

BREAKFAST

- Roasted Tomato, Potato & Spinach 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 & MORE

- Hot Cross Buns 2.75 (starting Wednesday, 2/17)
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

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

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

COOKIES & GOODIES

- Iced Whale Cookie 2.25
- Old Fashioned Brownies 3.95
- Strawberry Shortcake Cookie 2.95
- Triple Chocolate Chunk 2.75
- Snickerdoodles 1.75
- Cowboy Cookie 2.75
- Chocolate Coma Cookie (wf) 1.85
- Butterstars with rainbow sprinkles 1.60
- 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

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
- Cherry Pie 28.95/ 3.95 slice
- Key Lime Parfait 5.95
- Chocolate Eclair 5.25
- Chocolate or Vanilla Cupcakes 3.60

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.
- Raspberry Bramble**
Vanilla sponge filled with raspberry jam and raspberry buttercream. With a marbled design of vanilla and raspberry buttercream.
- Carrot Cake**
With cream cheese icing inside and outside, and hand-painted carrots.
- Burnt Almond**
Vanilla sponge cake, almond Bavarian cream, with candied almonds outside.
- Princess Cake**
Vanilla sponge cake with pastry cream, raspberry jam & vanilla whipped cream inside with a marzipan shell and a fresh rose.

CAKE PRICES, SIZES & SLICES

PRICES	AVAILABLE BY THE SLICE
5" ~ 25.00	Black & White • Princess
7" ~ 42.00	Carrot • Burnt Almond
5.95 slice	

To Place Your Order
[Click Here](#)

OPEN 7AM - 7PM DAILY