

## BREAKFAST

- Fresh Corn Frittata 6.95
- Breakfast Burrito with Potato & Bacon 9.95/Vegetarian 8.95
- Greek Yogurt Parfait with Teal's Granola 6.50
- Ham or Bacon Scrambled Egg Croissant 9.50/Vegetarian 8.25
- Fried Egg Sandwich with Bacon or Spinach 8.50/ 7.95
- Egg Salad Sandwich on Hearty Wheat 7.50
- Breakfast Biscuit with Ham 6.25/ Vegetarian 5.25
- Individual Quiche: Bacon, or Tomato & Spinach 5.95
- Chicken Apple Sausage 5.50
- Crisp Bacon Slices (3) 4.95
- Rosemary Roasted Potatoes 3.95 / 7.95

## DANISH, CROISSANT & MORE

- Old Fashioned Cinnamon Roll 4.95
- Pecan Schnecken 4.95
- Marionberry Danish 4.25
- Morning Glory Muffin 3.95
- Maple Pecan Crocodiles 4.75
- Apricot Filled Kouign Amann 5.95
- Kouign Amann 5.50
- Croissant 3.50
- Pain d' Amande 4.95
- Chocolatine 4.50
- Bear Claw 4.95
- Marionberry Turnover 4.95
- Apple Turnover 4.95
- Downtowner with Sugar 4.25
- Ham & Cheese Croissant 5.95
- Garlic Cheese Twist 4.25
- Mushroom Turnover 3.25

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Please note some items  
are not available online.



ESPRESSO BAR • COFFEE  
SODA • JUICE • BEER • WINE

## 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.* 10.95
- 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.* 10.50
- Almond Tarragon Chicken Salad Croissant**  
*With roasted chicken, fresh tarragon, celery, chopped almonds, scallions, mayo and lettuce.* 10.50
- 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.* 9.95
- 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** 4.50/8.95  
*With roasted beets and tomatoes, butternut squash, garbanzo beans, and pumpkin seeds.*
- Fiesta Salad**  
*With garbanzo beans, black olives, cherry tomatoes & celery.* 3.95/ 7.95
- Crunchy Broccoli & Pecan**  
*With apple & gruyère.* 4.75/ 9.50
- Ginger Beet with Baby Spinach** 4.50/ 8.95
- Mediterranean Pasta Salad** 4.50/ 8.95
- Old Fashioned Potato Salad** 4.50/ 8.95
- Fresh Fruit, vegan** 4.50/ 8.95
- 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>Chicken Cacciatore</b> — • — Cheesy Baked Polenta — • — Buttered Broccoli 20.95	<b>Swedish Meatballs</b> <i>and lingonberry jam</i> — • — Creamy Mashed Potatoes — • — Baby Spinach Salad <i>with poppy seed dressing</i> 19.95	<b>Southwest Skirt Steak</b> <i>with salsa fresca &amp; crispy onions</i> — • — Roasted Potato & Cheddar Gratin — • — Chopped Salad <i>with orange cumin dressing</i> 24.95	<b>Crispy Mustard Crusted Chicken</b> — • — Risotto <i>with greens &amp; peas</i> — • — Lemon Asparagus 20.95	<b>Roast Turkey Breast</b> <i>with Gayle's gravy &amp; 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 14.95
- Balsamic Citrus Glazed Quarter Chicken 7.50
- Lemon Marinated Chicken Breast 7.50
- Peking Chicken Wings 8.95 for four
- BBQ Pork Ribs 9.50
- Chicken Enchiladas 7.25
- Macaroni & Cheese 4.95 / 9.95
- Layered Polenta Casserole 7.95
- Penne d'Alba Pasta  
*with toasted garlic, tomato sauce & mozzarella* 4.95 / 9.95
- Spinach Gorgonzola Pasta 4.95 / 9.95
- Creamy Mashed Potatoes 4.95 / 9.95
- Twice Baked Potato 4.95
- Steamed Veggies 4.25 / 8.50
- Veggie Sauté 4.25 / 8.50
- Francese Garlic Bread 2.50

### GAYLE'S OWN

- Housemade Soup, Pint 9.50  
*Hearty Pepper Beef or Golden Mushroom, vegetarian*
- Deviled Eggs 10.50/6 pack
- Roasted Garlic & Artichoke Dip 7.25
- Housemade Hummus 7.25
- Red Pepper Cashew Spread 7.25
- Dressings: Poppy Seed or Orange Balsamic 7.95

