

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. 22.95

Mini Mushroom Turnovers

Delicious warm or at room temperature. 19.95

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

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 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

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

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



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

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
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
Marionberry Turnovers 4.95
Downtowner with Sugar 4.25
Ham & Cheese Croissant 5.95
Garlic Cheese Twist 4.50
Mushroom Turnover 3.25
Teal's Granola 13.95

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 4.95

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 pariels.
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

Butterflake Rolls, a holiday tradition
10.50 6 PACK

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

With pumpkin & sesame seeds 6.50

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 2.25

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 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

Olallieberry 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
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 Broccolini 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 Broccolini 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
Click Here*