

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
- Marionberry Turnovers 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 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

Chicken Noodle Soup

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



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 •

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.

CAKE PRICES, SIZES & SLICES

PRICES

5" ~ 27.00

7" ~ 47.00

9" ~ available
special order only

AVAILABLE BY THE SLICE 6.25

Black & White • Carrot • Princess

HOLIDAY TRADITIONS

German Stollen

Buttery & rich with raisins, sliced almonds and candied orange peel. Great for dessert or breakfast. 22.95

Chocolate Apricot Fruitcake

Semi-sweet chocolate pieces, rum & brandy soaked dried apricots, golden raisins, candied orange peel and walnuts. 16.95

Biscotti Gift Bag

Our famous almond biscotti arranged in a bag tied with a festive ribbon. 16.95

PIES & PASTRIES

• AVAILABLE AFTER 9AM •

Pumpkin Pie 20.95

Marionberry Pie 29.95

Apple Pie 26.95

Chocolate Cream Pie 38.00

Napoleon 5.95

Caramel Apple Eclair 6.25

Chocolate Eclair 5.75

Cupcakes: Vanilla with Buttercream Icing or
Carrot with Cream Cheese Icing 4.25

COOKIES & GOODIES

Eggnog Snickerdoodle Cookie 2.25

Cranberry Shortbread 1.95

Ginger Cookie 1.95

Butterstar with colorful 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



Blue Plate Dinners

DINNERS AVAILABLE HOT MONDAY THRU FRIDAY AT 4:00PM.
ALL FIVE DINNERS ARE AVAILABLE COLD
MONDAY THRU SUNDAY, 7:00AM-7:00PM.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Steak Diane Parmesan Potato Wedges Hearts of Romaine with <i>gorgonzola vinaigrette</i> 23.95	30 Pork Loin <i>with apricot sourdough stuffing</i> Vermont Cheddar Mashed Potatoes Buttered Broccoli 21.95	1 Mustard Crusted Chicken Breast Risotto <i>with peas & greens</i> Lemon Asparagus 20.95	2 Beef Bourguignon Parslied Pappardelle Pasta Green Goddess Salad 20.95	3 Blackened Salmon Sun Dried Tomato & Basil Orzo Garlic Sautéed Spinach 22.95
6 Chicken Schnitzel <i>with bacon pepper gravy</i> Buttermilk Mashed Potatoes Buttered Green Beans 21.95	7 Mediterranean Flank Steak <i>with olives, capers & cherry tomatoes</i> Spinach Pie Hearts of Romaine Salad 23.95	8 Pasta Bolognese <i>with our slow simmered sauce & fresh mozzarella</i> Caesar Salad Francese Garlic Bread 20.95	9 Amalfi Chicken <i>braised in lemon & herbs</i> Parmesan Smashed Potatoes Peas with pancetta & crispy onions 20.95	10 Shrimp Scampi <i>with garlic & white wine Linguine</i> Fresh Asparagus Rio Baguette 20.95
13 Cider Brined Pork Chop Vermont Cheddar Mashed Potatoes Buttery, Bacony Cabbage 20.95	14 Oven Poached Salmon <i>with lemon dill sauce</i> Truffled Fettuccini Lemon Asparagus 22.95	15 Shiitake Beef Stroganoff Parslied Pappardelle Green Goddess Salad 20.95	16 Surf & Turf <i>with Prawns & Flank Steak</i> Baked Potato <i>with butter & sour cream</i> Charred Broccoli 22.95	17 Chicken Parmesan <i>with housemade tomato sauce & mozzarella</i> Spaghetti with cauliflower, almonds & green olives Caesar Salad 20.95

The Cooks are busy getting ready for the Holiday.

WE'LL HAVE LOTS OF YUMMY DINNER CHOICES
IN OUR GAYLE'S TO GO CASE THIS WEEK.



27 Italian Pot Roast Parmesan Smashed Potatoes Peas & Baby Spinach <i>with pancetta</i> 20.95	28 Chicken Piccata <i>with lemon & capers</i> Pasta Formaggio <i>with sage & prosciutto</i> Tarragon Green Beans 20.95	29 Slow Braised Lamb Shanks <i>with red wine, tomatoes & spices</i> Dolmas Rice Pilaf Greek Country Salad 20.95	30 Grilled Salmon <i>with artichoke piccata sauce</i> Rosemary Roasted Potatoes Buttered Broccoli 22.95	31 Prime Rib au jus <i>with horseradish cream</i> Mashed Potatoes with crispy onions Fresh Asparagus 23.95
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To Place Your Order
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