### COLD GRAB & GO

- Spaghetti & Meatballs, serves 2-3 17.95
- Chicken Pot Pie, serves 1-2 12.95
- Quiche, Bacon & Onion or Broccoli Cheddar 11.95
- Meatloaf & Mashed Potatoes, serves 1-2 17.95
- Layered Polenta Casserole, serves 2 15.95
- BBQ Pork Ribs, serves 3-4 19.95
- Peking Chicken Wings 15.95
- Chicken Enchiladas 14.50 for two
- Potato & Kale Enchiladas 10.95 for two
- Twice Baked Potatoes 9.95 for two
- Chicken Capellini Salad 12.95
- Spinach Gorgonzola Pasta, serves 2-3 16.95
- Penne d'Alba Pasta, serves 2-3  
*with toasted garlic, tomato sauce & mozzarella* 16.95
- Macaroni & Cheese, serves 2-3 16.95
- Lasagne Bolognese, serves 3-4 26.95
- Francese Garlic Bread 7.95
- Pizza Kit: Dough, Red Sauce, Mozzarella & Parmesan 10.95  
With Salami 13.95

### COMPOSED SALADS

- Sesame Chicken Salad *romaine, oranges, almonds, cucumber, cilantro, scallions, marinated & grilled chicken breast and poppy seed 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* 9.50

## COOKIES & GOODIES

- Iced Surfboard 2.50
- Chocolate Chip Brownies 4.50
- Chocolate Coma Cookie (wf) 2.25
- Anahola Chocolate Chip Cookie with Walnut 2.50
- Toll House 1.95
- Snickerdoodle Cookie 2.50
- Old Fashioned Peanut Butter Cookie 2.75
- Butterstars with Rainbow Sprinkles 1.75
- Strawberry Shortcake Cookie 2.95

## PIES & PASTRIES

- Strawberry & Cream Galette 26.95
- Marionberry Pie 29.95/ 4.50 slice
- Key Lime Pie 15.95/ 40.00
- Fresh Berry Tartes/Tartelettes 35.95 whole/ 6.25 ea
- Lemon Mini Cheesecake 6.95
- Chocolate Eclair 5.75
- Vanilla or Carrot Cupcakes 4.25

## FRESH BREAD

- Francese Baguette 4.50/ Buns 4.95/ 4 pack
- Rio Sourdough Baguette 4.50
- Joe's Bread (wheat sourdough) 7.95
- Organic Capitola Sourdough Round 4.95
- Olive Sourdough Oval 6.50
- Organic Hearty Wheat Sandwich Loaf 5.95
- Muesli Loaf 6.50
- Organic Capitola Sourdough Sandwich 6.50
- Organic Old World Raisin Walnut 7.25/ 1.50 roll
- Jewish Rye 6.95
- Challah Twist or Sandwich, *Fridays & Saturdays Only* 5.25

## PACKAGED GOODIES

- Teal's Granola 13.95
- Crostini *Buttery garlic toasts* 9.25
- Caramel Sauce 10.95
- Lemon Curd 10.95

## SPECIALTY CAKES

- German Chocolate Cake *New Design!***  
*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 with a housemade salted caramel filling and a dark chocolate icing, topped with flaked sea salt.*
- Chocolate Mousse Cake**  
*Thin layered devil's food, chocolate mousse & chocolate whipped cream, chocolate ganache and ground hazelnuts on the side.*
- Black & White Cake (wheat free)**  
*Wheat free chocolate cake with chocolate ganache and vanilla whipped cream.*
- Strawberry Almond Dream (wheat free)**  
*Moist, almond sponge cake with strawberry whipped cream and fresh strawberries on top.*
- Princess Cake**  
*Vanilla sponge cake with pastry cream, raspberry jam and vanilla whipped cream inside, a marzipan shell & a fresh rose.*
- Carrot Cake**  
*With cream cheese icing and hand-painted carrots.*
- Lemon Poppy Seed**  
*Poppy seed cake with lemon curd and lemon buttercream.*
- Blackberry Bramble**  
*Vanilla sponge with blackberry jam and blackberry buttercream in a marbled design.*

### CAKE PRICES, SIZES & SLICES

#### Prices

- 5" ~ 27.00
- 7" ~ 47.00
- 5.95 slice

#### Available By The Slice

- Blackberry Bramble • Key Lime Pie
- German Chocolate • Carrot • Princess

*To Place Your Order  
Click Here*