

## 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

## 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 Joe's 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 FOR SM, MED & LG

- Kale & Quinoa Power Salad, *vegan*** 4.95/ 9.90/ 19.80
- Crunchy Broccoli & Pecan, *vegetarian***  
*With apple & gruyère.* 4.95/ 9.90/ 19.80
- Fiesta Salad, *vegan***  
*With garbanzo beans, black olives, cherry tomatoes & celery.*  
4.95/ 9.90/ 19.80
- Ginger Beet with Baby Spinach, *vegan*** 4.95/ 9.90/ 19.80
- Old Fashioned Potato Salad, *vegetarian*** 4.95/ 9.90/ 19.80
- Christie's Coleslaw, *vegetarian*** 3.95/ 7.90/ 15.80
- Fresh Fruit, *vegan*** 4.95/ 9.90/ 19.80
- Albacore Tuna Salad** 6.95/ 13.90/ 27.80
- Almond Tarragon Chicken Salad** 6.95/ 13.90/ 27.80

## COMPOSED SALADS

- Sesame Chicken Salad**  
*Romaine, oranges, almonds, cucumber, cilantro, scallions, marinated & grilled chicken breast & 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

## COLD GRAB & GO

### PASTAS

- Spaghetti & Meatballs, serves 2-3** 17.95
- 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

### ENTREES

- BBQ Pork Ribs, serves 3-4** 19.95
- Peking Chicken Wings** 15.95
- Chicken Pot Pie, serves 1-2** 12.95
- Quiche: Bacon & Onion or Broccoli Cheddar, *vegetarian*** 11.95
- Layered Polenta Casserole, serves 2, *vegetarian*** 15.95
- Meatloaf & Mashed Potatoes, serves 1-2** 17.95
- Chicken Enchiladas** 14.50 for two
- Potato & Kale Enchiladas, *vegetarian*** 10.95 for two
- Pizza Kit: Dough, Red Sauce, Mozzarella & Parmesan, *vegetarian*** 10.95 / **With Salami** 13.95
- Twice Baked Potatoes, *vegetarian*** 9.95 for two
- Housemade Soup, Pint** 9.50  
*Chicken & Wild Rice Soup*  
*Golden Mushroom Soup, *vegetarian**

### SIDES, ETC

- Deviled Eggs, *vegetarian*** 10.50/6 pack
- Francese Garlic Bread** 7.95
- Crostini *Buttery garlic toasts*** 9.25
- 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
- Teal's Granola** 13.95



# GAYLE'S BLUE PLATE DINNERS

**JUNE  
14TH-20TH**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Pork Tenderloin</b> <i>with dried cherry balsamic reduction</i> —•— Grilled Polenta Romano —•— Braised Broccolini <i>with garlic &amp; olives</i> 20.95	<b>Chicken Schnitzel</b> <i>with bacon pepper gravy</i> —•— Buttermilk Mashed Potatoes —•— Buttered Green Beans 21.95	<b>Braised Lamb Shanks</b> <i>with red wine, tomatoes &amp; spices</i> —•— Basmati Rice Pilaf —•— Greek Country Salad <i>with lemon dressing</i> 20.95	<b>Prime Rib au jus</b> <i>with horseradish cream</i> —•— Potatoes au Gratin —•— Caesar Salad <i>with Gayle's garlic croutons</i> 23.95	<b>Teriyaki Salmon</b> —•— Sticky Rice <i>with edamame &amp; shiitake</i> —•— Baby Bok Choy Sauté 22.95

THESE DINNERS ARE AVAILABLE HOT MONDAY THRU FRIDAY AT 4:30PM.  
 ALL FIVE DINNERS ARE AVAILABLE COLD ALL WEEK MONDAY THRU SUNDAY, 7:00AM-7:00PM.

## 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, *vegetarian* 4.25 / 8.50
- Veggie Sauté, *vegan* 4.25 / 8.50
- Francese Garlic Bread 2.50



*We have a selection of Wine by the bottle or glass, and Cold Beer, Cider, Soft Drinks and Organic Juices.*

## ESPRESSO & COFFEE

### COFFEE

- House Dark Roast: Medium 2.50 / Large 2.95 / Refill 1.75
- Cold Brew 3.75
- Cafe au Lait 3.75 / 4.25

### ESPRESSO & HOT DRINKS

- Latte 4.25 / 4.75
- Mocha 4.95 / 5.50
- Cappuccino 3.75
- Macchiato 3.25
- Americano 2.75
- Espresso 2.75
- Hot Chocolate 3.50 / 4.00

### EXTRAS

- Soy, Almond or Oat Milk .75
- Add a Shot of Espresso 1.50
- Whipped Cream .75
- Housemade Caramel, Vanilla, or Sugar Free Vanilla Syrup .75

### TEA

- Chai 3.75 / 4.25
- Mocha Chai 4.95 / 5.50
- Hot Tea 1.95

- Iced & Unsweetened:  
 Tropical, Black or or Decaf Apricot Tea 3.75

### COLD SPECIALITIES

- Blended Java Freeze 5.50
- Housemade Lemonade 4.25
- Arnold Palmer 4.25
- Hibiscus Cooler 4.25
- Frozen Lemonade 5.50

## 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 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.*

### 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

9" ~ available  
special order only

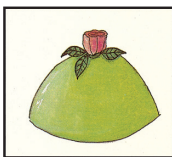
AVAILABLE BY THE SLICE 6.25

Strawberry Almond Dream • Key Lime Pie

Chocolate Mousse • Carrot • Princess



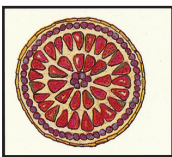
Chocolate Mousse



Princess Cake



German Chocolate Cake



Multifruit Tarte

## 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

Mini Lemon Cheesecake 6.95

Chocolate Eclair 5.75

Vanilla or Carrot Cupcakes 4.25

## COOKIES & GOODIES

Iced Unicorn Cookie 2.50

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

## 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

Jewish Rye 6.95

Organic Hearty Wheat Sandwich Loaf 5.95

Muesli Loaf 6.50

English Toaster Bread 4.25