

BREAKFAST

- Frittata Verde**, *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
- Apple Cheese 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
- Fresh Mozzarella & Roasted Tomato Ficelle**, *vegetarian*
With lemon, arugula and olives. *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 & Jarlsberg on Rye**
With mayo, mustard, tomato and lettuce.
Available after 10am. 9.95/*Vegetarian* 8.95
- Turkey & Carrot**
On hearty wheat with cranberry sauce, mayo & lettuce.
Available after 10am. 9.95
- Vegan Veggie Wrap**
Hummus, sunflower sprouts, tomato, grated carrot & red
cabbage in a whole wheat tortilla. *Available after 10am.* 8.95
- Almond Tarragon Chicken Salad Croissant**
With roasted chicken, fresh tarragon, celery, chopped almonds,
scallions, mayo 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

Abby's Pasta, *vegetarian*

Bowtie pasta, gorgonzola cheese, arugula and toasted walnuts with a lemon thyme dressing. 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

Portuguese Kale & Sausage 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

Fern's Cheese Spread, *vegetarian* 7.25

Roasted Garlic & Artichoke Dip, *vegetarian* 7.25

Housemade Hummus, *vegan* 7.25

Red Pepper Cashew Spread, *vegan* 7.25



GAYLE'S BLUE PLATE DINNERS

NOVEMBER
8TH TO 14TH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Southwest Flank Steak <i>with salsa fresca & crispy onions</i> — • — Roasted Poblano & Cheddar Gratin — • — Chopped Salad 23.95	Chicken Schnitzel <i>with bacon pepper gravy</i> — • — Buttermilk Mashed Potatoes — • — Green Beans <i>with fresh thyme</i> 21.95	Pasta Bolognese <i>with our slow simmered sauce & fresh mozzarella</i> — • — Caesar Salad <i>with Gayle's garlic croutons</i> — • — Francese Garlic Bread 20.95	Surf & Turf <i>with Prawns & Flank Steak</i> — • — Baked Potato <i>with butter & sour cream</i> — • — Charred Broccoli 22.95	Miso Glazed Salmon — • — Sticky Rice <i>with edamame & shiitake</i> — • — Baby Bok Choy Sauté 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

Pumpkin Cheesecake, 7"

In a ginger cookie crust with vanilla whipped cream & decorated with white chocolate autumn leaves. 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.

Burnt Almond Cake

Vanilla sponge cake, almond flavored pastry cream inside with Bavarian cream and candied almonds outside.

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	Pumpkin Cheesecake • Black & White Key Lime Pie • Carrot • Princess
7" ~ 47.00	
9" ~ available special order only	

*To Place Your Order
Click Here*

10.29.21a / 11.08.21-11.14.21

PIES & PASTRIES

Pumpkin Pie *Available after 9am. 20.95*

Berry Pie *Available after 9am. 29.95*

Apple Pie *Available after 9am. 20.95*

Napoleon *Available after 9am. 5.95*

Caramel Apple Eclair *Available after 9am. 6.25*

Chocolate Eclair *Available after 9am. 5.75*

Florentine *Available after 9am. 3.25*

Cupcakes: Vanilla with Buttercream Icing or Carrot with Cream Cheese Icing *Available after 9am. 4.25*

COOKIES & GOODIES

Iced Acorn Cookie 2.75

Eggnog Snickerdoodle Cookie 2.25

Maple Leaf Cookie 1.95

Cranberry Shortbread 1.95

Ginger Cookie 1.95

Butterstar with autumn sprinkles 2.25

Fudge Crackle 2.25

Toll House Cookie 1.95

Cowboy Cookie 2.75

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