

BREAKFAST

- Fresh Corn Frittata, *vegetarian* 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/*vegetarian* 7.95
- Egg Salad Sandwich on Hearty Wheat, *vegetarian* 7.50
- Breakfast Biscuit with Ham 6.25/*vegetarian* 5.25
- Individual Quiche:
Bacon, or Tomato & Spinach, *vegetarian* 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
- 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
Scroll Down ↓
Please note some items
are not available online.



SEASONAL SANDWICHES

- Caprese Ficelle, *vegetarian*
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, *vegetarian*
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, *vegetarian*
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

- Kale & Quinoa Power Salad, *vegan* 3.95/ 7.95
- Crunchy Broccoli & Pecan, *vegetarian*
With apple & gruyère. 4.75/ 9.50
- Fiesta Salad, *vegan*
With garbanzo beans, black olives, cherry tomatoes & celery.
3.75/ 7.50
- Ginger Beet with Baby Spinach 4.25/ 8.50
- Old Fashioned Potato Salad, *vegetarian* 4.50/ 8.95
- Christie's Coleslaw, *vegetarian* 3.50/ 6.95
- Fresh Fruit, *vegan* 4.50/ 8.95
- Albacore Tuna Salad 6.95/ 13.95
- Almond Tarragon Chicken Salad 6.95/ 13.95

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, vegetarian** 4.95 / 9.95
- Layered Polenta Casserole, vegetarian** 7.95
- Penne d'Alba Pasta, vegetarian**
With toasted garlic, tomato sauce & mozzarella 4.95 / 9.95
- Spinach Gorgonzola Pasta, vegetarian** 4.95 / 9.95
- Creamy Mashed Potatoes, vegetarian** 4.95 / 9.95
- Twice Baked Potato, vegetarian** 4.95
- Steamed Veggies, vegan** 4.25 / 8.50
- Veggie Sauté, vegan** 4.25 / 8.50
- Francese Garlic Bread** 2.50

GAYLE'S OWN

- Housemade Soup, Pint** 9.50
May 31st - June 6th: *New England Clam Chowder and Roasted Tomato Tortilla Soup, vegan*
- June 7th-13th: *Mexican Meatball Soup and Zucchini & Gorgonzola Soup, vegetarian*
- June 14th-20th: *Chicken & Wild Rice Soup and Golden Mushroom Soup, vegetarian*
- June 21st-27th: *French Onion Soup with gruyère toasts and Creamy Tomato Soup, vegetarian*
- Deviled Eggs, vegetarian** 10.50/6 pack
- Roasted Garlic & Artichoke Dip, vegetarian** 7.25
- Housemade Hummus, vegan** 7.25
- Red Pepper Cashew Spread, vegan** 7.25
- Dressings: Poppy Seed or Orange Balsamic, vegan** 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, vegetarian** 11.95
- Meatloaf & Mashed Potatoes, serves 1-2** 17.95
- Layered Polenta Casserole, serves 2, vegetarian** 15.95
- BBQ Pork Ribs, serves 3-4** 19.95
- Peking Chicken Wings** 15.95
- Chicken Enchiladas** 14.50 for two
- Potato & Kale Enchiladas, vegetarian** 10.95 for two
- Twice Baked Potatoes, vegetarian** 9.95 for two
- Chicken Capellini Salad** 12.95
- Spinach Gorgonzola Pasta, serves 2-3, vegetarian** 16.95
- Penne d'Alba Pasta, serves 2-3, vegetarian**
With toasted garlic, tomato sauce & mozzarella 16.95
- Macaroni & Cheese, serves 2-3, vegetarian** 16.95
- Lasagne Bolognese, serves 3-4** 26.95
- Francese Garlic Bread** 7.95
- Pizza Kit: Dough, Red Sauce, Mozzarella & Parmesan, vegetarian** 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, vegetarian** 9.95 / **with Chicken Breast** 12.50
With housemade croutons & parmesan.
- Bistro Salad, vegetarian**
With goat cheese, dried cranberries and spiced nuts 11.95
- Garden Salad, vegan**
With carrots, red beets, mushrooms, cherry tomatoes, and cucumber 9.50



Weekday *Hot* Blue Plate Dinners

READY AT 4:30PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Pork Loin with apricot sourdough stuffing Vermont Cheddar Mashed Potatoes Buttered Broccoli 21.95	1 Flank Steak with chimichurri sauce Sweet Potato & Swiss Chard Gratin Chopped Salad with orange cumin dressing 23.95	2 Chicken Marbella Buttered Basmati Rice Broccoli with preserved lemon 20.95	3 Balsamic & Beer Braised Short Ribs Savory Bread Pudding Romaine & Radicchio Salad with herb shallot vinaigrette 23.95	4 Shrimp Scampi with garlic & white wine Linguine Fresh Asparagus Rio Baguette 20.95
7 Steak Diane Oven Roasted Potato Wedges Crisp Green Salad with blue cheese vinaigrette 23.95	8 Ginger Glazed Prawns Coconut Rice with cilantro Roasted Chili Lime Carrots 19.95	9 Italian Pot Roast Parmesan Smashed Potatoes Peas with pancetta 20.95	10 Chicken Piccata with lemon & capers Pasta Formaggio with sage & prosciutto Fresh Asparagus 20.95	11 Blackened Salmon Sun Dried Tomato & Basil Orzo Garlic Sautéed Spinach 22.95
14 Pork Tenderloin with dried cherry balsamic reduction Grilled Polenta Romano Braised Broccoli with garlic & olives 20.95	15 Chicken Schnitzel with bacon pepper gravy Buttermilk Mashed Potatoes Buttered Green Beans 21.95	16 Braised Lamb Shanks with red wine, tomatoes & spices Basmati Rice Pilaf Greek Country Salad with lemon dressing 20.95	17 Prime Rib au jus with horseradish cream Potatoes au Gratin Caesar Salad with Gayle's garlic croutons 23.95	18 Teriyaki Salmon Sticky Rice with edamame & shiitake Baby Bok Choy Sauté 22.95
21 Chicken Cordon Bleu with gruyère & Corralitos ham Potato Nests with mascarpone creamed spinach Fresh Asparagus 20.95	22 Southwest Skirt Steak with salsa fresca & crispy onions Roasted Poblano & Cheddar Gratin Chopped Salad with orange cumin dressing 25.95	23 Mediterranean Salmon with olives, capers & cherry tomatoes Saffron Mashed Potatoes Garlic Sautéed Spinach 22.95	24 Cider Brined Pork Chop Vermont Cheddar Mashed Potatoes Buttery, Bacony Cabbage 20.95	25 Chicken Cacciatore Cheesy Baked Polenta Charred Lemon Broccoli 20.95

FIVE DINNERS EACH WEEK—MONDAY THRU SUNDAY—ARE ALSO AVAILABLE COLD TO GO ALL DAY.
\$7.50 FLAT DELIVERY FEE WITHIN A 5 MILE RADIUS. SELECTION & PRICES SUBJECT TO CHANGE.

COOKIES & GOODIES

Fun Seasonal Iced Cookie, selection changes weekly

Chocolate Chip Brownies 4.50

Cowboy Cookie 2.75

Chocolate Coma Cookie (wf) 2.25

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 14.95/ 38.00

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

To Place Your Order
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GRADUATION CAP CAKE

Four layers of chocolate cake with vanilla buttercream inside and ganache outside. Shaped like a graduation cap and decorated with a ribbon tassel in your school's colors.

32.95

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