

### BREAKFAST

- Bacon & Smashed Tots Breakfast Sandwich 11.25  
Breakfast Burrito with Potato & Bacon 12.50  
Vegetarian Breakfast Burrito 11.50 V  
*Black beans, roasted potatoes & salsa verde*  
Ham, Bacon or Vegetarian Scrambled Egg Croissant 10.95/9.75  
Breakfast Biscuit with Ham or Vegetarian 7.95 / 7.50  
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) 7.25  
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 12.50  
Vegetarian Breakfast Burrito 11.50  
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

- Strawberry Cream Danish 5.50  
Old Fashioned Cinnamon Roll 6.50  
Morning Glory 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

- Crispy Chocolate Chip Cookie 2.95  
*with walnuts.*  
Gochujang Caramel Cookie 2.95  
Strawberry Shortcake Cookie 3.50  
Chocolate Hazelnut Baci di Alessi 2.50 WF  
*Fudgy hazelnut cookies sandwiched with chocolate ganache.*  
Toasted Sesame Magic Cookie 2.95  
*Delicious toasted sesame cookie with tahini & chocolate.*  
Cherry White Chocolate Oatie 3.25  
Chocolate Coma Cookie, WF 2.95  
Brookie 3.50  
*Combination brownie & toll house cookie.*  
Butterstars 2.50  
Take & Bake Cookie Dough 18.95  
*Toll House • Cherry White Chocolate Oatie*  
Cookie Gift Bags 13.95  
*Cranberry Pecan Ashland Shortbread • Hazelnut Crunch*

**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, dijonaise & 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, housemade "Bitchin" sauce, cabbage, cilantro & romaine in whole wheat tortilla. Contains almonds. 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,*

**SALADS**

+ AVAILABLE AT 7AM +

**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*

**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

**MAY GRAB & GO DINNERS**

**Mediterranean Salmon**  
Cherry Tomatoes,  
Olives & Capers  
Lemon Roasted Potatoes  
Basil Green Beans  
28.95

**Grilled Teriyaki Flank Steak**  
Sticky Rice  
with edamame & shittakes  
Garlic Sautéed Spinach  
26.95

**Chicken Piccata**  
Lemon & Capers  
Pasta Formaggio  
with sage & prosciutto  
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
- Spinach & Ricotta Lasagne, serves 3-4 29.50 V

**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
- May 11th-17th:  
Chicken & Wild Rice
- May 18th-24th:  
Indian Split Pea Dahl, vegan
- May 25th-31st:  
Pork Pozole

**Beer & Wine, by the glass or bottle**

V-vegetarian VG-vegan WF-wheat-free

**CAKES**

**Orange Chiffon Cake**

*Seasonal favorite with a yummy orange glaze. 30.00*

**Black & White Cake, WF**

*Fudgy chocolate cake with chocolate ganache and vanilla whipped cream.*

**Old Fashioned Chocolate Cake**

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

**Chocolate Mousse Cake**

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

**Princess Cake**

*Vanilla cake with pastry cream, raspberry jam and whipped cream, an almond marzipan shell & a fresh rose.*

**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.*

**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.*

**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**

**Strawberry Galette 35.95**

**Fresh Berry Tartes & Tartelettes 42.00 / 7.25**  
*with pastry cream filling*

**Tiramisu Parfait 6.95**

**Crème Brûlée 7.25 WF**

**Tiramisu Parfait 6.95**

**Chocolate Banana Cream Tartelette 7.25**

*Buttery tartelette shell with a layer of chocolate ganache, fresh bananas, pastry cream and topped with whipped cream.*

**Traditional Chocolate Éclairs 7.25**

**Raspberry Napoleon 7.25**

**Florentine 4.50 WF**

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

**CAKE & PIE SLICES**

*Cake slices 7.95*

**Black & White**

**Carrot Cake**

**Key Lime Pie**

**Chocolate Mousse**

**Princess Cake**

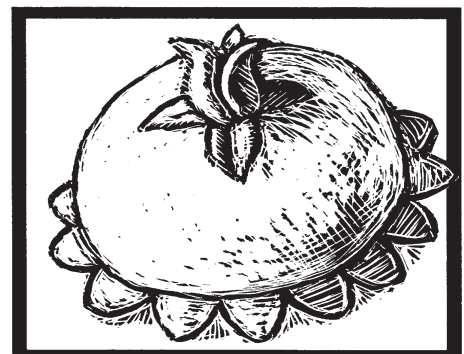
**Old Fashioned Chocolate Cake**

**Orange Chiffon 5.50**


*Pie Slices 5.95*

**Blueberry Crumble Pie**

**Strawberry Galette**



PRICES & SELECTION SUBJECT TO CHANGE

  
**GAYLE'S**  
 BAKERY & ROSTICCERIA  
**GRADUATION**

IT'S PARTY SEASON!  
 PLEASE ORDER EARLY.

## DESSERTS

### GRADUATION CAKE

•Chocolate cake with chocolate ganache & chocolate buttercream inside with vanilla buttercream outside.

Or •Vanilla cake with raspberry, strawberry & blackberry fillings, iced with vanilla buttercream.

Decorated with a personalized scroll, graduation cap & diploma, in your school's colors.

Available in 5 inch to 16 inch cakes.

5" - \$44.95    7" - \$70.95    9" - \$90.95

10, 12, 14 & 16" - +\$12.00 to regular cake price

10" and large cakes require 4 days notice.

### GRADUATION CUPCAKES

Vanilla cake with vanilla buttercream and a peanut butter cup graduation cap. 5.25

## GRADUATION PARTY PACKAGE

Deviled Eggs • Savory Cheese Puff Tray

Italiano & Roasted Tomato Ficelle (choice of 1 or both)

Mini Masala Chicken Salad Croissant Tray

Old Fashioned Potato Salad or Broccoli & Kale Salad

Fresh Fruit Salad

SERVES 12-16: \$495.00

### PARTY TRAYS

Savory Cheese Puff Tray \$60.00

Italiano and/or Roasted Tomato Ficelle Tray \$90.00

Mini Masala Chicken Salad Croissant Tray \$130.00

#### ENTREES TO SERVE 8-12

Penne d'Alba Pasta (vegetarian) \$84.00

Spinach Gorgonzola Pasta (vegetarian) \$88.00

Polenta Casserole (vegetarian) \$105.00

Chicken & Cheese Enchiladas \$105.00

Potato & Kale Enchiladas(vegetarian) \$90.00

Lasagne Bolognese \$98.00

Spinach & Ricotta Lasagne (vegetarian) \$85.00

#### SALADS TO SERVE 8-12

Street Corn Pasta Salad(vegetarian)

Broccoli & Kale Salad (vegetarian)

Ligurian Pasta Salad (vegetarian)

Cucumber Tomato Salad (vegan)

Roasted Beet & Carrot Salad(vegan)

Miss Spoon's Quinoa Salad (vegetarian)

Old Fashioned Potato Salad (vegetarian)

Fresh Fruit Salad (vegan)

Above salads - \$52.00

Insalata Milanese - \$65.00

504 BAY AVENUE, CAPITOLA, CA 95010  
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