

## 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  
Olallieberry 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

- Pumpkin Spice Latte 5.00 / 5.50  
Eggnog Latte 5.00 / 5.50  
Latte 4.25 / 4.75  
Peppermint Mocha 5.70 / 6.20  
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

## HOLIDAY HOURS

OPEN NEW YEAR'S EVE  
7AM - 7PM, DECEMBER 31ST

CLOSED JANUARY 1, 2022

## 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*



## 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*



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

## 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

## SIDES, ETC.

- Deviled Eggs  
*Simply the best! 10.50 six pack*
- Crostini  
*Herb & garlic toasted baguette rounds. 9.25*
- 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
- Francese Garlic Bread 8.50

## 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
- 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* 10.50 for two

### HOUSEMADE SOUP, PINT 9.50

- December 20th to 26th**  
*Creamy Tomato Soup, vegetarian*
- December 27th to 31st**  
*Mexican Meatball Soup*

## GAYLE'S BLUE PLATE DINNERS

MONDAY, 12/27

**Italian Pot Roast**  
Parmesan  
Smashed Potatoes  
Peas & Baby Spinach  
with *pancetta*  
20.95

TUESDAY, 12/28

**Chicken Piccata**  
with *lemon & capers*  
Pasta Formaggio  
with *sage & prosciutto*  
Tarragon Green Beans  
20.95

WEDNESDAY, 12/29

**Slow Braised Lamb Shanks**  
*red wine, tomatoes & spices*  
Dolmas Rice Pilaf  
Greek Country Salad  
20.95

THURSDAY, 12/30

**Grilled Salmon**  
with *artichoke piccata sauce*  
Rosemary  
Roasted Potatoes  
Buttered Broccoli  
22.95

FRIDAY, 12/31

**Prime Rib *au jus***  
with *horseradish cream*  
Mashed Potatoes  
with *crispy onions*  
Fresh Asparagus  
23.95

THESE DINNERS ARE AVAILABLE HOT MONDAY THRU FRIDAY AT 4:00PM.

ALL FIVE DINNERS ARE AVAILABLE COLD ALL WEEK MONDAY THRU SUNDAY, 7:00AM-7:00PM.

## HOLIDAY CAKES

### 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.*

### 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 Bavarian cream with candied almonds & an icing poinsettia.*

### Carrot Cake

*With cream cheese icing, and handpainted carrots.*

### Blackberry Bramble

*Vanilla sponge with blackberry jam and blackberry buttercream in a marbled design.*

### Lemon Raspberry Dream

*Lemon chiffon cake between layers of raspberry jam and lemon buttercream. The outside is finished with vanilla buttercream and topped with fresh raspberries.*

### CAKE PRICES, SIZES & SLICES

5" ~ 30.00

AVAILABLE BY THE SLICE 6.50

7" ~ 50.00

Princess • Carrot • Burnt Almond

9" ~ 70.00

Blackberry Bramble • Chocolate Mousse

## HANDMADE PIES

### 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*

## FANCY PASTRIES

### Individual New York Cheesecake

*Topped with sour cream & cherries. 6.95*

### Raspberry Napoleon 5.95

### Traditional Chocolate Eclairs 5.95

### Winter Cupcakes

*Seasonal decorations on vanilla cupcakes. 4.50*

## COOKIES

### Lemon Snowflake Cookies

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

### Peanut Butter Blossoms

*Topped with chocolate kisses. 2.50*

### Butterstars

*Our popular butterstars with colorful sprinkles. 2.25*

### Eggnog Snickerdoodles

*With a hint of rum & nutmeg. 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*

## 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