

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

Hot Cross Buns

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

FRESH BREAD

- 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

PRICES & SELECTION SUBJECT TO CHANGE

Hamentashen for Purim

*Flaky cream cheese pastry filled with either
apricot or strawberry jam 2.95*

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
Marionberry Turnover 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

- Brookie** 3.50
Combination brownie & toll house cookie.
Almond Croissant Cookie 2.95
Strawberry Shortcake Cookie 3.50
Chocolate Coma Cookie 2.85 WF
German Chocolate Cookie 3.15
With chocolate chunks, coconut & pecans
Old Fashioned Oatmeal Raisin 2.95
Peppermint Fudgie 2.95
Chocolatey cookie with mint chips
Butterstars 2.50
Take & Bake Cookie Dough 18.95
Toll House • Oatmeal Raisin

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
Crostoni 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
February 23rd-March 1st:
Mushroom Bisque, vegetarian
March 2nd-8th:
Ginger Peanut Chicken

V-vegetarian VG-vegan WF-wheat-free

CAKES

Black & White Cake

Fudgy, flourless chocolate cake with chocolate ganache and vanilla whipped cream.

Salted Caramel Cake

Chocolate devil's food caek, with a housemade salted caramel filling, iced with a dark chocolate icing and flaked sea salt.

Chocolate Mousse Cake

Chocolate cake, mousse, whipped cream and glaze, with ground hazelnuts on the side.

Lemon Poppy Seed Cake

Poppy seed cake with lemon curd and lemon buttercream.

Princess Cake

Vanilla cake with pastry cream, raspberry jam and whipped cream, & a marzipan shell & rose. Also available in traditional pink, green or lavender.

Raspberry Bramble

Vanilla sponge with raspberry jam and raspberry buttercream, iced with a marbled design of vanilla and raspberry buttercreams.

Burnt Almond Cake

Vanilla sponge, almond pastry cream inside, almond Bavarian cream & candied almonds outside.

Carrot Cake

With cream cheese icing and hand-painted carrots

Key Lime Pie 48.00 / 17.95

In a graham cracker crust topped with whipped cream.

CAKE PRICES

5" - 36.00 7" - 62.00 9" - 82.00
serves 4-6 serves 8-12 serves 16-20

PIES & PASTRIES

Marionberry Pie 37.95

Mini Strawberry Rhubarb Pie 16.95

Blueberry Bread Pudding 7.25

Croissant & Challah bread pudding with fresh blueberries.

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

Chocolate Pot de Crème 7.25

Individual Cherry Cheesecake 7.25

Traditional Chocolate Éclairs 7.25

Raspberry Napoleon 7.25

Florentine 3.95 WF

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

CAKE & PIE SLICES

Cake slices 7.95

Pie Slices 5.95

Black & White

Marionberry Pie

Chocolate Mousse

add a dollop of whipped cream to your pie slice 1.00

Carrot Cake

Princess Cake

Key Lime Pie

