 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
French Onion Soup with Gayle's Toasts
Zucchini Gorgonzola Soup, 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 Football Cookie 2.25
Old Fashioned Brownies 3.95
Cowboy Cookie 2.75
Peanut Butter & Jelly Thumbprints 1.75
Strawberry Shortcake Cookie 2.95
Cake Batter Cookie with rainbow sprinkles 2.25
Chocolate Coma Cookie (wf) 1.85
Pecan Tassies 1.95
Toll House Cookies 1.60
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
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. 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

To Place Your Order
[Click Here](#)

OPEN 7AM - 7PM DAILY