

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 4.795
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

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, red 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
Shrimp Scampi with garlic & white wine <i>Linguine</i> — • — Fresh Asparagus — • — Rio Sourdough Baguette 19.95	Bistro Steak with red wine sauteed mushrooms — • — Fingerling Potato & Bacon "Hash" — • — Little Gem Salad with blue cheese dressing 22.95	Chicken Cordon Bleu with gruyère & Corralitos ham — • — Savory Bread Pudding — • — Caesar Salad with Gayle's garlic croutons 19.95	Shiitake Beef Stroganoff — • — Parslied Pappardelle Pasta — • — Green Goddess Salad 19.95	Roast Turkey Breast with housemade gravy & cranberry sauce — • — Mashed Potatoes — • — Mom's Sourdough Stuffing — • — Green Beans with fresh thyme 22.95

All Five Dinners are Available Cold To Go Daily thru Sunday, March 14th 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
- Ginger Peanut Chicken
- Roasted Butternut Squash
- 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

- Angel Fish 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

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	AVAILABLE BY THE SLICE
5" ~ 26.00	Black & White • Princess • Carrot
7" ~ 45.00	Key Lime Pie • Burnt Almond
5.95 slice	

OPEN 7AM - 7PM DAILY