

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

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 & 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
Amalfi Chicken <i>braised in lemon & herbs</i> — • — Parmesan Smashed Potatoes — • — <i>Peas with pancetta & crispy shallots</i> 20.95	Pork Loin <i>with apricot sourdough stuffing</i> — • — Vermont Cheddar Mashed Potatoes — • — Buttered Broccoli 20.95	Chicken Piccata <i>with lemon & capers</i> — • — Pasta Formaggio <i>with sage & prosciutto</i> — • — Fresh Asparagus 20.95	Roast Turkey <i>and Gayle's gravy & cranberry sauce</i> — • — Mashed Potatoes — • — Mom's Sourdough Stuffing — • — Green Beans <i>with fresh thyme</i> 23.95	Blackened Salmon — • — Sun Dried Tomato & Basil Orzo — • — Garlic Sautéed Spinach 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	Available By The Slice
5" ~ 26.00	Orange Chiffon • Key Lime Pie
7" ~ 45.00	Flourless Black & White • Carrot • Princess
5.95 slice	

To Place Your Order
[Click Here](#)

OPEN 7AM - 7PM DAILY