

### 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  
Spring Frittata 8.25 V  
*with leeks, asparagus & gruyère*  
Chicken Apple Sausage 7.25  
Crisp Bacon Slices (3) 6.95  
Rosemary Roasted Potatoes 4.95 / 9.95 / 19.90 V, WF  
Greek Yogurt Parfait with Teal's Granola 8.50 V, WF  
Chia Pudding Parfait 7.95 VG, WF

### GRAB & GO BREAKFAST

- Breakfast Burrito with Potato & Bacon 12.25  
Vegetarian Breakfast Burrito 11.25 V  
Petite Quiche: Bacon or Spinach 14.50 for 2  
Greek Yogurt Parfait with Teal's Granola 8.50 V, WF  
Chia Pudding Parfait 7.95 VG, WF  
*with fresh berries and a seed & nut crumble.*

### FRESH BREAD

- Joe's Bread (wheat sourdough) 9.95  
Organic Capitola Sourdough Round 7.75  
Organic Capitola Sourdough Sandwich 7.95  
Rio Sourdough Baguette 5.95  
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  
Challah Twist or Loaf 6.75  
English Toaster Bread 6.25  
Francese Baguette 5.95 / Buns 7.25 4 pack  
Carpo's Seeded Francese 5.95  
Francese Dinner Rolls 5.25 6 pack

### DANISH, CROISSANT & MORE

- Lemon Danish 5.50  
Old Fashioned Cinnamon Roll 6.50  
Strawberry Banana 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  
Pecan Schnecken 6.25  
*Yummy sticky bun covered with pecans.*  
Kouign Amann plain 6.50 raspberry 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  
Bacon, Cheddar, Jalapeño Scone 6.50  
Tartine (*Slice of our Rio Ficelle with unsalted butter*) 2.50  
Chive Biscuit 2.75  
Teal's Granola 16.50

### COOKIES

- Iced Cookie of the Week  
Toasted Sesame Magic Cookie 2.95  
*Delicious toasted sesame cookie with tahini & chocolate.*  
Strawberry Shortcake Cookie 3.50  
Chocolate Hazelnut Baci di Alessi 2.50 WF  
*Fudgy hazelnut cookies sandwiched with chocolate ganache.*  
Old Fashioned Oatmeal Raisin Cookie 2.95  
Yo Yos 2.50  
*Thumbprint cookie with raspberry jam & rolled in colorful sprinkles.*  
Brookie 3.50  
*Combination brownie & toll house cookie.*  
Lemon Poppy Seed Cookie  
Butterstars 2.50  
Take & Bake Cookie Dough 18.95  
*Toll House • Old Fashioned Oatmeal Raisin*

Espresso, Coffee, Tea and  
Assorted Beverages available

**SEASONAL SANDWICHES**

+ AVAILABLE AT 7AM +

**Italiano Ficelle**

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

**Albacore Tuna Ficelle**

With cheddar cheese, housemade pickles & lettuce. 12.75

**Roasted Tomato Ficelle**

Green olives, whipped lemon feta spread & arugula. 11.95 V

**Tri Tip with Horseradish Sauce**

Grilled tri tip, horseradish poppy seed dressing, lettuce & tomato on a poppy seed challah sub. 13.25

**Turkey Club on Croissant**

With bacon, lettuce, tomato & mayo. 13.25

+ AVAILABLE AFTER 9AM +

**Mushroom & Jarlsberg**

Sautéed mushrooms, Jarlsberg cheese, dijonnaise & spring mix on Capitola sourdough. 11.50 V

**Milano Sandwich**

Hard-boiled egg, mozzarella, spinach, tomato, & mayo on a francese bun. 11.75 V

**Southwest Vegan Wrap**

Chipotle hummus, grilled corn, avocado, cabbage, cilantro & romaine in whole wheat tortilla. 11.75 VG

**Ham & Pimento Cheese**

With butter lettuce & tomato on a Dutch crunch roll. 11.75

**Texas BBQ Chicken**

Grilled chicken breast tossed with tangy mayo & bbq sauce, with shredded cabbage on sesame seed challah roll. 7.95

**Turkey & Dill Havarti**

With spring mix, dill pickle, and thousand island dressing on Jewish Rye. 12.50

**Masala Chicken Salad**

Masala roasted chicken with slivered almonds, mayo, currants, celery & scallions and lettuce on muesli bread. 13.25

**SALADS**

+ AVAILABLE AT 7AM +

NEW!!

**Street Corn Pasta Salad**

Shell pasta, grilled corn, queso fresco, jalapeños & cilantro. 5.95 / 11.95 / 23.50

**Insalata Milanese**

Shredded chicken, carrot, arugula, celery, green olives, pepperoncini, jack cheese, cornichon and an herb vinaigrette. 6.95 / 13.95 / 27.90

NEW!!

