

BREAKFAST

- Frittata Verde, *vegetarian* 6.95
- Breakfast Burrito with Potato & Bacon 9.95/*vegetarian* 8.95
- 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
- Croissant 3.50
- Pain d' Amande 4.95
- Chocolatine 4.50
- Bear Claw 4.95
- Olallieberry 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

COMPOSED SALADS

- Bistro Salad, *vegetarian***
With goat cheese, dried cranberries and spiced nuts 11.95
- Caesar Salad, *vegetarian*** 9.95/ **with Chicken Breast** 12.50
With housemade croutons & parmesan.

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

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* 4.95 /9.90 /19.80
With toasted garlic, tomato sauce & mozzarella

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

MONDAY, TUESDAY & WEDNESDAY • TAKE HOME DINNERS •

Old Fashioned Meatloaf

Chive Mashed Potatoes & Buttered Broccoli 19.95

Teriyaki Salmon

*Sticky Rice with edamame & shiitakes and
Garlic Sauteed Spinach 22.95*

BBQ Tri Tip

*Twice Baked Potato with mild green chilies, olives & cheddar,
and buttered broccolini 21.95*

OUR SELECTION IS LIMITED THIS
WEEK DUE TO THANKSGIVING
& CHANUKAH

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

Lasagne Bolognese, serves 3-4 26.95

ENTREES

Peking Chicken Wings 15.95

Chicken Pot Pie, serves 1-2 12.95

5" Quiche: Bacon & Onion or Broccoli Cheddar, *vegetarian* 12.95

Layered Polenta Casserole, serves 2, *vegetarian* 15.95

Chicken Enchiladas 14.50 for two

Potato & Kale Enchiladas, *vegetarian* 10.95 for two

Twice Baked Potatoes, *vegetarian* 9.95 for two

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

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.

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.

CAKE PRICES, SIZES & SLICES

PRICES

5" ~ 27.00

7" ~ 47.00

9" ~ available
special order only

AVAILABLE BY THE SLICE 6.25

Pumpkin Cheesecake

Carrot • Princess

PIES & PASTRIES

Pumpkin Pie 20.95

Olallieberry Pie 29.95

Apple Pie 26.95

Pecan Pie 28.95

Chocolate Cream Pie 38.00

Mini Pumpkin Cheesecake 6.95

Napoleon 5.95

Caramel Apple Eclair 6.25

Chocolate Eclair 5.75

COOKIES & GOODIES

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

Butterflake Rolls 10.50 6 pack

Francese Dinner Rolls 6.95 doz

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