

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 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

ESPRESSO BAR • COFFEE
SODA • JUICE • BEER • WINE

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
Steak Diane —•— Oven Roasted Potato Wedges —•— Crisp Green Salad <i>with blue cheese vinaigrette</i> 23.95	Ginger Glazed Prawns —•— Coconut Rice <i>with cilantro</i> —•— Roasted Chili Lime Carrots 19.95	Italian Pot Roast —•— Parmesan Smashed Potatoes —•— Peas <i>with pancetta</i> 20.95	Chicken Piccata <i>with lemon & capers</i> —•— Pasta Formaggio <i>with sage & prosciutto</i> —•— Fresh Asparagus 20.95	Blackened Salmon —•— 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, *vegetarian* 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

- Francesse 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

PACKAGED GOODIES

- Teal's Granola 13.95
- Crostini Buttery garlic toasts 9.25

To Place Your Order
[Click Here](#)

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.

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