

## HOLIDAY APPETIZERS

### Petite Croissant Sandwich Tray

*Almond Tarragon Chicken Salad in a mini croissant. 48 hr notice required. 100.00*

### Gayle's Basil Torte

*Layers of sun dried tomato & pesto, cream cheese and provolone with chopped pistachios outside. 48 hr notice required. 24.95*

### Creamy Brie Bake

*With kalamata olives, sauteed mushrooms and scallions in our Capitola Sourdough. 48 hr notice required. 23.95*

### Stuffed Cheese Puffs

*Bite-size herbed puffs, stuffed with our savory cheese spread. 48 hr notice required. 22.95*

### Mini Mushroom Turnovers

*Delicious warm or at room temperature. 48 hr notice required. 19.95*

## OTHER APPETIZERS

### Deviled Eggs

*Simply the best! 10.50 six pack*

### Crostini

*Herb & garlic toasted baguette rounds. 9.25*

## DIPS & SPREADS

### Smoked Salmon Spread 8.95

### Savory Cheese Spread

*Olives, pimento, pepperoncini & garlic. 7.50*

### Roasted Red Pepper Cashew Spread, *vegan* 7.50

### Roasted Garlic & Artichoke Dip 7.50

### Housemade Hummus, *vegan* 7.25



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

## COLD GRAB & GO

### PASTAS

**Spaghetti & Meatballs, serves 2-3 18.95**

**Chicken Capellini Salad 13.95**

**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 28.95**

### ENTREES

**BBQ Pork Ribs, serves 3-4 21.95**

**Peking Chicken Wings 15.95**

**Chicken Pot Pie, serves 1-2 14.95**

**5" Quiche: Bacon & Onion or Broccoli Cheddar, *vegetarian* 13.95**

**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* 10.95 for two**

## HOUSEMADE SOUP, PINT 9.50

**November 29th to December 5th**

*Chicken Noodle Soup*

**December 6th to 12th**

*Tuscan White Bean with Kale, *vegan**

**December 13th to 19th**

*Hearty Beef & Barley Soup*

### Our Famous Garlic Bread

*Bake or broil at home to golden perfection.*

8.50

## 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 5.25  
Apple Cheese Danish 4.25  
Cranberry Orange Muffin 3.95  
Maple Pecan Crocodiles 5.25  
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  
Garlic Cheese Twist 4.50  
Mushroom Turnover 3.25

## 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



*We have a selection of Wine  
by the bottle or glass, and  
Cold Beer, Cider, Soft Drinks  
and Organic Juices.*

## 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 & 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, kale ribbons, 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*

## 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** 5.25

**Steamed Veggies or Veggie Sauté, vegetarian** 4.25 / 8.50

**Francese Garlic Bread** 2.50

## 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*

### 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*



## ICED & FANCY COOKIES

### Festive Trees

*Vanilla shortbread iced in green with colorful non pareils.*  
3.25

### Lemon Snowflake Cookies

*With a tangy lemon glaze & crystal sugar snow.* 2.95

### Decorated Gingerbread Men

*Dipped in royal icing. So cute!* 4.95  
*Available by order only.*

### Red & Green Checkerboards

*Rich almond shortbread.* 2.25 *Slice & bake log.* 23.95  
*Starts December 4th.*

### Peanut Butter Blossoms

*Topped with chocolate kisses.* 2.50

### Biscotti

*Almond biscotti with cinnamon.* 1.95

## BREAD

**Francese Baguette** 4.50/ *Buns* 4.95/ 4 pkg

**Rio Sourdough Baguette** 4.50

**Rustic Baguette** 4.50

**Joe's Bread (wheat sourdough)** 8.50

**Organic Capitola Sourdough Round** 4.95

**Organic Capitola Sourdough Sandwich** 6.50

**Olive Sourdough Oval** 6.50

**Organic Old World Raisin Walnut Loaf** 7.50

**Jewish Rye** 6.95

**Organic Hearty Wheat Sandwich Loaf** 5.95

**English Toaster Bread** 4.25

**Challah Twist or Loaf** 5.95

## HOMESTYLE COOKIES

### Holiday Butterstars

*Our popular butterstars with red and green sprinkles.* 2.25

### Eggnog Snickerdoodles

*With a hint of rum & nutmeg.* 2.25

### Cranberry Shortbread 1.95

*With lemon zest & a hint of cardomon.*

### Fudge Crackles

*A fudgy cookie with a crackled powdered sugar top.* 2.25

### Ginger Cookies

*A spicy & sweet chewy ginger cookie rolled in sugar.* 1.95

### Mexican Wedding Cookies

*With pecans and rolled in powdered sugar.* 2.25

### Toll House Cookies

*Everybody's favorite.* 1.95

## 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

### Teal's Granola

*With oats, dried cranberries, sunflower seeds, almonds, pecans, hazelnuts, maple syrup and a hint of vanilla.* 14.50



## HOLIDAY CAKES

### Winter Candy Cake

*Devil's food cake, ganache & vanilla buttercream inside and out with a chocolate drip & festive arrangement of candy.*

### Flourless Snowy Forest Cake

*Fudgy cake with raspberry whipped cream and ganache, and vanilla whipped cream outside. Decorated with meringue mushrooms, holiday greens & "snow."*

### Salted Caramel Chocolate Cake

*Devil's food cake with a housemade salted caramel filling with a dark chocolate icing, flaked sea salt and silver & gold stars.*

### Chocolate Mousse

*Devil's food cake, chocolate mousse & chocolate whipped cream with a chocolate glaze & ground hazelnuts on the sides.*

### Lemon Snowflake Cake

*Lemon chiffon cake, lemon curd and lemon buttercream with white chocolate snowflakes outside.*

### Winter Princess Cake

*Vanilla cake, pastry cream, raspberry jam and vanilla whipped cream. With a white marzipan shell, holly, a red rose and ribbon. Also available in our traditional colors.*

### Burnt Almond Cake

*Vanilla sponge cake, almond Bavarian cream with candied almonds & an icing poinsettia.*

### Carrot Cake

*With cream cheese icing, and handpainted holly.*

### CAKE PRICES, SIZES & SLICES

5" ~ 30.00

7" ~ 50.00

9" ~ 70.00

AVAILABLE BY THE SLICE 6.50

Flourless Snowy Forest

Princess • Carrot • Lemon Snowflake

## FANCY PASTRIES

### Mini Buche de Noel

*Too Cute! 16.95*

*Starts December 4th.*

### Coconut Snowballs

*Vanilla cake, pastry cream, vanilla whipped cream covered in coconut. Topped with holly leaves and a red candle. Almost just like when you were a kid! 6.95*

### Individual New York Cheesecake

*Topped with sour cream & cherries. 6.95*

### Peppermint Stick Mousse Cup 4.95

### Traditional Chocolate Eclairs 5.95

### Winter Cupcakes

*Seasonal decorations on vanilla cupcakes. 4.50*

## HANDMADE PIES

ALSO AVAILABLE BY THE HALF

### Pumpkin Pie

*Baked in our flaky all butter crust. 21.95*

### Fresh Apple Crumb Pie

*Hand peeled apples baked until just soft with a touch of cream & cinnamon. 28.95*

### Marionberry Pie

*With a sugared lattice top. 29.95*

### Key Lime Pie

*With white chocolate holly leaves & berries. 16.95/45.00*

### Freshly Whipped Cream

*With vanilla & just the right amount of sugar. 6.50*

*Happy Holidays*





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



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