

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
- Marionberry Danish 3.75
- Lemon Poppy Seed Muffin 3.75
- 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
- Marionberry 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 |
|--|--|--|--|---|
| Cider Brined Pork Chop — • — Vermont Cheddar Mashed Potatoes — • — Buttery, Bacony Cabbage 20.95 | Mediterranean Grilled Flank Steak with olives, capers & cherry tomatoes — • — Spinach Pie with feta in a flaky crust — • — Romaine & Radicchio Salad 22.95 | Chicken Schnitzel with bacon pepper gravy — • — Buttermilk Mashed Potatoes — • — Green Beans with fresh thyme 21.95 | Surf & Turf with Grilled Prawns & Marinated Flank Steak — • — Baked Potato with butter & sour cream — • — Chopped Iceberg Salad with blue cheese dressing 22.95 | Grilled Salmon with artichoke piccata sauce — • — Zucchini & Rice Gratin — • — Fresh Asparagus 22.95 |

All Five Dinners are Available Cold To Go Daily thru Sunday, May 23rd 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 & Wild Rice or Roasted Butternut Squash, vegetarian
- Deviled Eggs 10.50/6 pack
- 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
- Caramel Sauce 10.95
- Lemon Curd 10.95

COLD GRAB & GO

- Spaghetti & Meatballs, serves 2-3 16.95
- Chicken Pot Pie, serves 1-2 12.95
- Quiche, Bacon & Onion or Broccoli Cheddar 11.95
- 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 Crab Cookie 2.25
- Chocolate Chip Brownies 4.25
- Chocolate Coma Cookie (wf) 1.95
- Anahola Chocolate Chip Cookie with Walnut 2.25
- Toll House 1.75
- Lemon Poppy Seed Cookie 1.75
- Snickerdoodle Cookie 2.25
- 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
- Crostini**
Buttery garlic toasts 8.95

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
- Marionberry Pie 28.95/ 4.25 slice
- 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 or Carrot Cupcakes 4.25

5.06.21 / 5.10.21-5.16.21

SPECIALTY CAKES

- German Chocolate Cake**
Devil's food cake with coconut/caramel/pecan icing inside and on top. Finished with chocolate ganache and toasted pecans on the sides.
- 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.
- Salted Caramel Cake**
Devil's food cake with a housemade salted caramel filling and a dark chocolate icing, topped with flaked sea salt.
- Chocolate Mousse Cake**
Devil's food cake, rich chocolate mousse & chocolate whipped cream, with chocolate ganache and ground hazelnuts on the side.
- Princess Cake**
Vanilla sponge cake with pastry cream, raspberry jam and vanilla whipped cream inside with a marzipan shell & a fresh rose.
- Lemon Love Cake**
Lemon Chiffon, lemon curd & lemon buttercream.
- Carrot Cake**
With cream cheese icing inside and outside, and hand-painted carrots.
- Blackberry Bramble**
Vanilla sponge filled with blackberry jam and blackberry buttercream. With a marbled design of vanilla and blackberry buttercream.
- 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 | |

OPEN 7AM - 7PM DAILY