

## 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  
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  
Zucchini 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  
Olallieberry Turnover 4.95  
Apple Turnover 4.95  
Downtowner with Sugar 4.25  
Ham & Cheese Croissant 5.95  
Everything Croissant 3.95  
Garlic Cheese Twist 4.25  
Mushroom Turnover 3.25  
Teal's Granola 13.95

## SEASONAL SANDWICHES

- Italiano Ficelle**  
*Salami, ham, provolone, pepperoncini, vinaigrette & mayo.*  
Available after 8am. 9.95
- Caprese Ficelle, vegetarian**  
*Fresh mozzarella, tomatoes, basil & balsamic vinaigrette.*  
Available after 8am. 9.95
- Turkey B.L.T. Ficelle**  
*With heirloom tomatoes, lettuce & mayo.*  
Available after 8am. 9.95
- Almond Tarragon Chicken Salad Croissant**  
*With roasted chicken, fresh tarragon, celery, chopped almonds, scallions, mayo and lettuce.* Available after 8am.  
10.50
- Grilled Tri Tip**  
*With caramelized onion, lettuce, tomato and mustard on a sesame seed bun. No mayo.* Available after 8am. 10.95
- Albacore Tuna on Hearty Wheat**  
*With housemade pickles and butter lettuce.*  
Available after 10am. 9.95
- Vegan Santa Fe Wrap**  
*Black beans, fresh corn, carrot, cabbage, cilantro and chipotle hummus.* Available after 10am. 8.95
- Castroville Turkey**  
*With provolone, tomatoes, lettuce & roasted artichoke spread with vinaigrette on francese bun.* Available after 10am. 9.95
- Open Faced Ham & Brie**  
*On rustic baguette with capers, red onion & mayo.*  
Available after 10am. 6.95
- Grilled Lemon Chicken**  
*On sliced Capitola sourdough with gruyère, paper thin lemon slices, herb mayo & spring mix.* Available after 10am. 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. Available after 10am. 4.95/ 9.95/ 19.80*

### Summer Panzanella, vegetarian

*With toasted sourdough croutons, artichoke hearts, heirloom tomatoes, roasted red bell peppers, garbanzos & celery in vinaigrette. Available after 10am. 4.95/ 9.95/ 19.80*

### Creamy Lemon Kale, vegetarian

*With shaved parmesan & parmesan crisps. Available after 8am. 4.50/ 9.00/ 18.00*

### Quinoa Power Salad, vegan

*Tumeric quinoa, spiced chick peas, kale, broccoli, almonds, carrot & red onion with a lemon vinaigrette. Available after 10am. 4.95/ 9.90/ 19.80*

### Crunchy Broccoli & Pecan, vegetarian

*With apple & gruyère. Available after 10am. 4.95/ 9.90/ 19.80*

### Old Fashioned Potato Salad, vegetarian

*Available after 8am. 4.95/ 9.90/ 19.80*

### Fresh Fruit, vegan

*Available after 8am. 4.95/ 9.90/ 19.80*

### Almond Tarragon Chicken Salad

*Available after 8am. 6.95/ 13.90/ 27.80*

### Albacore Tuna Salad

*Available after 10am. 6.95/ 13.90/ 27.80*

## COMPOSED SALADS

### Curry Ginger Quinoa & Hummus Salad, vegetarian

*With carrot matchsticks, cucumbers, cherry tomatoes, and kalamata olives on a bed of greens with red wine vinaigrette. 11.50*

