

BREAKFAST

- Bacon & Smashed Tots Breakfast Sandwich 10.95
Breakfast Burrito with Potato & Bacon 11.95
New Vegetarian Breakfast Burrito 10.95 V
Now with black beans & roasted breakfast potatoes.
Ham, Bacon or Vegetarian Scrambled Egg Croissant 10.75 / 9.50
Breakfast Biscuit with ham or Vegetarian 7.50 / 6.95
Individual Quiche: Bacon or Vegetarian 7.25
Spring Veggie Frittata 8.25 V
Chicken Apple Sausage 6.95
Crisp Bacon Slices (3) 6.75
Rosemary Roasted Potatoes 4.75 / 9.50 / 18.95 V
Greek Yogurt Parfait with Teal's Granola 8.25 V
Chia Pudding Parfait 7.95 VG, WF

GRAB & GO BREAKFAST

- Breakfast Burrito with Potato & Bacon 11.95
Petite Quiche: Bacon or Spinach 14.50 for 2
Greek Yogurt Parfait with Teal's Granola 8.25 V, WF
Chia Pudding Parfait 7.95 VG, WF
with fresh berries and a seed & nut crumble.

DANISH, CROISSANT & MORE

- Strawberry Cream Danish 5.25
Old Fashioned Cinnamon Roll 6.25
Bear Claw 5.95
Pecan Schnecken 6.25
Strawberry Banana Muffin 5.25
Croissant 4.95
Cinnamon Sugar Downtowner 4.95
Pain d' Amande 5.95
Chocolatine 5.75
Kouign Amann, plain 6.50
Kouign Amann, raspberry 6.75
Maple Pecan Crocodiles 6.25
Marionberry Turnovers 5.50
Bacon Jalapeño Cheddar Scone 6.50
Ham & Cheese Croissant 6.75
Garlic Cheese Twist 5.50
Raisin Walnut Rolls *(sweet without sugar)* 2.95
Teal's Granola 15.95

COOKIES

- Iced Cookie of the Week
Come in and see what we're offering.
Almond Croissant Cookie 2.95
Snickerdoodle Cookie 2.85
Strawberry Shortcake Cookie 3.50
German Chocolate Cookie 3.15
Old Fashioned Peanut Butter Cookie 2.95
Cherry White Chocolate Oatie 3.25
Brookie 3.50
Combination brownie and toll house cookie.
Chocolate Coma Cookie 2.85 WF
Butterstars 2.50
Almond Biscotti 2.50 / 18.95 gift bag
Take & Bake Cookie Dough 18.95
Toll House • Cherry White Chocolate Oatie
Cookie Gift Bags 13.95
Cranberry Pecan Ashland Shortbread or Hazelnut Crunch

FRESH BREAD

- Francese Baguette 5.75/ Buns 6.95 / Rolls 4.95
Rio Sourdough Baguette 5.75
Carpo's Seeded Francese 5.95
Joe's Bread (wheat sourdough) 9.95
Organic Capitola Sourdough Round 7.50
Organic Capitola Sourdough Sandwich 7.75
Olive Sourdough Oval 8.25
Organic Old World Raisin Walnut Loaf 8.95
Jewish Rye 8.50
Muesli Sandwich Loaf *with pumpkin & sesame seeds* 7.75
English Toaster Bread 6.25
Challah Twist or Loaf 6.75

Espresso, Coffee, Tea and
Assorted Beverages available

SEASONAL SANDWICHES

• AVAILABLE AT 7AM •

Italiano Ficelle

Salami, ham, provolone, pepperoncini, vinaigrette & mayo. 12.50

Turkey with Bacon & Gouda Ficelle

on a seeded ficelle. 12.50

New York Provolone & Tomato Ficelle

With basil and a creamy dijon vinaigrette. 11.75 V

Marinated Chicken Breast Sandwich

On thick sliced Capitola sourdough with housemade mayo & a splash of lemon juice. 11.75

Chickpea Sandwich on Joe's Bread

Chickpea salad with parmesan, lemon & mayo, tomato, clover sprouts and butter lettuce. 11.75 V

• AVAILABLE AFTER 9AM •

Turkey & Dill Havarti on Capitola Sourdough

with spring mix, dill pickle and thousand island dressing. 12.50

Open Faced Ham & Brie

Thin slices of red onion, capers and herb mayo open faced on a sliced francese baguette. 8.75

