

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
Blackberry 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

- Curry Ginger Quinoa, vegetarian**
With spinach & feta. Available after 10am. 4.95/ 9.90/ 19.80
- Roasted Beets & Belgian Endive, vegan**
*With red wine vinaigrette.
Available after 8am. 4.95/ 9.90/ 19.80*
- Green Bean & Artichoke Salad, vegan**
*With hazelnuts, basil and lemon vinaigrette.
Available after 10am. 4.95/ 9.90/ 19.80*
- Grilled Polenta Salad, vegetarian**
*With fresh mozzarella, kalamata olives, baby spinach,
tomatoes, and basil tossed with a red wine vinaigrette.
Available after 10am. 4.95/ 9.90/ 19.80*
- Red, Green, Gold & Kale Salad, vegan**
*Organic kale, roasted beets, butternut squash, roasted
tomatoes, garbanzo beans and pumpkin seeds with a white
balsamic dressing. Available after 8am. 4.50/ 9.00/ 18.00*
- Crunchy Broccoli & Pecan, vegetarian**
With apple & gruyère. Available after 10am. 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**
*French Onion Soup with gruyère toasts
White Bean & Kale Soup, vegan*

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
20TH-26TH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Harrisa Grilled Chicken Skewers — • — Buttered Basmati Rice — • — Tahini Slaw <i>with fresh dill & currants</i> 20.95	Surf & Turf <i>with Prawns & Flank Steak</i> — • — Baked Potato <i>with butter & sour cream</i> — • — Chopped Salad <i>with bacon & blue cheese dressing</i> 22.95	Mustard Crusted Chicken Breast — • — Risotto with peas & greens — • — Fresh Asparagus 20.95	Roast Turkey <i>with Gayle's gravy & cranberry sauce</i> — • — Mashed Potatoes — • — Mom's Sourdough Stuffing — • — Green Beans <i>with fresh thyme</i> 23.95	Grilled Salmon <i>with lemon dill sauce</i> — • — Farro Pilaf with mushrooms & walnuts — • — Heirloom Tomato Salad 22.95

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

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.*

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.*

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

Pecan Tassies 1.95

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 Sandwich Loaf with pumpkin & sesame seeds 6.50

English Toaster Bread 4.25

Challah Twist or Loaf 5.95