

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
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, lettuce, tomato and mustard on a sesame seed bun. 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 mayo on a poppy seed bun. 8.95
Grilled Lemon Chicken
On sliced Capitola sourdough with gruyère, paper thin lemon slices, herb mayo & spring mix. 9.95



To Place an Online Order
Scroll Down ↓
Please note some items
are not available online.

SALADS

PRICES ARE FOR SM, MED & LG

Caprese Salad, *vegetarian*

Dry farmed & heirloom tomatoes with fresh mozzarella & basil ribbons. 4.95/ 9.95/ 19.80

Summer Panzanella, *vegetarian*

With toasted sourdough croutons, artichoke hearts, roasted red bell peppers, garbanzos & celery in vinaigrette. 4.95/ 9.95/ 19.80

Creamy Lemon Kale, *vegetarian* 4.50/ 9.00/ 18.00

With shaved parmesan & parmesan crisps.

Quinoa Power Salad, *vegan* 4.95/ 9.90/ 19.80

Tumeric quinoa, spiced chick peas, kale, broccoli, almonds, carrot & red onion with a lemon vinaigrette.

Tahini Slaw, *vegetarian*

Green cabbage, fresh dill, scallions, currants & pistachios in a creamy Greek yogurt & tahini dressing. 3.95/ 7.90/ 15.80

Old Fashioned Potato Salad, *vegetarian* 4.95/ 9.90/ 19.80

Fresh Fruit, *vegan* 4.95/ 9.90/ 19.80

Almond Tarragon Chicken Salad 6.95/ 13.90/ 27.80

Albacore Tuna 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

New England Clam Chowder

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, Red Wine Vinaigrette or Orange Balsamic, *vegan* 7.95

Teal's Granola 13.95

GAYLE'S BLUE PLATE DINNERS

JULY 26TH -
AUGUST 1ST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Ginger Glazed Prawns — • — Coconut Rice with cilantro — • — Roasted Chili Lime Carrots 19.95	Chicken Piccata with lemon & capers — • — Pasta Formaggio with sage & prosciutto — • — Fresh Asparagus 20.95	Bistro Steak with red wine sauteed mushrooms — • — Artichoke & Fingerling Potato "Hash" — • — Butter Lettuce & Arugula Salad with Italian dressing 23.95	Chicken Marbella — • — Buttered Basmati Rice — • — Broccoli with preserved lemon 20.95	Grilled Salmon with basil butter — • — Fresh Corn Pudding — • — Heirloom Tomato Salad with red wine vinaigrette 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 or Veggie Sauté, vegetarian 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

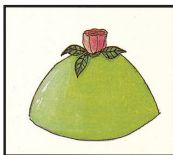
AVAILABLE BY THE SLICE 6.25

Old Fashioned Chocolate • Key Lime Pie

Carrot • Princess



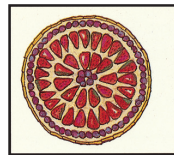
Chocolate Mousse



Princess Cake



German Chocolate Cake



Multifruit Tarte

To Place Your Order
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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

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 Raspberry Thumbprint 1.95

Butterstar Cookie with Sprinkles 2.25

Strawberry Shortcake Cookie 2.95

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