

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

- Pecan Schnecken 5.25
- Strawberry & Cream Danish 4.25
- Lemon Poppy Seed Muffin 3.95
- Maple Pecan Crocodiles 5.25
- Kouign Amann 5.50
- Raspberry Filled Kouign Amann 5.95
- Croissant 3.50
- Pain d' Amande 4.95
- Chocolatine 4.50
- Bear Claw 4.95
- Blackberry Turnovers 4.95
- Downtowner with Sugar 4.25
- Bacon Jalapeno Cheddar Scone 4.95
- Ham & Cheese Croissant 5.95
- Garlic Cheese Twist 4.50
- Teal's Granola 14.50



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

SEASONAL SANDWICHES

• AVAILABLE AFTER 8AM •

- Albacore Tuna & Cheddar on Seeded Ficelle
With housemade pickles and lettuce. 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
- Texas BBQ Chicken
*Our BBQ sauce & mayonnaise and shredded cabbage on a
sesame seed bun.* 9.95
- Spinach Salad Sandwich
*With bacon, hard-boiled egg, mozzarella, baby spinach,
tomato & lettuce with mayo on hearty wheat.*
9.50/8.50 without bacon
- Vegan Veggie Wrap
*Hummus, kale ribbons, tomato, grated carrot & red cabbage
in a whole wheat tortilla.* 8.95

HOUSEMADE SOUP

Golden Mushroom, vegetarian 9.50 pint

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

SALADS

• AVAILABLE AFTER 8AM •

Creamy Lemon Kale, vegetarian

With shaved parmesan & parmesan crisps. 4.50/ 9.00/ 18.00

Crunchy Broccoli & Pecan, vegetarian

With apple & gruyère. 4.95/ 9.90/ 19.80

Miss Spoon's Quinoa, vegetarian

With feta cheese and dried cranberries. 4.95/ 9.90/ 19.80

Ginger Beet with Baby Spinach, vegan

4.95/ 9.90/ 19.80

Fresh Fruit, vegan

4.95/ 9.90/ 19.80

Almond Tarragon Chicken or Albacore Tuna Salad

6.95/ 13.90/ 27.80

• AVAILABLE AFTER 10AM •

Insalata Milanese

Shredded chicken, carrot, arugula, celery, green olives, pepperoncini, jack cheese, cornichon and herb vinaigrette. 4.95/ 9.90/ 19.80

Mediterranean Pasta Salad, vegetarian

Penne pasta, artichoke hearts, feta, arugula, olives, sun dried tomatoes, and lemon vinaigrette. 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

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

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

Old Fashioned Chocolate Cake

Five layers of devil's food cake with a fluffy powdered sugar old fashioned chocolate buttercream inside and out.

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.

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.

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 16.95/ 45.00

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

Old Fashioned Chocolate

Carrot • Blackberry Bramble • Princess

Key Lime Pie • Cherry Pie

PIES & PASTRIES

Cherry Pie 29.95

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

Buttery Danish Cocos 1.75

Butterstar Cookie 2.25

Lemon Crackle Cookie 2.25

Pecan Tassies 1.95

Biscotti/Biscotti Gift Bag 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
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 with dried cherry balsamic reduction 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 Sauteed Spinach 22.95
7 Chicken Cordon Bleu Pappardelle Pasta with peas & asparagus Butter Lettuce & Arugula Salad 20.95	8 Steak Diane Parmesan Potato Wedges Hearts of Romaine with gorgonzola vinaigrette 23.95	9 Beef Bourguignon Crème Fraîche Mashed Potatoes Peas & Baby Spinach with crispy shallots 20.95	10 Grilled Salmon with artichoke piccata sauce Zucchini & Rice Gratin Lemon Asparagus 22.95	11 Chicken Marbella Buttered Basmati Rice Broccolini with preserved lemon 20.95

FOR THE WEEK OF 2/7 ALL FIVE DINNERS ARE AVAILABLE COLD MONDAY TO FRIDAY ONLY.

14 	15 Blackened Salmon Sun Dried Tomato & Basil Orzo Garlic Sauteed Spinach 22.95	16 Spaghetti & Tender Meatballs Italian Chopped Salad with salami, mozzarella & olives Francese Garlic Bread 19.95	17 Beer Braised Short Ribs Mashed Potatoes with crispy onions Tarragon Green Beans 23.95	18 Shrimp Scampi with garlic & white wine Linguine Fresh Asparagus Rio Baguette 20.95
21 Pork Loin with apricot sourdough stuffing Vermont Cheddar Mashed Potatoes Buttered Broccoli 21.95	22 Grilled Salmon with Meyer lemon sauce Truffled Fettuccini Basil Green Beans 22.95	23 Shiitake Beef Stroganoff Parslied Pappardelle Green Goddess Salad 20.95	24 Roast Turkey with Gayle's gravy & cranberry sauce Mashed Potatoes Mom's Sourdough Stuffing Green Beans with fresh thyme 23.95	25 Chicken Marsala with crimini & porcini mushroom sauce Parmesan Risotto Peas & Baby Spinach with crispy shallots 20.95
28 Chicken Parmesan with housemade tomato sauce & mozzarella Spaghetti with cauliflower, almonds & green olives Caesar Salad 20.95	1 Bistro Steak with red wine sauteed mushrooms Potatoes au Gratin Lemon Asparagus 23.95	2 Chicken Schnitzel with bacon pepper gravy Buttermilk Mashed Potatoes Buttered Green Beans 21.95	3 Slow Braised Lamb Shanks with red wine, tomatoes & spices Dolmas Rice Pilaf Greek Country Salad 20.95	4 Surf & Turf with Prawns & Flank Steak Baked Potato with butter & sour cream Charred Broccolini 22.95

To Place Your Order
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