

## 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, 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

MONDAY, 3/15

### Teriyaki Skirt Steak

— • —  
Sticky Rice  
*with edamame & shiitake*

— • —  
Garlic Sauteed Spinach  
21.95

TUESDAY, 3/16 & WEDNESDAY, 3/17

### Corned Beef and Cabbage with Potatoes, Carrots & Onions & horseradish cream

— • —  
Delicious Irish Soda Bread  
21.95

AVAILABLE HOT AT NOON, AND  
COLD TO GO ALL DAY.

THURSDAY, 3/18

### Chicken Marbella

— • —  
Buttered Basmati Rice

— • —  
Green Beans  
*with toasted almonds*  
19.95

FRIDAY, 3/19

### Grilled Salmon *with artichoke piccata sauce*

— • —  
Herb Roasted Potatoes

— • —  
Buttered Broccolini  
21.95

TERIYAKI SKIRT STEAK, CHICKEN MARBELLA & GRILLED SALMON DINNERS ARE AVAILABLE HOT AT 4:30PM ON THEIR WEEKDAY, AND COLD TO GO DAILY THRU SUNDAY, MARCH 21ST 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  
*Bacon, Potato & Cabbage*  
*Vegan Lentil*
- 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

Iced Shamrock Cookie 1.95 ~ available 3/15 - 3/17

Iced Butterfly Cookie 2.25 ~ available 3/18 - 3/28

Chocolate Mint 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 ~ available 3/18-3/21

**OPEN 7AM - 7PM DAILY**

2.25.21 / 3.15.21 - 3.21.21

## 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

To Place Your Order  
[Click Here](#)