**Broccoli & Kale Salad**

Spiced chickpea crunch, parmesan cheese, cashews and a citrus dressing. 5.95 / 11.95 / 23.50 V, WF

**Seasonal Fresh Fruit Salad**

5.95 / 11.95 / 23.50 VG, WF

+ AVAILABLE AFTER 9AM +

**Ligurian Pasta Salad**

Gemelli pasta, haricot verts, russet potatoes & shaved parmesan tossed with a basil pesto dressing. 5.95 / 11.95 / 23.50 V

**Cucumber Tomato Salad**

With feta, kalamata olives, scallions & red wine vinaigrette. 5.95 / 11.95 / 23.50 V, WF

**Roasted Beet & Carrot Salad**

Roasted beets, carrot, toasted pistachios & a light balsamic dressing. 5.95 / 11.95 / 23.50 VG, WF

**Miss Spoon's Quinoa Salad**

With tangy feta cheese, celery, dried cranberries & scallions, dressed with olive oil & rice wine vinegar. 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**

**Masala Chicken Salad WF 9.00 / 18.00 / 36.00**

**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

**Salmon Niçoise Salad 18.95**

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

**Quinoa & Hummus Salad 15.25**

Gayle's hummus, Miss Spoon's quinoa salad, carrot matchsticks, and Kalamata olives on a bed of greens with a red wine vinaigrette. WF, V

V-vegetarian VG-vegan WF-wheat-free

## APRIL GRAB & GO DINNERS

### Pistachio Crusted Salmon

Herb Roasted  
Baby Yukons  
Basil Green Beans  
27.95

### Shiitake Beef Stroganoff

Sherry & Sour Cream

Parsley Pappardelle  
Green Goddess Salad  
25.95

### Crispy Mustard Crusted Chicken Breast

Risotto  
with peas & greens  
Fresh Asparagus  
24.95

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 18.95 V  
Spinach Gorgonzola Pasta 12.95 V  
Penne d'Alba Pasta 11.95 V  
Lasagne Bolognese, *serves 3-4* 32.95

### ENTREES

Indian Butter Chicken Dinner 24.95  
*with cilantro rice and peas & baby spinach*  
Mushroom Bourguignon & Pappardelle 15.50  
Chicken Parmesan 15.95  
Meatloaf & Mashed Potatoes, *serves 1-2* 19.50  
Chicken Pot Pie, *serves 1-2* 16.25  
Layered Polenta Casserole, *serves 2* 17.95 V, WF  
Chicken Enchiladas 17.95 *for two* WF  
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  
Crostini *Herb & garlic toasted baguette rounds.* 9.75  
Poppy Seed Salad Dressing 9.75

## HOT FOOD

### Taking Phone Orders for Hot Food!

Corned Beef Reuben 14.95  
Chicken Parmesan 15.95  
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 6.50 / 12.95 / 25.90 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*  
*April 20th-26th:*  
*Curried Chicken with Apple*  
*April 27th-May 3rd:*  
*Tuscan White Bean, vegan*

Beer & Wine, by the glass or bottle

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

**David's Cake**

Hazelnut sponge & chocolate devil's food cakes with chocolate ganache and chocolate-hazelnut whipped cream. Iced with vanilla whipped cream & ground hazelnuts.

**Old Fashioned Chocolate Cake**

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

**Salted Caramel Cake**

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

**Chocolate Dream Cake** wheat-free

Fudgy, flourless chocolate cake with chocolate mousse inside and chocolate whipped cream outside.

**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.

**Beehive Cake**

Beehive shaped lemon chiffon cake, lemon curd & lemon buttercream inside, vanilla buttercream outside with darling edible bees. Available in 5" and 7" only.

**Blackberry Bramble**

Vanilla genoise filled with blackberry jam & blackberry buttercream, iced in a marbled design of vanilla & blackberry buttercreams.

**Carrot Cake**

With cream cheese icing and hand-painted carrots

**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

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Add an inscription - no charge

**PIES & PASTRIES**

**Marionberry Pie** 37.95

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

**Chocolate Banana Cream Tartelette** 7.25  
Buttery tartelette shell with a layer of chocolate ganache, fresh bananas, pastry cream and topped with whipped cream.

**Key Lime Parfait** 7.25

**Traditional Chocolate Éclairs** 7.25

**Individual Lemon Cheesecake** 7.25

**Raspberry Napoleon** 7.25

**Florentine** 3.95 WF  
A lacy cookie with honey, almond, chocolate & candied orange peel.

**CAKE & PIE SLICES**

*Cake slices* 7.95

**Chocolate Dream**

**Carrot Cake**

**Key Lime Pie**

**Chocolate Mousse**

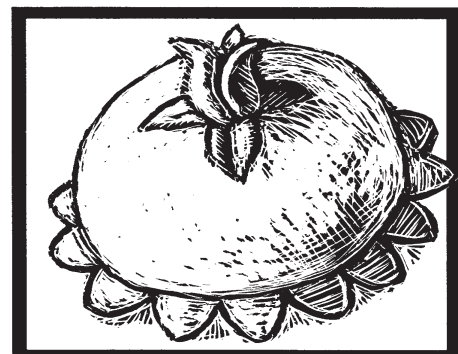
**Princess Cake**

**Old Fashioned Chocolate Cake**

**Orange Chiffon** 5.50

*Pie Slices* 5.95

**Marionberry Pie slice**



PRICES & SELECTION SUBJECT TO CHANGE