

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



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
Southwest Flank Steak <i>with salsa fresca & crispy onions</i> — • — Roasted Poblano & Cheddar Gratin — • — Chopped Salad 23.95	Beef Bourguignon — • — Crème Fraîche Mashed Potatoes — • — Peas & Baby Spinach <i>with crispy onions</i> 20.95	Slow Braised Lamb Shanks <i>with red wine tomatoes & spices</i> — • — Basmati Rice Pilaf — • — Greek Country Salad <i>with lemon dressing</i> 20.95	Pork Tenderloin <i>with dried cherry balsamic reduction</i> — • — Creamy Polenta <i>with mascarpone</i> — • — Roasted Brussels Sprouts <i>with pancetta</i> 20.95	Shrimp Scampi <i>with garlic & white wine Linguine</i> — • — Fresh Asparagus — • — Rio Baguette 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	AVAILABLE BY THE SLICE 6.25
5" ~ 27.00	Strawberry Almond Dream (wheat free) Key Lime Pie • Carrot • Princess
7" ~ 47.00	
9" ~ available special order only	

PIES & PASTRIES

Pumpkin Pie Available after 9am. 20.95

Olallieberry 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 Macarons (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