

## 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

- Orange Buttercrunch Roll 4.95  
Pecan Schnecken 4.50  
Olallieberry Danish 3.75  
Apple Carrot Muffin 3.75  
Lemon Bread 7.95  
Crocodiles 4.50  
Raspberry Filled Kouign Amann 5.25  
Kouign Amann 4.95  
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
- Turkey Crannie Ficelle**  
*With jack cheese, butter lettuce and cranberry mustard.* 9.95
- Tri Tip Ficelle**  
*With pimienta cheese spread, lettuce and tomato.* 9.95
- Vegetarian Pesto & Provolone Ficelle**  
*With roasted tomato, butter lettuce & mayo.* 9.95
- Southwest Turkey**  
*With pepper jack cheese, avocado, tomato and cilantro mayo on Capitola sourdough.* 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, clover sprouts, lettuce, tomato, grated carrot & red cabbage in a whole wheat tortilla.* 8.95
- Albacore Tuna Salad & Cheddar**  
*With butter lettuce on Capitola sourdough.* 9.50

## SALADS

PRICES ARE PER HALF PINT/ PINT

- Mediterranean Pasta**  
*With feta, sun dried tomatoes & Sicilian olives.* 4.25/ 8.50
- Farro, Apple & Arugula Salad**  
*With walnuts & Parmesan.* 3.50/ 6.95
- Fiesta Salad**  
*With garbanzo beans, black olives, cherry tomatoes & celery.* 3.75/ 7.50
- Crunchy Broccoli & Pecan**  
*With apple & gruyère.* 4.50/ 8.95
- Sesame Rice Noodle**  
*Wheat free with roasted tofu.* 4.25/ 8.50
- Green Salad of the Day** 3.25
- Fresh Fruit, vegan** 4.25/ 8.50
- Albacore Tuna Salad** 6.95/ 13.95
- Almond Tarragon Chicken Salad** 6.95/ 13.95

## Weekday *Hot* Blue Plate Dinners

READY AT  
4:30 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Cider Brined Pork Chop</b> — • — Vermont Cheddar Mashed Potatoes — • — Buttery, Bacony Cabbage 20.95	<b>Mediterranean Grilled Flank Steak</b> with olives, capers & cherry tomatoes — • — Spinach Pie with feta in a flaky crust — • — Romaine & Radicchio Salad 21.95	<b>Chicken Marbella</b> — • — Buttered Basmati Rice — • — Broccolini with preserved lemon 19.95	<b>Southwest Skirt Steak</b> with salsa fresca & crispy onions — • — Roasted Poblano & Cheddar Gratin — • — Chopped Salad with jicama & avocado 22.95	<b>Grilled Salmon</b> with artichoke piccata sauce — • — Herb Roasted Baby Yukon Potatoes — • — Fresh Asparagus 21.95
<i>All Five Dinners are Available Cold To Go Daily thru Sunday, April 25th from 7am - 7pm</i>				

### 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

### GAYLE'S OWN

- Housemade Soup, Pint 8.95  
*Chicken Noodle or Vegetarian Golden Mushroom*
- Deviled Eggs 10.50/6 pack
- Crostini buttery garlic toasts 8.95
- Point Reyes Blue Cheese Dip/Dressing 6.95
- Roasted Garlic & Artichoke Dip 6.95
- Pimento Cheese Spread 6.95
- Housemade Hummus 6.95
- Red Pepper Cashew Spread 7.25
- Dressings: Poppy Seed or Orange Balsamic 7.25

### COLD GRAB & GO

- Spaghetti & Meatballs, serves 2-3 16.95
- Chicken Pot Pie, serves 1-2 12.95
- Meatloaf & Mashed Potatoes, serves 1-2 14.95
- Polenta Casserole, serves 2 15.95
- 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 Kit: Dough, Red Sauce, Mozzarella & Parmesan 10.95  
With Salami 13.95

### COMPOSED SALADS

- Steakhouse Salad *grilled tri tip, romaine, spinach, carrot and radish with Point Reyes Blue Cheese Dressing.* 14.95
- Salmon Niçoise Salad *with green beans, red potatoes and hard-boiled egg* 14.95
- 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
- Garden Salad *with carrots, red beets, mushrooms, cherry tomatoes, cucumber* 8.95

## COOKIES & GOODIES

- Beehive Cookie** 2.75
- Brookies, a Toll House brownie combo** 2.95
- Blueberry White Chocolate Oatie** 2.75
- Cocos, a Danish coconut cookie** 1.95
- Lemon Crackle** 1.75
- Old Fashioned Peanut Butter Cookie** 2.75
- Butterstars with Rainbow Sprinkles** 1.75
- Strawberry Shortcake Cookie** 2.95
- 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

- Fresh Berry Tartes & Tartelettes** 33.95 whole / 6.25 ea
- Napoleon** 5.25
- Chocolate Eclair** 5.50
- Vanilla or Chocolate Cupcakes** 3.75
- Olallieberry Pie** 28.95/ 4.25 slice

## SPECIALTY CAKES

- Orange Chiffon Cake**  
*Baked in a traditional tube pan shape with a yummy orange glaze.* 28.00
- Strawberry Genoise**  
*Vanilla sponge cake, pastry cream & fresh strawberries inside & swirls of vanilla whipped cream outside, topped with whole glazed strawberries.*
- 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.*
- Flourless Black & White Cake**  
*Flourless chocolate cake with chocolate ganache and vanilla whipped cream inside, and vanilla whipped cream outside with a chocolate ganache pour.*
- 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	Available By The Slice
5" ~ 26.00	Orange Chiffon • Key Lime Pie
7" ~ 45.00	Old Fashioned Chocolate Cake • Carrot • Princess
5.95 slice	