

## 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



ESPRESSO BAR • COFFEE  
SODA • JUICE • BEER • WINE

## 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

## Weekday **Hot** Blue Plate Dinners

READY AT 4:30PM. ALL FIVE DINNERS  
ARE AVAILABLE COLD TO GO DAILY  
THRU SUNDAY, JUNE 13TH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Steak Diane</b> —•— Oven Roasted Potato Wedges —•— Crisp Green Salad <i>with blue cheese vinaigrette</i> 23.95	<b>Ginger Glazed Prawns</b> —•— Coconut Rice <i>with cilantro</i> —•— Roasted Chili Lime Carrots 19.95	<b>Italian Pot Roast</b> —•— Parmesan Smashed Potatoes —•— Peas <i>with pancetta</i> 20.95	<b>Chicken Piccata</b> <i>with lemon &amp; capers</i> —•— Pasta Formaggio <i>with sage &amp; prosciutto</i> —•— Fresh Asparagus 20.95	<b>Blackened Salmon</b> —•— Sun Dried Tomato & Basil Orzo —•— Garlic Sautéed Spinach 22.95

### 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
- Mexican Meatball Soup*
- Zucchini & Gorgonzola Soup, vegetarian*
- Deviled Eggs, *vegetarian* 10.50/6 pack
- Savory Cheese Spread, *vegetarian* 7.25
- 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 cucumbers.* 9.50

## COOKIES & GOODIES

- Iced Flip Flop Cookie 2.75
- 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 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
- Organic Capitola Sourdough Sandwich 6.50
- Olive Sourdough Oval 6.50
- Organic Hearty Wheat Sandwich Loaf 5.95
- Muesli Loaf 6.50
- English Toaster Bread 4.25
- 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

## 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  
6.25 slice

### Available By The Slice

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