### 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 17.95

Penne d'Alba Pasta, serves 2-3, vegetarian

*With toasted garlic, tomato sauce & mozzarella 16.95*

Macaroni & Cheese, serves 2-3, vegetarian 17.95

Lasagne Bolognese, serves 3-4 26.95

### ENTREES

BBQ Pork Ribs, serves 3-4 21.95

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

Twice Baked Potatoes, vegetarian 9.95 for two

Housemade Soup, Pint 9.50

*Turkey & 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

Pimento 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



# GAYLE'S BLUE PLATE DINNERS

SEPTEMBER  
13TH-19TH

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|--|---|---|--|--|
| <b>Southwest Flank Steak</b><br><i>with salsa fresca &amp; crispy onions</i><br>— • —<br><b>Roasted Poblano &amp; Cheddar Gratin</b><br>— • —<br><b>Chopped Salad</b><br>23.95 | <b>Beef Bourguignon</b><br>— • —<br><b>Crème Fraîche Mashed Potatoes</b><br>— • —<br><b>Peas &amp; Baby Spinach</b><br><i>with crispy onions</i><br>20.95 | <b>Slow Braised Lamb Shanks</b><br><i>with red wine tomatoes &amp; spices</i><br>— • —<br><b>Basmati Rice Pilaf</b><br>— • —<br><b>Greek Country Salad</b><br><i>with lemon dressing</i><br>20.95 | <b>Pork Tenderloin</b><br><i>with dried cherry balsamic reduction</i><br>— • —<br><b>Creamy Polenta</b><br><i>with mascarpone</i><br>— • —<br><b>Roasted Brussels Sprouts</b><br><i>with pancetta</i><br>20.95 | <b>Shrimp Scampi</b><br><i>with garlic &amp; white wine Linguine</i><br>— • —<br><b>Fresh Asparagus</b><br>— • —<br><b>Rio Baguette</b><br>20.95 |

THESE DINNERS ARE AVAILABLE HOT MONDAY THRU FRIDAY AT 4:00PM.  
ALL FIVE DINNERS ARE AVAILABLE COLD THIS 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 10.95
- Chicken Enchiladas 7.25
- Macaroni & Cheese, *vegetarian* 4.95 / 9.90 / 19.80
- Layered Polenta Casserole, *vegetarian* 7.95
- Penne d'Alba Pasta, *vegetarian*  
*With toasted garlic, tomato sauce & mozzarella*  
4.95 / 9.90 / 19.80
- Spinach Gorgonzola Pasta, *vegetarian* 4.95 / 9.90 / 19.80
- Creamy Mashed Potatoes, *vegetarian* 4.95 / 9.90 / 19.80
- 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

### Salted Caramel Cake

*Devil's food with a housemade salted caramel filling and a dark chocolate icing, topped with flaked sea salt. Available after 9am.*

### New York Cheese Cake, 7"

*Our rich, New York-style cheesecake has a classic graham cracker crust and topped with sour cream. 40.00 Available after 9am.*

### Rich Chocolate Cake

*Devil's food cake layered with raspberry jam. The outside is finished with chocolate ganache. Available after 9am.*

### Black & White Cake (wheat free)

*Wheat free chocolate cake with chocolate ganache and vanilla whipped cream. Available after 9am.*

### Strawberry Almond Dream (wheat free)

*Moist, almond sponge cake with strawberry whipped cream and fresh strawberries on top. Available after 9am.*

### Princess Cake

*Vanilla sponge cake with pastry cream, raspberry jam and vanilla whipped cream inside, a marzipan shell & a fresh rose. Available after 9am.*

### Carrot Cake

*With cream cheese icing and with or without hand-painted carrots. Available after 9am.*

### Blackberry Bramble

*Vanilla sponge with blackberry jam and blackberry buttercream in a marbled design. Available after 9am.*

### Key Lime Pie 15.95/ 40.00

*Creamy, sweet-tart key lime filling in a graham cracker crust topped with whipped cream and whipped cream rosettes. Available after 9am.*

## 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 (wheat free)

Key Lime Pie • Carrot • Princess

## PIES & PASTRIES

**Pumpkin Pie** Available after 9am. 20.95

**Blackberry Pie** Available after 9am. 29.95

**Crème Brûlée** Available after 9am. 6.95

**Fresh Berry Tarte/Tartelette**

*With pastry cream or cream cheese Available after 9am. 36.95 /6.25*

**Napoleon** Available after 9am. 5.95

**Chocolate Eclair** Available after 9am. 5.75

**Chocolate or Carrot Cupcake** Available after 9am. 4.25

## COOKIES & GOODIES

**Traditional Rugelach** 1.85

**Chocolate Coconut Macaroons (wf)** 2.25

**Cranberry White Chocolate Oatie** 2.75

**Ginger Cookie** 1.95

**Brookies, a Toll House brownie combo** 2.95

**Butterstar Cookie with Sprinkles** 2.25

**Strawberry Shortcake Cookie** 2.95

**Biscotti Gift Bag**

*Our famous almond biscotti arranged in a bag tied with a festive ribbon. 16.95*

## 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

**Organic Old World Raisin Walnut Loaf** 7.25

**Jewish Rye** 6.95

**Organic Hearty Wheat Sandwich Loaf** 5.95

**Muesli Loaf** 6.50

**English Toaster Bread** 4.25

**Challah Twist or Loaf** 5.95

To Place Your Order  
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