

## 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

## FROM OUR ESPRESSO BAR

- |   |   |
|---|---|
| Gayle's Own Dark Roast<br>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<br>(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  
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

- 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	

OPEN 7AM - 7PM DAILY