

**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
- High Protein Frittata 8.25 V  
*with cottage cheese, spinach & artichokes*
- 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 *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
- 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**

- I ♥ Dad Iced Cookie 3.50  
*Available June 20th-21st only.*
- Rainbow Pride Cookie 3.25  
*Our delicious almond shortbread in rainbow colors.*
- Brookie 3.50  
*Combination brownie & toll house cookie.*
- Chocolate Coma Cookie, WF 2.95
- Cowboy Cookie 3.25  
*with coconut, oats & chocolate chips.*
- Strawberry Shortcake Cookie 3.50
- Lemon Crackle Cookie 2.95
- Buttery Danish Coco 2.50  
*Buttery, Danish coconut cookie*
- Old Fashioned Peanut Butter 2.95
- Almond Croissant Cookie 2.95
- Butterstars 2.50
- Take & Bake Cookie Dough 18.95  
*Toll House • Cowboy*
- 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*

**Caprese Ficelle**

*Tomatoes, fresh mozzarella, basil & balsamic vinaigrette.*

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 +

**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*

**Marinated Chicken Sandwich**

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

**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 +

**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

**JUNE GRAB & GO DINNERS**

**Steak Diane**  
Tangy Mustard Sauce

**Parmesan Roasted**  
Potato Wedges

**Hearts of Romaine**  
with gorgonzola vinaigrette

25.95

**Coq au Vin**

Crème Fraîche  
Mashed Potatoes  
with crispy shallots

**Lemon Broccolini**

24.95

**Grilled Salmon**  
Artichoke-Piccata Sauce

**Fresh Corn Risotto**

**Fresh Asparagus**

28.95

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

**Potato & Kale Enchiladas** 15.50 for two V, 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

*June 15th-21st:*

*Golden Mushroom, vegetarian*

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

V-vegetarian VG-vegan WF-wheat-free

## CAKES

### Old Fashioned Chocolate Cake

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

### Mocha Cake, WF

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

### Peanut Butter Pie

Creamy peanut butter mousse & chocolate ganache, topped with vanilla whipped cream in a graham cracker crust. 32.00

### Boston Cream Pie

Vanilla sponge cake filled with vanilla pastry cream and topped with chocolate ganache. 36.00

### 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.

### Crazy Berry

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

### Banana Split Cake

Banana cake with chocolate ganache and strawberry buttercream, iced with vanilla buttercream.

### Carrot Cake

With cream cheese icing and hand-painted carrots.

### Raspberry Poppy Seed Cake

Poppy seed cake with raspberry whipped cream inside & out.

### 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

## FATHER'S DAY DESSERTS

Available June 20th-21st only.

I ♥ Dad Iced Cookie 3.50

I ♥ Dad Boston Cream Pie 38.00

Vanilla sponge cake filled with vanilla pastry cream and topped with chocolate ganache. With an "I ♥ Dad" inscription.

## PIES & PASTRIES

Blueberry Crumble Pie 37.95

Fresh Strawberry Galette 35.95

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

Coconut Cream Parfait 6.95

Vanilla sponge cake, coconut pastry cream, whipped cream, toasted coconut and pieces of our Buttery Danish Coco cookie.

Mini Cherry Cheesecake 7.25

Lemon Meringue Tartelette 7.25

Buttery tartelette shell with lemon curd and topped with a toasted meringue.

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

Mocha Cake

Carrot Cake

Chocolate Mousse

Princess Cake

Old Fashioned Chocolate Cake

Pie Slices 5.95

Blueberry Crumble Pie

Strawberry Galette

Key Lime Pie 7.95

Peanut Butter Pie 6.25

