

**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**

- Raspberry Pastry Cream Danish 5.50  
Old Fashioned Cinnamon Roll 6.50  
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  
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**

- Iced Cookie of the Week  
*Come in and see what we're offering*  
Strawberry Shortcake Cookie 3.50  
Brookie 3.50  
*Combination brownie & toll house cookie.*  
Chocolate Coma Cookie, WF 2.95  
Cowboy Cookie 3.25  
*with coconut, oats & chocolate chips.*  
Old Fashioned Peanut Butter 2.95  
Lemon Crackle Cookie 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*  
V-vegetarian VG-vegan WF-wheat-free

**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, Tillamook cheddar, ranch dressing, lettuce, & tomato. 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*

**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*

**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**

**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

## JULY GRAB & GO DINNERS

### Beef Bourguignon

Crème Fraîche  
Mashed Potatoes  
with crispy shallots

Lemon Broccolini

25.95

### Crispy Mustard Crusted Chicken

Artichoke &  
Fingerling Hash

Fresh Asparagus

24.95

### Oven Poached Salmon

Lemon Dill Sauce

Pappardelle Pasta  
with snap peas & asparagus

Baby Spinach Salad  
with poppy seed dressing

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 & Egg Noodles 15.50 V

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*

*July 13th-19th:*

*Chipotle Chicken Chowder*

*July 20th-26th:*

*Lentil & Tomato with Quinoa, *vegan**

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

#### German Chocolate Cake

Chocolate devil's food cake with traditional coconut-caramel-pecan filling and chocolate buttercream.

#### Old Fashioned Chocolate Cake

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

#### Black & White Cake, WF

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

#### Chocolate Mousse Cake

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

#### Lemon Raspberry Dream

Lemon chiffon cake with layers of raspberry jam and lemon buttercream & topped with fresh raspberries.

#### Princess Cake

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

#### 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.

#### 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

#### Cherry Berry Pie 37.95

with cherries, blueberries & blackberries.

#### Marionberry Pie 37.95

#### Fruit Tartes & Tartelettes 42.00 / 7.25

With pastry cream filling.

#### Key Lime Parfait 7.25

Layers of creamy Key Lime filling with graham cracker crust and whipped cream

#### Mini Cherry Cheesecake 7.25

#### Strawberry Éclairs 7.25

#### 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 Cake

#### Carrot Cake

#### Chocolate Mousse

#### Princess Cake

#### Old Fashioned Chocolate Cake

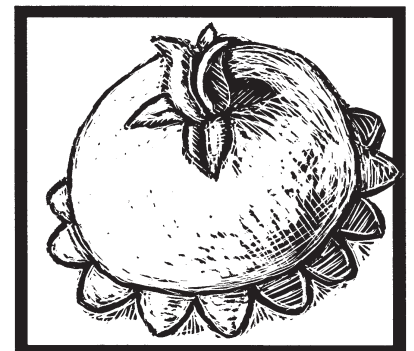
#### Orange Chiffon 5.50

Pie Slices 5.95

#### Cherry Berry Pie

#### Marionberry Pie

#### Key Lime Pie 7.95



PRICES & SELECTION SUBJECT TO CHANGE