

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
Strawberry & Cream Danish 4.25
Blueberry Muffin 3.95
Maple Pecan Crocodiles 4.75
Kouign Amann 5.50
Apricot Filled Kouign Amann 5.95
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

- Italiano Ficelle
Salami, ham, provolone, pepperoncini, vinaigrette & mayo. 9.95
Caprese Ficelle, *vegetarian*
Fresh mozzarella, tomatoes, basil & balsamic vinaigrette. 9.95
Turkey B.L.T. Ficelle
With heirloom tomatoes, lettuce & mayo. 9.95
Almond Tarragon Chicken Salad Croissant
With roasted chicken, fresh tarragon, celery, chopped almonds, scallions, mayo and lettuce. 10.50
Grilled Tri Tip
With caramelized onion and mustard on an onion roll. No mayo. 10.95
Albacore Tuna on Hearty Wheat
With housemade pickles and butter lettuce. 9.95
Vegan Santa Fe Wrap
Black beans, fresh corn, carrot, cabbage, cilantro and chipotle hummus. 8.95
Castroville Turkey
With provolone, marinated artichokes, piquillo peppers with vinaigrette and mayo on francese bun. 9.95
Open Faced Ham & Brie
On rustic baguette with capers, red onion & mayo. 6.95
Roasted Potato & Gouda, *vegetarian*
With caramelized onion, tomato, butter lettuce and red onion on a poppy seed roll. 5.95
Grilled Lemon Chicken
On sliced Capitola sourdough with paper thin lemon slices, herb mayo & spring mix. 9.95



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
- 5" Quiche: Bacon & Onion or Broccoli Cheddar, *vegetarian*** 12.95
- Petite Quiche: Two Bacon & Scallion or Two Tomato Spinach, *vegetarian*** 11.90
- 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 Noodle • White Bean & Kale, *vegan**

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, Red Wine Vinaigrette or Orange Balsamic, *vegan*** 7.95
- Teal's Granola** 13.95

GAYLE'S BLUE PLATE DINNERS JULY 12TH-18TH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pasta Bolognese <i>with our slow simmered sauce & fresh mozzarella</i> — • — Caesar Salad <i>with Gayle's croutons</i> — • — Francese Garlic Bread 20.95	Shrimp Scampi <i>with garlic & white wine Linguine</i> — • — Fresh Asparagus — • — Rio Baguette 20.95	Harissa Grilled Chicken Skewers — • — Buttered Basmati Rice — • — Tahini Slaw 20.95	Southwest Flank Steak <i>with salsa fresca & crispy onions</i> — • — Roasted Poblano & Cheddar Gratin — • — Chopped Salad <i>with jicama & orange cumin dressing</i> 23.95	Pistachio Crusted Salmon — • — Herb Roasted Baby Yukon Potatoes — • — Basil Green Beans 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

Boston Cream Pie

Vanilla sponge cake filled with vanilla pastry cream and topped with a chocolate ganache glaze. 9" only. 45.00

Old Fashioned Chocolate Cake

Five layers of devil's food cake with a fluffy powdered sugar old fashioned chocolate buttercream inside and out.

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.

Cappuccino Cake (wheat free)

Flourless, fudgy chocolate cake with coffee whipped cream & vanilla whipped cream "foam" on top.

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

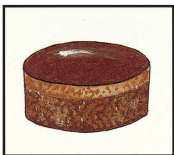
9" ~ available
special order only

AVAILABLE BY THE SLICE 6.25

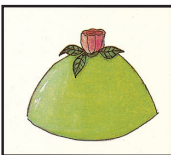
Strawberry Almond Dream

Old Fashioned Chocolate • Key Lime Pie

Carrot • Princess



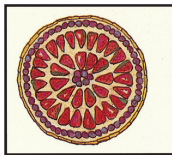
Chocolate Mousse



Princess Cake



German Chocolate Cake



Multifruit Tarte

PIES & PASTRIES

Cherry Berry Pie 29.95

Fresh Berry Tarte/Tartelette

With pastry cream or cream cheese 36.95 /6.25

Strawberry & Cream Galette 26.95

Key Lime Pie 15.95/ 40.00

Crème Brûlée 6.95

Napoleon 5.95

Chocolate Eclair 5.75

Tiramisu Parfait 5.95

Vanilla or Carrot Cupcake 4.25

COOKIES & GOODIES

Ice Cream Cone Cookie 2.50

Cowboy Cookie 2.75

Chocolate Cherry Bomb Cookie (wf) 2.25

Toll House 1.95

Potato Chip Cookie 1.95

Pecan Tassies 1.95

Peanut Butter Thumbprint 1.95

Cake Batter Cookie with Pastel Sprinkles 2.25

Strawberry Shortcake Cookie 2.95

Fresh Raspberry Brownies 4.50

FRESH BREAD

Francese Baguette 4.50/ Buns 4.95/ 4 pack

Rio Sourdough Baguette 4.50

Rustic 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