Tri Tip Sandwich

With lettuce, tomato & horseradish poppy seed sauce on Dutch Crunch. 12.95

Tuna on Herb Cheese

With celery, red onions, cornichon, mayo, lettuce and house-made pickles. 11.95

Vegan Power Wrap

Quinoa power salad, red pepper cashew spread, tamari almonds, cabbage, kale, avocado, cilantro, lime & a dash of Bitchin' Sauce in a whole wheat tortilla. 11.50 VG

Almond Tarragon Chicken Salad Croissant

Roasted chicken, fresh tarragon, celery, chopped almonds, scallions, mayo & lettuce. 12.95

SALADS

• AVAILABLE AT 7AM •

Creamy Lemon Kale

Kale salad dressed with a creamy lemon dressing, with shaved parmesan & parmesan crisps. 5.75 / 11.50 / 23.00 V, WF

Spring Vegetable Marinade

Snap peas, asparagus, carrots, scallions & cauliflower in a light herb vinaigrette. 5.95 / 11.95 / 23.50 VG, WF

Ginger Beet Salad

Roasted beets, baby spinach and a ginger dressing. 5.95 / 11.95 / 23.50 VG, WF

Crunchy Broccoli & Pecan Salad

With apples & gruyère cheese. 5.95 / 11.95 / 23.50 V, WF

Seasonal Fresh Fruit Salad

5.95 / 11.95 / 23.50 VG, WF

• AVAILABLE AFTER 9AM •

Pearl Pasta Salad

With peas, mint, feta, marinated red onions & arugula. 5.95 / 11.95 / 23.50 V

Panzanella Salad with Sourdough Croutons

Artichoke hearts, tomatoes, roasted red bell peppers, garbanzos & a red wine vinaigrette. 5.95 / 11.95 / 23.50 VG

Power Quinoa Salad

Quinoa with tumeric and spiced chickpeas, kale, broccoli, carrot, almonds and pickled red onion and a lemon vinaigrette. 5.75 / 11.50 / 23.00 VG, WF

Old Fashioned Potato Salad

Red potatoes, dill pickle, black olives, celery, onion, hard-boiled egg, mayo, sour cream, parsley & mustard. 5.95/11.95/23.50 V

Albacore Tuna Salad WF or

Almond Tarragon Chicken Salad WF 8.00/16.00/32.00

ENTRÉE SALADS

Gayle's Favorite Salad 14.95

Romaine & spring mix, black olives, carrots, green onion, pickled beets, garbanzos, cucumbers & toasted sunflower seeds and a bright mustard vinaigrette (contains egg) V, WF

Bistro Salad 14.95

with goat cheese, dried cranberries & spiced nuts. V, WF

Salmon Niçoise Salad 18.95

with green beans, red potatoes and hard-boiled egg. WF

Chicken Capellini Salad 17.50

Grilled chicken breast, capellini pasta, cherry tomatoes, mozzarella cheese, garlic & fresh basil in a tomato vinaigrette.

Caesar Salad, 12.50

Housemade croutons & parmesan. (contains egg & anchovy) With Chicken Breast 16.50

Sesame Chicken Salad 17.95

Romaine, oranges, almonds, cucumber, cilantro, scallions, marinated & grilled chicken breast and poppy seed dressing. WF

V-vegetarian VG-vegan WF-wheat-free

HOT FOOD

Taking Phone Orders for Hot Food!

Rotisserie Roasted Chicken

Whole 18.95 • ¼ Dark Meat 4.95 • ¼ White Meat 5.75

Available after 12 Noon

Tuesday's Special Porchetta Sandwich 7.95

*Slow roasted pork loin with garlic & herbs on a francese bun.
Available Tuesdays from 11:30am- 2:30pm*

