

## HALLOWEEN COOKIES & GOODIES

Candy Corn Spritz Cookie .95

Halloween Butterstar with black & orange sprinkles 2.25

Halloween Cupcakes

*Chocolate with a Ghost, or Vanilla with a Pumpkin. Available after 9am. 4.25*

Jack o'Lantern Princess Cake

*A pumpkin-shaped chocolate Princess Cake with a nice big smile. Available after 9am. 27.00*



## 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

*Mexican Meatball Soup*

*Carrot Ginger 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

OCTOBER  
18TH -24TH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Pork Loin</b> <i>with apricot sourdough stuffing</i>	<b>Mustard Crusted Chicken Breast</b>	<b>Southwest Flank Steak</b> <i>with salsa fresca &amp; crispy onions</i>	<b>Roast Turkey</b> <i>with Gayle's gravy &amp; cranberry sauce</i>	<b>Surf &amp; Turf</b> <i>with Prawns &amp; Flank Steak</i>
Vermont Cheddar Mashed Potatoes	Risotto <i>with peas &amp; greens</i>	Roasted Poblano & Cheddar Gratin	Mashed Potatoes	Baked Potato <i>with butter &amp; sour cream</i>
Buttered Broccoli 21.95	Lemon Asparagus 20.95	Chopped Salad 23.95	Mom's Sourdough Stuffing Green Beans <i>with fresh thyme</i> 23.95	Chopped Iceberg Salad <i>with bacon &amp; blue cheese dressing</i> 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

Housemade Lemonade 4.25

Arnold Palmer 4.25

Hibiscus Cooler 4.25

## SPECIALTY CAKES

### Jack o'Lantern Princess Cake

*A pumpkin-shaped chocolate Princess Cake with a nice big smile. Available after 9am. 27.00*

### 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.*

### Chocolate Mousse Cake

*Thin layered devil's food cake, chocolate mousse & chocolate whipped cream, chocolate ganache and ground hazelnuts on the side. Available after 9am.*

### Black & White Cake (wheat free)

*Wheat free chocolate cake with chocolate ganache and vanilla whipped cream. 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.*

## CAKE PRICES, SIZES & SLICES

### PRICES

5" ~ 27.00

7" ~ 47.00

9" ~ available  
special order only

AVAILABLE BY THE SLICE 6.25

New York Cheesecake • Black & White

Key Lime Pie • Carrot • Princess

To Place Your Order  
[Click Here](#)

## PIES & PASTRIES

### Halloween Cupcakes

*Chocolate with a Ghost, or Vanilla with a Pumpkin. Available after 9am. 4.25*

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

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

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

**Napoleon** Available after 9am. 5.95

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

**Florentine** Available after 9am. 3.25

## COOKIES & GOODIES

**Iced Jack o'Lantern Cookie** 3.50

**Iced Bat Cookie** 2.95

**Candy Corn Spritz Cookie** .95

**Halloween Butterstar with black & orange sprinkles** 2.25

**Pecan Tassies** 1.95

**Chocolate Coma (wf)** 2.25

**Cranberry White Chocolate Oatie** 2.75

**Ginger Cookie** 1.95

**Brookies, a Toll House brownie combo** 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