Gayle's *Sandwiches*

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. Vegetarian 11.75

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 & letuce. 12.95

Egg Salad Sandwich
With mayo & butter lettuce on our Challah bread. 9.95

Ham & Muffaletta
Italian muffaletta spread of olives, carrots, cauliflower, piquillo peppers & garlic with whole milk mozzarella, arugula, tomato & red wine vinaigrette on a 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 Veggie Wrap
Housemade hummus, kale ribbons, avocado, grated carrot & red cabbage, wrapped in a whole wheat tortilla. Vegan 11.50

3.30.26

Gayle's *Salads*

Abby's Pasta Salad
Farfalle pasta, gorgonzola cheese, arugula & toasted walnuts, with a lemon-thyme dressing. Vegetarian 5.95 /11.95 /23.50

Creamy Kale Salad
Kale salad with a creamy lemon dressing, with shaved parmesan & parmesan crisps. Vegetarian 5.75 / 11.50 / 23.00

Crunchy Broccoli & Pecan Salad
With apples & Gruyère cheese. Vegetarian 5.95 / 11.95 / 23.50

Old Fashioned Potato Salad
Red potatoes, dill pickle, black olives, celery, onion, hard-boiled eggs, mayo, sour cream, parsley & mustard. Vegetarian 5.95 / 11.95 / 23.50

Fresh Fruit Salad
Seasonal, ripe fruit. Vegan 5.95 / 11.95 / 23.50

Tuscan White Bean
With fresh mozzarella, kalamata olives, baby spinach, tomatoes & basil, tossed with a red wine vinaigrette. Vegetarian 5.95 / 11.95 / 23.50

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

Beets & Orange Salad
Roasted beets, orange segments, red onion, baby spinach and vinaigrette. Vegan 5.95/11.95/23.50

Miss Spoon's Quinoa Salad
With tangy feta cheese, celery, dried cranberries & scallions, dressed with oilve oild & rice wine vinegar. Vegetarian 5.95/ 11.95 / 23.50

Almond Tarragon Chicken or Albacore Tuna
9.00 / 18.00 / 32.00

Entrée Salads

Gayle's Favorite Salad, *Vegetarian*
Romaine & spring mix, black olives, carrots, green onion, pickled beets, garbanzos, cucumbers & toasted sunflower seeds and a bright mustard vinaigrette (contains egg) 15.25

Salmon Niçoise Salad
with lettuce, green beans, cherry tomatoes, hard-boiled egg, red potatoes & Niçoise olives, with a Dijon red wine vinaigrette. 18.95

Quinoa & Hummus, *Vegetarian*
Gayle's hummus, Miss Spoon's quinoa salad, carrot matchsticks, and Kalamata olives on a bed of greens with red wine vinaigrette. 15.25

Bistro Salad, *Vegetarian*
With goat cheese, dried cranberries & spiced nuts. 15.25

Caesar Salad *12.75*
Housemade croutons & parmesan.
with Chicken Breast *16.75*