

## 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 2.75/13.95 six pack  
Lemon Bread 7.95  
Orange Buttercrunch Roll 4.95  
Strawberry Cheese Danish 3.75  
Kouign Amann 4.95  
Monkey Bread 4.75  
Lemon Blueberry Muffin 3.75  
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

READY AT  
4:30 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY & FRIDAY
<b>Italian Pot Roast</b> — • — Garlic Mashed Potatoes — • — Broccoli with Sicilian olives 20.95	<b>Crispy Mustard Crusted Chicken</b> — • — Risotto with greens & parmesan — • — Fresh Asparagus 19.95	<b>Slow-Braised Lamb Shanks</b> with red wine, tomato & spices — • — Dolmas Rice Pilaf — • — Greek Country Salad with lemon dressing 20.95	<p>Sorry, No Blue Plate Dinners.</p> <p>The Bunnies are getting ready for Easter.</p> 

ALL THREE DINNERS ARE AVAILABLE COLD TO GO  
MONDAY, TUESDAY AND WEDNESDAY 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
- Portuguese Potato & Kale with Linguisa Creamy Tomato
- 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

- Decorated Chick Cookie** 3.25  
**Chocolate Brownie Egg** 4.50  
**Strawberry Shortcake Cookie** 2.95  
**Bird's Nest Cookie**  
*our chocolate macaroons with jelly belly eggs* 2.50  
**Brookies** 2.95  
**Blueberry White Chocolate Oatie** 2.75  
**Lemon Crackle** 1.75  
**Buttery Danish Cocos** 1.95  
**Cake Batter with pastel sprinkles** 2.25  
**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

## SPECIALTY CAKES

- Orange Chiffon Cake**  
*Baked in a traditional tube pan shape with a yummy orange glaze.* 28.00  
**Flourless Chocolate Grand Marnier Cake**  
*Fudgy chocolate cake with Grand Marnier whipped cream and a ganache pour.*  
**Old Fashioned Chocolate Cake**  
*Five layers of devil's food cake with a fluffy powdered sugar old fashioned chocolate buttercream inside and out.*  
**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.*  
**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  
**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

Orange Chiffon • Flourless Chocolate Grand Marnier

Old Fashioned Chocolate Cake • Carrot • Princess

To Place Your Order  
[Click Here](#)

OPEN 7AM - 7PM DAILY