

## BREAKFAST

- Roasted Tomato, Potato & Spinach Frittata 6.95
- Breakfast Burrito with Potato & Bacon 8.95/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) 4.95
- Rosemary Roasted Potatoes 3.95/7.95

## DANISH, CROISSANT & MORE

- Hot Cross Buns 2.75
- Kouign Amann 4.95
- Monkey Bread 4.75
- Lemon Blueberry Muffin 3.75
- Strawberry Cheese Danish 3.75
- Old Fashioned Cinnamon Roll 4.75
- Croissant 3.25
- Pain d' Amande 4.50
- Chocolatine 4.25
- Bear Claw 4.50
- Downtowner with Sugar 3.95
- Ham & Cheese Croissant 5.50
- Garlic Cheese Twist 3.95
- 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
- Caesar Chicken Ficelle *with grilled lemon chicken breast, romaine lettuce, crushed croutons, grated parmesan cheese and Caesar dressing.* 9.95
- Vegetarian Pesto & Provolone Ficelle *with roasted tomato, butter lettuce & mayo.* 9.95
- Cuban Turkey & Swiss Ficelle *with chipotle mayo & dill pickle.* 9.95
- BBQ Tri Tip *with crispy onions on a francese bun with house bbq sauce, lettuce & mayo.* 9.95
- Almond Tarragon Chicken Salad Croissant *with roasted chicken, fresh tarragon, celery, chopped almonds, scallions, mayo and lettuce.* 9.95
- Vegan Veggie Wrap *hummus, sunflower sprouts, tomato, grated carrot & red cabbage in a whole wheat tortilla.* 8.95
- Albacore Tuna Salad & Cheddar *with butter lettuce on Capitola sourdough.* 9.50
- 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
- Sesame Rice Noodle 4.25/8.50
- Fresh Fruit, vegan 4.25/8.50
- Albacore Tuna or Almond Tarragon Chicken 6.95/13.95

## COMPOSED SALADS

- The Chicken & The Egg *our Garden Salad with grilled chicken breast and a hard-boiled egg.* 12.50
- Garden Salad *with carrots, beets, mushrooms, cherry tomatoes, cucumber & 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* 11.95
- 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>Grilled Steak Diane</b><br>—•—<br>Potatoes au Gratin<br>—•—<br>Buttered Broccoli<br>21.95 | <b>Chicken Parmesan</b><br><i>with housemade tomato sauce &amp; mozzarella</i><br>—•—<br>Spaghetti<br><i>with cauliflower, almonds &amp; green olives</i><br>—•—<br>Caesar Salad<br><i>with Gayle's garlic croutons</i><br>19.95 | <b>Cider Brined Pork Chops</b><br>—•—<br>Vermont Cheddar Mashed Potatoes<br>—•—<br>Bacony, Buttery Cabbage<br>20.95 | <b>Chicken Piccata</b><br><i>with lemon &amp; capers</i><br>—•—<br>Pasta Formaggio<br><i>with sage &amp; prosciutto</i><br>—•—<br>Fresh Asparagus<br>19.95 | <b>Yankee Pot Roast</b><br>—•—<br>Buttermilk Mashed Potatoes<br>—•—<br>Green Beans<br><i>with fresh thyme</i><br>20.95 |

*All Five Dinners are Available Cold To Go Daily thru Sunday, March 7th from 7am - 7pm*

### HOT FOOD

- Balsamic Citrus Glazed Quarter Chicken 6.95
- BBQ Pork Ribs 8.95
- Peking Chicken Wings 7.95 for four
- Chicken Enchiladas 6.95
- Macaroni & Cheese 4.50 / 8.95
- Polenta Casserole 7.95
- Penne d'Alba Pasta  
*with toasted garlic, tomato sauce & mozzarella* 4.50 / 8.95
- Spinach Gorgonzola Pasta 4.50 / 8.95
- Twice Baked Potato 4.95
- Steamed Veggies 3.95 / 7.95
- Francese Garlic Bread 2.50



### COLD GRAB & GO PASTAS & ENTREES

- Chicken Pot Pie, serves 1-2 12.95
- BBQ Pork Ribs, serves 3-4 19.95
- Peking Chicken Wings 14.95
- Chicken Enchiladas 13.95 for two
- Potato & Kale Enchiladas 9.95 for two
- Twice Baked Potatoes 9.95 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 8.95
- New England Clam Chowder*
- Chicken Noodle*
- Deviled Eggs 10.50/6 pack
- Crostini *buttery garlic toasts* 8.95
- 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

- Unicorn Cookie 2.25
- Old Fashioned Brownies 4.25
- Strawberry Shortcake Cookie 2.95
- Triple Chocolate Chunk 2.75
- Snickerdoodles 1.75
- Cowboy Cookie 2.75
- Chocolate Coma Cookie (wf) 1.95
- Butterstars with rainbow sprinkles 1.75
- Toll House Cookies 1.75
- 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. 12.95*

## BREAD

- Francese Baguette 4.50/ Buns 4.95/ 4 pack
- Rio Sourdough Baguette 4.25
- Joe's Bread (wheat sourdough) 7.50
- Organic Capitola Sourdough Round 4.25
- Olive Sourdough Oval 5.95
- English Toaster Bread 4.25
- Organic Hearty Wheat Sandwich Loaf 5.95
- Muesli Loaf 6.25
- Organic Capitola Sourdough Sandwich 5.75
- Organic Old World Raisin Walnut 6.95/ 1.30 roll
- Jewish Rye 6.75
- Challah Twist or Sandwich 4.75

## PIES & PASTRIES

- Olallieberry Pie 28.95/ 4.25 slice
- Chocolate Eclair 5.50
- Chocolate or Vanilla Cupcakes 3.75

To Place Your Order  
[Click Here](#)

## 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.*
- Lemon Almond Ricotta Torte**  
*Moist & almondy, with just the right amount of sweet citrus. Wheat free. 30.00*
- Carrot Cake**  
*With cream cheese icing inside and outside, and hand-painted carrots.*
- Key Lime Pie**  
*Creamy, sweet-tart key lime filling in a graham cracker crust topped with whipped cream and whipped cream rosettes. 14.95/38.00*
- Burnt Almond**  
*Vanilla sponge cake, almond Bavarian cream, with candied almonds outside.*
- Princess Cake**  
*Vanilla sponge cake with pastry cream, raspberry jam and vanilla whipped cream inside with a marzipan shell & a fresh rose.*

### CAKE PRICES, SIZES & SLICES

PRICES  
5" ~ 26.00  
7" ~ 45.00  
5.95 slice

AVAILABLE BY THE SLICE  
Black & White • Princess • Carrot  
Key Lime Pie • Burnt Almond

OPEN 7AM - 7PM DAILY