

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
- Egg Salad Sandwich on Hearty Wheat 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
- Morning Glory 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

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Please note some items
are not available online.



SEASONAL SANDWICHES

- Caprese Ficelle**
Fresh mozzarella, tomatoes, basil & balsamic vinaigrette. 9.95
- Albacore Tuna on Seeded Ficelle**
With cheddar cheese & housemade pickles. 9.95
- Italiano Ficelle**
Salami, ham, provolone, pepperoncini, vinaigrette & mayo. 9.95
- Ranch Tri Tip**
With cheddar cheese, lettuce, tomato and ranch dressing on a francese bun. 9.95
- Avocado & Gouda on Muesli Bread**
With red pepper cashew spread, baby spinach & dill pickle. 9.50
- Southwest Turkey**
With pepper jack cheese, avocado, tomato and cilantro mayo on Capitola sourdough. 9.95
- Almond Tarragon Chicken Salad Croissant**
With roasted chicken, fresh tarragon, celery, chopped almonds, scallions, mayo and lettuce. 9.95
- Egg Salad on Hearty Wheat**
With mayo and butter lettuce. 7.50
- Marinated Chicken Breast**
with herb mayo and a splash of lemon juice on thick sliced Capitola sourdough. 9.50
- Vegan Santa Fe Wrap**
Black beans, fresh corn, carrot, cabbage, cilantro and chipotle hummus. 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.
- Fiesta Salad**
With garbanzo beans, black olives, cherry tomatoes & celery. 3.75/ 7.50
- Crunchy Broccoli & Pecan**
With apple & gruyère. 4.50/ 8.95
- Ginger Beet with Baby Spinach** 4.25/ 8.50
- Caesar Pasta Salad** 4.25/ 8.50
- Old Fashioned Potato Salad** 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
Chicken Cacciatore — • — Cheesy Baked Polenta — • — Buttered Broccoli 20.95	Swedish Meatballs <i>and lingonberry jam</i> — • — Creamy Mashed Potatoes — • — Baby Spinach Salad <i>with poppy seed dressing</i> 19.95	Southwest Skirt Steak <i>with salsa fresca & crispy onions</i> — • — Roasted Potato & Cheddar Gratin — • — Chopped Salad <i>with orange cumin dressing</i> 24.95	Crispy Mustard Crusted Chicken — • — Risotto <i>with greens & peas</i> — • — Lemon Asparagus 20.95	Roast Turkey Breast <i>with Gayle's gravy & cranberry sauce</i> — • — Mashed Potatoes — • — Mom's Sourdough Stuffing — • — Green Beans <i>with fresh thyme</i> 23.95

All Five Dinners are Available Cold To Go Daily thru Sunday, May 30th 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
Hearty Pepper Beef or Golden Mushroom, 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

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 Surfboard 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 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 1.95

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 whole/ 6.25 ea
- Lemon Mini Cheesecake 6.95
- Chocolate Eclair 5.50
- Vanilla or Carrot Cupcakes 4.25

FRESH 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

PACKAGED GOODIES

- Teal's Granola 12.95
- Crostini *Buttery garlic toasts* 8.95
- Biscotti Gift Bag 16.95
- Caramel Sauce 10.95
- Lemon Curd 10.95

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.

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.

Lemon Poppy Seed
Poppy seed cake filled with lemon curd and lemon buttercream inside, and iced with lemon buttercream.

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.

Lemon Love Cake
Lemon Chiffon, lemon curd & lemon buttercream.

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*