

## 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  
Pumpkin 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  
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 & Pepper Jack Ficelle**  
*With pepperoncini, tomato & mayo.* Available after 8am.  
9.95
- Grilled Tri Tip on an Everything Croissant**  
*With butter lettuce, tomato, mustard and horseradish. (No mayo.)* Available after 8am. 10.95
- Grilled Chicken Club**  
*With bacon, cheddar, lettuce & tomato on grilled sourdough.*  
Available after 10am. 9.95
- Ham & Muffaletta**  
*With mozzarella, arugula, tomato and red wine vinaigrette on francese bun.* Available after 10am. 9.95/*Vegetarian* 8.95
- Turkey & Carrot**  
*On hearty wheat with cranberry sauce, mayo & 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
- Masala Chicken Salad on Muesli Bread**  
*With roasted chicken, almonds, mayo, currants celery, scallions and lettuce.* Available after 8am. 10.50
- Albacore Tuna and Cheddar**  
*With housemade pickles on a poppy seed challah bun.*  
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

### 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*

### Masala 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

Chicken Noodle

Creamy Tomato, *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

OCTOBER  
4TH - 10TH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Cider Brined Pork Chops</b> — • — Vermont Cheddar Mashed Potatoes — • — Roasted Brussels Sprouts with pancetta 20.95	<b>Chicken Piccata</b> with lemon & capers — • — Pasta Formaggio with sage & prosciutto — • — Fresh Asparagus 20.95	<b>Bistro Steak</b> with red wine sauteed mushrooms — • — Rosemary Roasted Potatoes — • — Butter Lettuce & Arugula Salad 23.95	<b>Chicken Cacciatore</b> with tomatoes, wine & olives — • — Cheesy Baked Polenta — • — Buttered Broccoli 20.95	<b>Mediterranean Salmon</b> with capers, olives & tomatoes — • — Saffron Mashed Potatoes — • — Garlic Sauteed Spinach 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

To Place Your Order  
[Click Here](#)

## PIES & PASTRIES

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

**Marionberry 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