

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

To Place an Online Order
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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. 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
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 Poblano & 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
<i>All Five Dinners are Available Cold To Go Daily thru Sunday, May 30th from 7am - 7pm</i>				

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*