

## 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
- Strawberry & Cream Danish 4.25
- Morning Glory 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
- Olallieberry Turnovers 4.95
- Downtowner with Sugar 4.25
- Ham & Cheese Croissant 5.95
- Garlic Cheese Twist 4.50
- Teal's Granola 14.50

## SEASONAL SANDWICHES

• AVAILABLE AFTER 8AM •

- Chicken Cordon Bleu Ficelle**  
*Grilled chicken, ham & gruyère with baby spinach and  
dijonnaise.* 9.95
- Italiano Ficelle**  
*Salami, ham, provolone, pepperoncini, vinaigrette & mayo.* 9.95
- Fresh Mozzarella & Roasted Tomato Ficelle, *vegetarian***  
*With lemon, arugula and olives.* 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 •

- Turkey & Gouda**  
*With crispy onions, butter lettuce, tomato & herb mayo on a  
poppy seed bun.* 9.95
- Grilled Chicken Club**  
*With bacon, cheddar, lettuce & tomato on grilled sourdough.* 9.95
- Southwest Turkey**  
*With pepper jack cheese, avocado, tomato and cilantro mayo  
on Capitola sourdough.* 10.50
- BrunchLunch Sandwich**  
*Hard-boiled egg, mozzarella, fresh baby spinach, tomato &  
lettuce with mayo on wholesome wheat.* 8.50
- Vegan Veggie Wrap**  
*Hummus, kale ribbons, tomato, grated carrot & red cabbage  
in a whole wheat tortilla.* 8.95

## HOUSEMADE SOUP

*Split Pea Dahl Soup, *vegan*  
9.50 pint*

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



*We have a full espresso bar  
& a selection of cold drinks,  
beer, cider and wine by  
the bottle or glass.*

## SALADS

PRICES ARE FOR SM, MED & LG

• AVAILABLE AFTER 8AM •

**Red, Green, Gold & Kale Salad, *vegan***  
*Organic kale, roasted beets, butternut squash and tomatoes, garbanzos 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 •

**Miss Spoon's Quinoa, *vegetarian***  
*With feta cheese and dried cranberries. 4.95/ 9.90/ 19.80*

**Crunchy Broccoli & Pecan, *vegetarian***  
*With apple & gruyère. 4.95/ 9.90/ 19.80*

**Sesame Rice Noodle, *vegan***  
*Wheat free with roasted tofu. 4.95/ 9.90/ 19.80*

## 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*

**Quinoa & Hummus Salad, *vegetarian***  
*With feta, carrot matchsticks, cucumber, cherry tomatoes and kalamata olives with red wine vinaigrette. 11.95*

**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*

## SIDES, ETC.

**Deviled Eggs *Simply the best!* 10.50 six pack**

**Francese Garlic Bread 8.50**

**Crostini *Herb & garlic toasted baguette rounds.* 9.25**

**Pimento Cheese Spread, *vegetarian* 7.50**

**Roasted Garlic & Artichoke Dip, *vegetarian* 7.50**

**Housemade Hummus, *vegan* 7.25**

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

## 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**

## 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*

**Macaroni & Cheese, serves 2-3, *vegetarian* 17.95**

**Lasagne Bolognese, serves 3-4 28.95**

### ENTREES

**Meatloaf & Mashed Potatoes, serves 2-3 17.95**

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

**Chicken Enchiladas 14.50 for two**

**Potato & Kale Enchiladas, *vegetarian* 10.95 for two**

**Layered Polenta Casserole, serves 2, *vegetarian* 15.95**

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

**Peking Chicken Wings 15.95**

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

**Twice Baked Potatoes, *vegetarian* 10.50 for two**

## CAKES

### Salted Caramel Chocolate Cake

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

### Black & White Cake (wheat free)

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

### Strawberry Almond Dream (wheat free)

*Moist, almond sponge cake with strawberry whipped cream and a fresh strawberry on top.*

### Princess Cake

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

### 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

5" ~ 30.00

7" ~ 50.00

9" ~ 70.00

AVAILABLE BY THE SLICE 6.50

Strawberry Almond Dream (wheat free)

