

## BREAKFAST

- Fresh Corn 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
- Chicken Apple Sausage 4.95
- Crisp Bacon Slices (3) 4.95
- Rosemary Roasted Potatoes 3.95/7.95

## DANISH, CROISSANT & MORE

- Old Fashioned Cinnamon Roll 4.75
- Pecan Schnecken 4.50
- Olallieberry Danish 3.75
- Lemon Poppy Seed Muffin 3.75
- Lemon Bread 7.95
- Maple Pecan Crocodiles 4.50
- Chocolate Hazelnut Filled Kouign Amann 5.25
- Kouign Amann 4.95
- Croissant 3.25
- Pain d' Amande 4.50
- Chocolatine 4.25
- Bear Claw 4.50
- Olallieberry Turnover 4.75
- Apple Turnover 4.75
- 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 gouda cheese, butter lettuce & cranberry mustard. 9.95*
- Albacore Tuna on Seeded Ficelle**  
*With cheddar cheese & housemade pickles. 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*
- Marinated Chicken Breast**  
*with herb mayo and a splash of lemon juice on thick sliced Capitola sourdough. 9.50*
- 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*

## SALADS

PRICES ARE PER HALF PINT/ PINT

- Red, Green & Gold Kale Salad, vegan 4.25/8.50**  
*With roasted beets and tomatoes, butternut squash, garbanzo beans, and pumpkin seeds.*
- Mediterranean Pasta**  
*With feta, sun dried tomatoes & Sicilian olives. 4.25/8.50*
- Ginger Beet with Baby Spinach 4.25/8.50**
- Farro, Apple & Arugula Salad**  
*With walnuts & Parmesan. 3.50/6.95*
- Crunchy Broccoli & Pecan**  
*With apple & gruyère. 4.50/8.95*
- Fiesta Salad**  
*With garbanzo beans, black olives, cherry tomatoes & celery. 3.75/7.50*
- 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>Amalfi Chicken</b> <i>braised in lemon &amp; herbs</i> — • — <b>Parmesan</b> <b>Smashed Potatoes</b> — • — <i>Peas with pancetta &amp; crispy shallots</i> 20.95	<b>Pork Loin</b> <i>with apricot sourdough stuffing</i> — • — <b>Vermont Cheddar Mashed Potatoes</b> — • — <b>Buttered Broccoli</b> 20.95	<b>Chicken Piccata</b> <i>with lemon &amp; capers</i> — • — <b>Pasta Formaggio</b> <i>with sage &amp; prosciutto</i> — • — <b>Fresh Asparagus</b> 20.95	<b>Roast Turkey</b> <i>and Gayle's gravy &amp; cranberry sauce</i> — • — <b>Mashed Potatoes</b> — • — <b>Mom's Sourdough Stuffing</b> — • — <b>Green Beans</b> <i>with fresh thyme</i> 23.95	<b>Blackened Salmon</b> — • — <b>Sun Dried Tomato &amp; Basil Orzo</b> — • — <b>Garlic Sautéed Spinach</b> 22.95

*All Five Dinners are Available Cold To Go Daily thru Sunday, May 16th from 7am - 7pm*

### HOT FOOD

- Teriyaki Salmon 13.95
- Balsamic Citrus Glazed Quarter Chicken 6.95
- Lemon Marinated Chicken Breast 7.50
- Peking Chicken Wings 7.95 for four
- BBQ Pork Ribs 8.95
- Chicken Enchiladas 6.95
- Macaroni & Cheese 4.50 / 8.95
- Layered 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
- Creamy Mashed Potatoes 5.95 / 11.50
- Twice Baked Potato 4.95
- Steamed Veggies 3.95 / 7.95
- Veggie Sauté 3.95 / 7.95
- Francese Garlic Bread 2.50

### GAYLE'S OWN

- Housemade Soup, Pint 8.95  
*Chicken Peanut Soup*
- Zucchini & Gorgonzola Soup, vegetarian*
- 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
- 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
- Quiche, Spinach & Tomato or Bacon & Jarlsberg 5.50
- Meatloaf & Mashed Potatoes, serves 1-2 16.95
- Layered 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
- Chicken Capellini Salad 12.95
- 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

- Iced Octopus Cookie 2.50  
Chocolate Chip Brownies 4.25  
Chocolate Coma Cookie (wf) 1.95  
Anahola Chocolate Chip with walnut 2.25  
Toll House 1.75  
Lemon Crackle 2.25  
Raspberry Pistachio Thumbprints 1.95  
Old Fashioned Peanut Butter Cookie 2.75  
Butterstars with Rainbow Sprinkles 1.75  
Strawberry Shortcake Cookie 2.95  
Almond Biscotti/Biscotti Gift Bag 1.95/ 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

- Strawberry & Cream Galette 25.95  
Key Lime Pie 14.95/ 38.00  
Fresh Berry Tartes/Tartelettes 33.95/ 6.25  
Lemon Mini Cheesecake 6.95 ea  
Chocolate Eclair 5.50  
Vanilla Cupcakes 3.75

## SPECIALTY CAKES

### Salted Caramel Cake

*Devil's food cake with a housemade salted caramel filling and a dark chocolate icing, topped with flaked sea salt.*

### Princess Cake

*Vanilla sponge cake with pastry cream, raspberry jam and vanilla whipped cream inside with a marzipan shell & a fresh rose.*

### 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.*

### 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.*

### Chocolate Mousse Cake

*Devil's food cake, rich chocolate mousse & chocolate whipped cream, with chocolate ganache and ground hazelnuts on the side.*

### Orange Chiffon Cake

*Baked in a traditional tube pan shape with a yummy orange glaze. 28.00*

### CAKE PRICES, SIZES & SLICES

#### Prices

- 5" ~ 26.00  
7" ~ 45.00  
5.95 slice

#### Available By The Slice

- Orange Chiffon • Key Lime Pie  
Flourless Black & White • Carrot • Princess

**OPEN 7AM - 7PM DAILY**