

## BREAKFAST

- Yukon Gold & Zucchini 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  
**Cherry Kouign Amann** 5.25  
**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

## 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

## COMPOSED SALADS

- The Chicken & The Egg**  
*Our Garden Salad with grilled chicken breast and a 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

ESPRESSO BAR • COFFEE  
SODA • JUICE • BEER • WINE

## GAYLE'S *Weekday Blue Plate Dinners*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Artichoke &amp; Ham Stuffed Chicken Breast</b> — • — Buttermilk & Chive Mashed Potatoes — • — Lemon Asparagus 19.95	<b>Skirt Steak</b> <i>with gorgonzola butter</i> — • — Rosemary Roasted Potatoes — • — Romaine & Radicchio Salad <i>with orange balsamic dressing</i> 21.95	<b>Pork Tenderloin</b> <i>with dried cherry &amp; balsamic reduction</i> — • — Cheesy Baked Polenta — • — Buttery, Bacony Cabbage 20.95	<b>Chicken Marbella</b> — • — Buttered Basmati Rice — • — Green Beans <i>with toasted almonds</i> 19.95	<b>Shiitake Beef Stroganoff</b> — • — Parslied Pappardelle Pasta — • — Green Goddess Salad 19.95

*All Five Dinners are Available Cold To Go Daily thru Friday, February 12th from 7am - 7pm*

### ROMANTIC DINNERS

FOR SAT, FEB 13TH & SUN, FEB 14TH

**Prime Rib au jus** with horseradish cream  
**Mashed Potatoes** whipped with crème fraîche  
**Fresh Asparagus** 24.95

**Oven Poached Salmon** with lemon dill sauce  
**Truffled Fettuccini**  
**Fresh Asparagus** 22.95

**Layered Polenta Hearts** with sauteed spinach, mushrooms, gorgonzola cheese & a light red sauce  
**Cupid's Salad** with artichoke vinaigrette  
**Francese Garlic Bread** 17.95

### 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 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  
*Black Bean & Ham*  
*Roasted Tomato & Tortilla, Vegan*
- 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 Valentine Cookie 2.50  
Peek-a-Boo Hearts 2.50  
Valentine Butterstars 1.60  
Strawberry Shortcake Cookie 2.95  
Valentines M&M's Cookie 1.95  
Red Velvet Crackle Cookie 1.60  
Triple Chocolate Chunk 2.75  
Chocolate Coma Cookie 1.85  
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



Available February 13th & 14th Only

### Joe's Love Bread

*Stenciled with "Love" for Valentine's Day.* 7.25

### Heart Shaped Baguette

*Cheese & herb francese tied with a red ribbon.* 7.95

**OPEN 7AM - 7PM DAILY**

## SPECIALTY CAKES

- Raspberry Love  
*Flourless chocolate cake, raspberry ganache & raspberry whipped cream with fresh flowers, raspberries and chocolate curls.* 30.00  
Valentine's Day Candy Cake  
*Chocolate cake, ganache & vanilla buttercream inside & out. Decorated with a festive arrangement of candy.* 30.00  
Chocolate Truffle Cake  
*Flourless, fudgy cake topped with pale pink whipped cream & chocolate hearts.* 19.95  
Valentine's Day Princess Cake  
*With a pink marzipan shell, red rose and ribbon.* 25.00  
Carrot Cake  
*With cream cheese icing inside and outside, and hand-painted hearts.* 25.00  
Chocolate Mousse Cake  
*Devil's food cake, rich chocolate mousse & chocolate whipped cream, with chocolate ganache & ground hazelnuts on the side.* 25.00  
Raspberry Bramble Cake  
*Vanilla sponge filled with raspberry jam and raspberry buttercream. With a marbled design of vanilla and raspberry buttercream.* 25.00  
Salted Caramel Cake  
*Devil's food cake with a housemade salted caramel filling & a dark chocolate icing, topped with flaked sea salt.* 25.00  
Luscious Cherry or Ollalieberry Pie 13.95/28.95  
Salted Caramel Brownie Heart  
*Decorated with caramel drizzle & chocolate sprinkles.* 6.50  
Raspberry & Strawberry Tartelette  
*With a white chocolate heart.* 5.95  
Valentine Cupcakes  
*Red velvet with cream cheese icing & candy hearts.* 3.95  
Chocolate Mousse Cup  
*Rich chocolate mouse in a crisp shell topped with a pink white chocolate heart.* 5.25  
Lovers New York Cheesecake  
*Topped with sour cream & cherries.* 6.95  
Sweetheart Eclairs  
*With romantic sprinkles on top.* 5.25