Key Lime • Blackberry Bramble • Princess

## PIES & PASTRIES

### Olallieberry Pie

*With a sugared lattice top. 29.95*

### Tiramisu Parfait 6.50

### Florentine (wheat free) 3.25

### Raspberry Napoleon 5.95

### Traditional Chocolate Eclairs 5.95

### Vanilla or Chocolate Cupcakes

*with old fashioned buttercream 4.50*

## COOKIES

### Brookies, a Toll House brownie combo 2.95

### Chocolate Coma (wf) 2.25

### Cowboy Cookie 2.75

### Old Fashioned Peanut Butter Cookie 2.75

### Cake Batter Cookie 2.25

### Lemon Crackle Cookie 2.25

### Pecan Tassies 1.95

### Biscotti/Biscotti Gift Bag

*Our famous almond biscotti arranged in a bag tied with a festive ribbon. 1.95/16.95*

## 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

### 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
<b>3</b> <b>Chicken Marbella</b> Buttered Basmati Rice Broccoli with preserved lemon 20.95	<b>4</b> <b>Bistro Steak</b> <i>with red wine sauteed mushrooms</i> Garlic Smashed Baby Yukon Potatoes Hazelnut Green Beans 23.95	<b>5</b> <b>Chicken Cordon Bleu</b> Pappardelle Pasta with peas & asparagus Butter Lettuce & Arugula Salad with herb shallot dressing 20.95	<b>6</b> <b>Pork Loin</b> <i>with apricot sourdough stuffing</i> Vermont Cheddar Mashed Potatoes Buttered Broccoli 21.95	<b>7</b> <b>Blackened Salmon</b> Sun Dried Tomato & Basil Orzo Garlic Sautéed Spinach 22.95
<b>10</b> <b>Southwest Skirt Steak</b> <i>with salsa fresca &amp; crispy onions</i> Roasted Poblano & Cheddar Gratin Chopped Salad 23.95	<b>11</b> <b>Chicken Schnitzel</b> <i>with bacon pepper gravy</i> Buttermilk Mashed Potatoes Buttered Green Beans 21.95	<b>12</b> <b>Shrimp Scampi</b> <i>with garlic &amp; white wine</i> Linguine Fresh Asparagus Rio Baguette 20.95	<b>13</b> <b>Beef Bourguignon</b> Parslied Pappardelle Pasta Green Goddess Salad 20.95	<b>14</b> <b>Coq au Vin</b> Crème Fraîche Mashed Potatoes Broccoli with preserved lemon 20.95
<b>17</b> <b>Oven BBQ Beef Brisket</b> Macaroni & Cheese Casserole Ranch Salad with Gayle's garlic croutons 23.95	<b>18</b> <b>Cider Brined Pork Chop</b> Vermont Cheddar Mashed Potatoes Buttery, Bacony Cabbage 20.95	<b>19</b> <b>Ginger Glazed Prawns</b> Coconut Rice with cilantro Garlic Sautéed Spinach 19.95	<b>20</b> <b>Roast Turkey</b> <i>with Gayle's gravy &amp; cranberry sauce</i> Mashed Potatoes Mom's Sourdough Stuffing Green Beans with fresh thyme 23.95	<b>21</b> <b>Chicken Parmesan</b> <i>with housemade tomato sauce &amp; mozzarella</i> Spaghetti with cauliflower, almonds & green olives Caesar Salad 20.95
<b>24</b> <b>Teriyaki Salmon</b> Sticky Rice with edamame & shiitake Baby Bok Choy Stir Fry 23.95	<b>25</b> <b>Surf &amp; Turf</b> <i>with Prawns &amp; Flank Steak</i> Baked Potato with butter & sour cream Charred Broccoli 22.95	<b>26</b> <b>Slow Braised Lamb Shanks</b> <i>with red wine, tomatoes &amp; spices</i> Dolmas Rice Pilaf Greek Country Salad 20.95	<b>27</b> <b>Chicken Piccata</b> <i>with lemon &amp; capers</i> Pasta Formaggio with sage & prosciutto Tarragon Green Beans 20.95	<b>28</b> <b>Beer Braised Short Ribs</b> Garlic Mashed Potatoes Romaine & Radicchio Salad with gorgonzola vinaigrette 23.95
<b>31</b> <b>Italian Pot Roast</b> Parmesan Smashed Potatoes Peas with pancetta 20.95	<b>1</b> <b>Harrisa Chicken Kabobs</b> Buttered Basmati Rice Tahini Slaw with pistachios 20.95	<b>2</b> <b>Pork Tenderloin</b> <i>with dried cherry balsamic reduction</i> Creamy Polenta with mascarpone Roasted Brussels Sprouts 20.95	<b>3</b> <b>Mustard Crusted Chicken Breast</b> Risotto with peas & greens Lemon Asparagus 20.95	<b>4</b> <b>Mediterranean Salmon</b> Saffron Mashed Potatoes Garlic Sautéed Spinach 22.95

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