

## 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



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

## 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