

## HALLOWEEN 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

**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
- 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 toma-  
toes, garbanzo beans and pumpkin seeds with a white bal-  
samic 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> <hr/> <b>Vermont Cheddar Mashed Potatoes</b> <hr/> <b>Buttered Broccoli</b> 21.95	<b>Mustard Crusted Chicken Breast</b> <hr/> <b>Risotto</b> <i>with peas &amp; greens</i> <hr/> <b>Lemon Asparagus</b> 20.95	<b>Southwest Flank Steak</b> <i>with salsa fresca &amp; crispy onions</i> <hr/> <b>Roasted Poblano &amp; Cheddar Gratin</b> <hr/> <b>Chopped Salad</b> 23.95	<b>Roast Turkey</b> <i>with Gayle's gravy &amp; cranberry sauce</i> <hr/> <b>Mashed Potatoes</b> <hr/> <b>Mom's Sourdough Stuffing</b> <hr/> <b>Green Beans</b> <i>with fresh thyme</i> 23.95	<b>Surf &amp; Turf</b> <i>with Prawns &amp; Flank Steak</i> <hr/> <b>Baked Potato</b> <i>with butter &amp; sour cream</i> <hr/> <b>Chopped Iceberg Salad</b> <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

**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