

BREAKFAST

- Bacon & Smashed Tots Breakfast Sandwich 10.95
- Breakfast Burrito with Potato & Bacon 12.25
- Vegetarian Breakfast Burrito 11.25 V
Black beans, roasted potatoes & salsa verde
- Ham, Bacon or Vegetarian Scrambled Egg Croissant 10.95/9.75
- Breakfast Biscuit with Ham or Vegetarian 7.75 / 7.25
- Individual Quiche: Bacon or Vegetarian 7.25
- Italian Frittata 8.25 V
with spinach, roasted tomatoes & herbs
- Chicken Apple Sausage 7.25
- Crisp Bacon Slices (3) 6.95
- Rosemary Roasted Potatoes 4.95 / 9.95 / 19.90 V
- Greek Yogurt Parfait with Teal's Granola 8.50 V
- Chia Pudding Parfait 7.95 VG, WF

DANISH, CROISSANT & MORE

- Lemon Bread 8.50
- Raspberry Pastry Cream Danish 5.50
- State Fair Cinnamon Roll 6.50
- Pecan Schnecken 6.25
- Blueberry Muffin 5.25
- Cherry Hand Pie 5.50
- Croissant 4.95
- Cinnamon Sugar Downtowner 4.95
- Pain d' Amande 5.95
- Chocolatine 5.75
- Bear Claw 6.25
- Kouign Amann *plain* 6.50 *apricot* 6.75
- Maple Pecan Crocodiles 6.50
- Raisin Walnut Rolls (*sweet without sugar*) 2.95
- Ham & Cheese Croissant 6.75
- Garlic Cheese Twist 5.50
- Mushroom Turnover 3.50
- Tartine (*Slice of our Rio Ficelle with unsalted butter*) 2.50
- Chive Biscuit 2.75
- Teal's Granola 16.50

COOKIES

- St Patrick's Checkerboard Cookie 2.75
Buttery shortbread with almond.
- Iced Shamrock Cookie 2.50
- Shamrock Butterstars 2.50
- Peppermint Fudgie 2.75
Chocolatey cookie with mint chips
- Almond Croissant Cookie 2.95
- Strawberry Shortcake Cookie 3.50
- Chocolate Coma Cookie 2.85 WF
- Old Fashioned Peanut Butter 2.95
- Lemon Crackle Cookie 2.95
- Toll House Chocolate Chip 2.50
- Take & Bake Cookie Dough 18.95
Toll House • Old Fashioned Peanut Butter

FRESH BREAD

Irish Soda Bread

Studded with raisins & candied orange peel.
15.95/8.00 1/2

Hot Cross Buns

Available through Saturday April 4th
Made with raisins, candied orange peel & crossed with yummy icing.
2.95/14.95 SIX PACK

- Francese Dinner Rolls 5.25 6 pack
- Francese Baguette 5.95 / Buns 7.25 4 pack
- Rio Sourdough Baguette 5.95
- Carpo's Seeded Francese 5.95
- Joe's Bread (wheat sourdough) 9.95
- Organic Capitola Sourdough Round 7.75
- Organic Capitola Sourdough Sandwich 7.95
- Olive Sourdough Oval 8.50
- Organic Old World Raisin Walnut Loaf 8.95
- Jewish Rye 8.95
- Muesli Sandwich Loaf *with pumpkin & sesame seeds* 7.75
- English Toaster Bread 6.25
- Challah Twist or Loaf 6.75

SEASONAL SANDWICHES

+ AVAILABLE AT 7AM +

Italiano Ficelle

Salami, ham, provolone, pepperoncini, vinaigrette & mayo. 12.75

Turkey Cubano Ficelle

With Jarlsberg cheese, dill pickle & chipotle mayo. 12.50

Green Goddess Veggie Ficelle

Dill havarti, cheddar, lettuce, tomato & green goddess mayo. 11.75 V

Steakhouse Sandwich

Grilled tri tip, blue cheese dressing, lettuce, tomato & pickled red onion on a Dutch crunch bun. 12.95

Almond Tarragon Chicken Salad Croissant

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

+ AVAILABLE AFTER 9AM +

Ham & Muffaletta

Italian muffaletta spread of olives, carrots, cauliflower, piquillo peppers & garlic with whole milk mozzarella, arugula, tomato & red wine vinaigrette on francese bun. 11.50

Turkey Club

With bacon & cheddar, lettuce, tomato & mayo on grilled sourdough. 12.95

Lemon Tuna on Everything Croissant

Albacore tuna with celery, red onion, cornichons & mayo with butter lettuce and paper thin slices of lemon. 12.50

Marinated Chicken Sandwich

with housemade mayo and a splash of lemon juice on thick sliced Capitola sourdough 11.95

Vegan Power Wrap

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

Egg Salad Sandwich

With mayo & butter lettuce on our Challah bread. 9.95

SALADS

+ AVAILABLE AT 7AM +

Abby's Pasta Salad

Farfalle pasta, gorgonzola cheese, arugula & toasted walnuts with a lemon thyme dressing. 5.95 / 11.95 / 23.50 V

