

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

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
- Turkey Crannie Ficelle**
With gouda cheese, butter lettuce and cranberry mustard. 9.95
- Tri Tip Ficelle**
With pimiento 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

ESPRESSO BAR • COFFEE
SODA • JUICE • BEER • WINE

Weekday *Hot* Blue Plate Dinners

READY AT
4:30 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Cacciatore <i>with tomatoes, wine & olives</i> <hr/> Cheesy Baked Polenta <hr/> Buttered Broccoli 19.95	Swedish Meatballs <i>with a rich, creamy sauce & lingonberry jam</i> <hr/> Creamy Mashed Potatoes <hr/> Baby Spinach Salad <i>with poppy seed dressing</i> 19.95	Surf & Turf <i>with Grilled Prawns & Marinated Skirt Steak</i> <hr/> Baked Potato <i>with butter & sour cream</i> <hr/> Chopped Iceberg Salad <i>with blue cheese dressing</i> 21.95	Crispy Mustard Crusted Chicken <hr/> Risotto <i>with greens & peas</i> <hr/> Lemon Asparagus 19.95	Roast Turkey Breast <i>with housemade gravy & cranberry sauce</i> <hr/> Mashed Potatoes <hr/> Mom's Sourdough Stuffing <hr/> Green Beans <i>with fresh thyme</i> 22.95

All Five Dinners are Available Cold To Go Daily thru Sunday, May 2nd 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

GAYLE'S OWN

- Housemade Soup, Pint 8.95
Potato Kale with Linguiça or Vegan Roasted Tomato Torilla
- 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

- Bluebird Cookie** 1.95
- 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	

To Place Your Order
[Click Here](#)

OPEN 7AM - 7PM DAILY