

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

• AVAILABLE AFTER 8AM •

- Italiano Ficelle**
Salami, ham, provolone, pepperoncini, vinaigrette & mayo. 9.95
- Fresh Mozzarella & Roasted Tomato Ficelle, *vegetarian***
With lemon, arugula and olives. 9.95
- Turkey & Pepper Jack Ficelle**
With pepperoncini, tomato & mayo. 9.95
- Grilled Tri Tip on an Everything Croissant**
With butter lettuce, tomato, mustard and horseradish. (No mayo.) 10.95
- Almond Tarragon Chicken Salad Croissant**
With roasted chicken, fresh tarragon, celery, chopped almonds, scallions, mayo and lettuce. 10.50

• AVAILABLE AFTER 10AM •

- Grilled Chicken Club**
With bacon, cheddar, lettuce & tomato on grilled sourdough. 9.95
- Ham & Jarlsberg on Rye**
With mayo, mustard, tomato and lettuce. 9.95
- Turkey & Carrot**
On hearty wheat with cranberry sauce, mayo & lettuce. 9.95
- Vegan Veggie Wrap**
Hummus, sunflower sprouts, tomato, grated carrot & red cabbage in a whole wheat tortilla. 8.95
- Albacore Tuna and Cheddar**
With housemade pickles on a poppy seed challah bun. 9.95



To Place an Online Order
Scroll Down ↓
Please note some items
are not available online.

SALADS

PRICES ARE FOR SM, MED & LG

• AVAILABLE AFTER 8AM •

Red, Green, Gold & Kale Salad, *vegan*

Organic kale, roasted beets, butternut squash, roasted tomatoes, garbanzo beans and pumpkin seeds with a white balsamic dressing. 4.50/ 9.00/ 18.00

Roasted Beets & Belgian Endive, *vegan*

With red wine vinaigrette. 4.95/ 9.90/ 19.80

Fresh Fruit, *vegan*

4.95/ 9.90/ 19.80

Almond Tarragon Chicken Salad

6.95/ 13.90/ 27.80

• AVAILABLE AFTER 10AM •

Green Bean & Artichoke Salad, *vegan*

With hazelnuts, basil and lemon vinaigrette. 4.95/ 9.90/ 19.80

Crunchy Broccoli & Pecan, *vegetarian*

With apple & gruyère. 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. 4.95/ 9.90/ 19.80

Abby's Pasta, *vegetarian*

Bowtie pasta, gorgonzola cheese, arugula and toasted walnuts with a lemon thyme dressing. 4.95/ 9.90/ 19.80

Albacore Tuna Salad

6.95/ 13.90/ 27.80

COMPOSED SALADS

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

New England Clam Chowder

Roasted Tomato Tortilla Soup, vegan

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
15TH TO 21ST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Marbella — • — Buttered Basmati Rice — • — Broccoli with preserved lemon 20.95	Swedish Meatballs and lingonberry jam — • — Creamy Mashed Potatoes — • — Baby Spinach Salad 20.95	Slow Braised Lamb Shanks with red wine, tomatoes & spices — • — Dolmas Rice Pilaf — • — Greek Country Salad 20.95	Cider Brined Pork Chop — • — Vermont Cheddar Mashed Potatoes — • — Roasted Brussels Sprouts with pancetta 20.95	Shrimp Scampi with garlic & white wine Linguine — • — Fresh Asparagus — • — Rio Baguette 20.95

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

• AVAILABLE AFTER 9AM •

Pumpkin Cheesecake, 7"

In a ginger cookie crust with vanilla whipped cream & decorated with white chocolate autumn leaves. 40.00

Salted Caramel Cake

Devil's food with a housemade salted caramel filling and a dark chocolate icing, topped with flaked sea salt.

Chocolate Mousse Cake

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

Black & White Cake (wheat free)

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

Princess Cake

Vanilla sponge cake with pastry cream, raspberry jam and vanilla whipped cream inside, a marzipan shell & a fresh rose.

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.

Blackberry Bramble

Vanilla sponge with blackberry jam and blackberry buttercream in a marbled design.

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

Pumpkin Cheesecake • Black & White

Key Lime Pie • Carrot • Princess

*To Place Your Order
Click Here*

11.5.21 11.15.21-11.21.21

PIES & PASTRIES

• AVAILABLE AFTER 9AM •

Pumpkin Pie 20.95

Marionberry Pie 29.95

Apple Pie 26.95

Pecan Pie 28.95

Napoleon 5.95

Caramel Apple Eclair 6.25

Chocolate Eclair 5.75

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 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