Bacon Cheeseburger 13.95

Available daily from 4pm- 7pm

Bacon Cheeseburger with Parmesan Potato Wedges 16.95

Available daily from 4pm- 7pm

Corned Beef Reuben 13.95

Chicken Parmesan 14.95

Lemon Marinated Chicken Breast 8.95 WF

Teriyaki Salmon 18.95 WF

Peking Chicken Wings 10.95 for four WF

BBQ Pork Ribs 14.50

Chicken & Cheese Enchiladas 8.95 WF

Macaroni & Cheese 5.95 / 11.95 / 23.50 V

Layered Polenta Casserole 8.95 V, WF

Penne d'Alba Pasta 5.95 / 11.95 / 23.50 V

Spinach Gorgonzola Pasta 5.95 / 11.95 / 23.50 V

Twice Baked Potato 6.25 V, WF

Steamed Veggies or Veggie Sauté 4.95/9.90/19.80 V, WF

Francese Garlic Bread 2.95 V

Weekly Soups: 5.50 cup / 10.75 bowl

April 28-May 4: Chipotle Chicken Chowder

COLD GRAB & GO

PASTAS

Spaghetti & Meatballs, serves 2-3 22.50

Pappardelle Pasta with Snap Peas & Asparagus 17.95 V

Spinach Gorgonzola Pasta, serves 2-3 19.50 V

Penne d'Alba Pasta, serves 2-3 18.50 V

Lasagne Bolognese, serves 3-4 32.50

Spinach & Ricotta Lasagne, serves 3-4 29.50 V

ENTREES

Meatloaf & Mashed Potatoes, serves 1-2 19.50

Chicken Parmesan 14.95

Chicken Pot Pie, serves 1-2 16.25

Layered Polenta Casserole, serves 2 17.95 V, WF

Chicken Enchiladas 17.95 for two WF

Potato & Kale Enchiladas 15.50 for two V, WF

5" Bacon, Mushroom & Caramelized Onion Quiche 16.50

5" Broccoli & Cheddar Quiche 16.50 V

BBQ Pork Ribs, serves 3-4 26.95

Twice Baked Potatoes 12.50 for two V, WF

**See our Blue Plate Calendar for
tonight's HOT Dinner special**

SIDES - DIPS - DRESSINGS

Crostini Herb & garlic toasted baguette rounds. 9.75

Roasted Garlic & Artichoke Dip, vegetarian 8.25

Roasted Red Pepper Cashew Spread, vegan 8.25

Salad Dressings 9.50

Poppy Seed • Red Wine Vinaigrette • Toasted Sesame

Housemade Hummus, vegan 7.95

Savory Cheese Spread 8.25

Francese Garlic Bread 10.95

Deviled Eggs Simply the best! 11.25 six pack

V-vegetarian VG-vegan WF-wheat-free

CAKES

Orange Chiffon

Light orange chiffon cake baked in a traditional tube pan with a yummy orange glaze. 30.00

Old Fashioned Chocolate Cake

Four layers of chocolate devil's food cake with a fluffy old fashioned chocolate buttercream inside & out.

Black & White Cake, WF

Fudgy, flourless 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 with pastry cream, raspberry jam & vanilla whipped cream in a marzipan shell and a fresh rose.

Blackberry Bramble

Four layers of vanilla genoise filled with blackberry jam and blackberry buttercream. Finished with a marbled design of vanilla and blackberry buttercreams outside.

Carrot Cake

With cream cheese icing, and hand painted carrots.

Beehive Cake

Beehive shaped lemon chiffon cake, lemon curd & lemon buttercream inside and vanilla buttercream outside with a darling edible bee. 5 inch & 7 inch sizes only

Key Lime Pie

Sweet-tart filling in a graham cracker crust topped with whipped cream. 48.00

CAKE PRICES

5" ~ 36.00 7" - 62.00 9" - 82.00

serves 4-6 serves 8-12 serves 16-20

Add an inscription - no charge

PIES & PASTRIES

Blueberry Crumble Pie 37.95

Fresh Strawberry Galette 35.95

Fruit Tartes & Tartelettes 42.00 / 7.25

Chocolate Bread Pudding 7.25

Crème Brûlée 7.25

Tiramisu Parfait 7.15

Chocolate Banana Cream Tartelette 6.95

Traditional Chocolate Éclairs 7.25

Raspberry Napoleon 7.25

Florentine 3.95 WF

A lacy cookie with honey, almonds, chocolate & candied orange peel.

CAKE & PIE SLICES

Cake slices 7.95

Black & White Cake

Blackberry Bramble Cake

Carrot Cake

Princess Cake

Key Lime Pie

Orange Chiffon 5.50

Pie Slices 5.95

Blueberry Crumble

Strawberry Galette

