

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 hearty wheat.* 8.50
- Vegan Veggie Wrap**
*Hummus, kale ribbons, tomato, grated carrot & red cabbage
in a whole wheat tortilla.* 8.95

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: **HOUSEMADE SOUP** :
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Split Pea Dahl Soup, vegan
9.50 pint



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