Creamy Kale Salad

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

Crunchy Broccoli & Pecan Salad

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

Seasonal Fresh Fruit Salad

5.95 / 11.95 / 23.50 VG, WF

+ AVAILABLE AFTER 9AM +

Tuscan White Bean Salad

With fresh mozzarella, kalamata olives, baby spinach, tomatoes and basil, tossed with a red wine vinaigrette. 5.95 / 11.95 / 23.50 V, WF

Shrimp & Artichoke Salad

Shrimp, cherry tomatoes, artichoke hearts, celery, capers and a light dressing. 7.25 / 14.50 / 28.95 WF

Beets & Orange Salad

Roasted beets, orange segments, red onion, baby spinach and vinaigrette. 5.95 / 11.95 / 23.50 VG, WF

Power Quinoa Salad

Tumeric quinoa with spiced chickpeas, kale, broccoli, carrot, almonds & pickled red onion and a lemon vinaigrette. 5.95 / 11.95 / 23.50 V, 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, WF

Albacore Tuna Salad WF or

Almond Tarragon Chicken Salad WF 8.00/16.00/32.00

ENTRÉE SALADS

Gayle's Favorite Salad 15.25

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 15.25

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

Caesar Salad, 12.75

*Housemade croutons & parmesan.
With Chicken Breast 16.75*

Sesame Chicken Salad 18.25

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

Chicken Capellini Salad 17.75

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

V-vegetarian VG-vegan WF-wheat-free

MARCH GRAB & GO DINNERS

Oven Poached Salmon
Lemon Dill Sauce
Herb Roasted Baby Yukons
Fresh Asparagus
27.95

Chicken Schnitzel
Pepper Bacon Gravy
Buttermilk Mashed Potatoes
Buttered Green Beans
25.95

Teriyaki Flank Steak
Sticky Rice with edamame & shiitakes
Garlic Sautéed Spinach
25.95

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

COLD GRAB & GO

PASTAS

Spaghetti & Meatballs, serves 2-3 23.50
Spring Pappardelle w/ Snap Peas & Asparagus 18.50 V
Spinach Gorgonzola Pasta 12.95 V
Penne d'Alba Pasta 11.95 V
Lasagne Bolognese, serves 3-4 32.95

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
BBQ Pork Ribs, serves 3-4 27.95
Twice Baked Potatoes 12.50 for two V, WF

SIDES - DIPS - DRESSINGS

Deviled Eggs Simply the best! 11.50 six pack
Francese Garlic Bread 10.95
Savory Cheese Spread 8.25
Housemade Hummus, vegan 7.95
Roasted Red Pepper Cashew Spread, vegan 8.50
Roasted Garlic & Artichoke Dip, vegetarian 8.25
Crostiti Herb & garlic toasted baguette rounds. 9.75
Poppy Seed Salad Dressings 9.75

HOT FOOD

Taking Phone Orders for Hot Food!

Corned Beef Reuben 14.95
Chicken Parmesan 14.95
Lemon Marinated Chicken Breast 8.95 WF
Teriyaki Salmon 18.95
Peking Chicken Wings 11.95 for four
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 5.25/10.50/21.00 V, WF
Francese Garlic Bread 2.95 V
Weekly Soups: 5.50 cup / 10.95 bowl
March 9th-15th:
Carrot Ginger, vegetarian
March 16th-22nd
Hearty Pepper Beef

V-vegetarian VG-vegan WF-wheat-free

CAKES

Pot of Gold Carrot Cake

With cream cheese icing, a candy rainbow, pot of gold and shamrocks. Carrot Cake also available with hand painted carrots.

Chocolate Mint Pie

Fudgy, minty chocolate pie in a chocolate crust with whipped cream and topped with Andes thin mints. 21.95

Salted Caramel

Devil's food cake with a housemade salted caramel filling. Iced with a dark chocolate icing and topped with flaked sea salt.

Black & White Cake, wheat-free

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.

Lemon Poppy Seed

Poppy seed cake with lemon curd and lemon buttercream.

Crazy Berry Cake

Vanilla sponge with raspberry, strawberry & blackberry jams & buttercreams, iced with vanilla buttercream.

Burnt Almond Cake

Vanilla sponge, almond pastry cream, almond Bavarian cream and candied almonds.

Key Lime Pie

Sweet-tart filling in a graham cracker crust topped with whipped cream. 48.00 / 17.95

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

PRICES & SELECTION SUBJECT TO CHANGE

PIES & PASTRIES

Marionberry Pie 37.95

Mini Strawberry Rhubarb Pie 16.95

Shamrock Cupcake 5.25

Individual Bailey's Irish Cream Cheesecake 7.25

Chocolate Mint Éclairs 7.25

Available 3/14-3/17 only

Fresh Fruit Tarte / Tartelettes 42.00 / 7.25
with pastry cream filling

Key Lime Parfait 7.25

Traditional Chocolate Éclairs 7.25

Raspberry Napoleon 7.25

Florentine 3.95 WF

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

Blueberry Bread Pudding 7.25

Croissant & Challah bread pudding with fresh blueberries.

CAKE & PIE SLICES

Cake slices 7.95

Black & White

Crazy Berry Cake

Carrot Cake

Key Lime Pie

Princess Cake

Pie Slices 5.95

Marionberry Pie

