

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

Turkey & Gouda Ficelle

With bacon & caramelized onions. 12.75

Caprese Ficelle

Tomatoes, fresh mozzarella, basil & balsamic vinaigrette. 11.95 V

Green Goddess Chicken Salad Croissant

Roasted chicken with green goddess mayo, celery & onion, with lettuce on a flaky croissant. 13.25

+ AVAILABLE AFTER 9AM +

BBQ Tri Tip

Grilled tri tip, crispy onions, dill pickle, housemade bbq sauce & mayo on francese bun. 13.25

Heirloom BLT on Sourdough

Hickory smoked bacon, summer tomatoes, mayo & lettuce on grilled sourdough. 12.95

Vegan BLT on Joe's Bread

Smokey tempeh, heirloom tomatoes, avocado, butter lettuce & vegan mayo on grilled Joe's bread. 12.25 VG

Chicken Caesar Wrap

With grilled lemon chicken, romaine lettuce, crusty croutons, grated parmesan cheese and caesar dressing tucked in a flour tortilla. 12.95

Ham & Pimento Cheese

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

Turkey, Avocado & Jack

With lettuce, tomato, dill pickle & dijonnaise on our muesli bread. 12.95

Lemon Tuna on Everything Croissant

Albacore tuna with celery, red onion, cornichons & mayo, with butter lettuce and paper thin slices of lemon. 12.95

SALADS

+ AVAILABLE AT 7AM +

Crunchy Broccoli & Pecan Salad

With apples & gruyere cheese. 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

Creamy Kale Salad

Kale salad dressed with a creamy lemon dressing, with shaved parmesan & parmesan crisps. 5.75 / 11.50 / 23.00 V

Seasonal Fresh Fruit Salad

5.95 / 11.95 / 23.50 VG, WF

+ AVAILABLE AFTER 9AM +

Caesar Pasta Salad

Penne rigate pasta, housemade croutons, romaine lettuce & shaved parmesan, tossed with a creamy Caesar dressing. 5.95 / 11.95 / 23.50

Street Corn Pasta Salad

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

Caprese Salad

Heirloom tomatoes, basil, fresh mozzarella with a toasted garlic & balsamic vinaigrette. 6.25 / 12.50 / 24.95 V, WF

Roasted Beet & Carrot Salad

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

Christie's Coleslaw

Cabbage, carrots, scallions & cilantro with a creamy ginger dressing. Available with or without peanuts. 5.75 / 11.50 / 23.00 V, 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

Albacore Tuna Salad WF or

Green Goddess 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

JULY GRAB & GO DINNERS - AVAILABLE TO FRIDAY JULY 31

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
27.95

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 20th-26th:

*Lentil & Tomato with Quinoa, **vegan***

July 27th-August 2nd:

Portuguese Sausage with Kale & Potatoes

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 devils 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.

Strawberry Delight

Vanilla sponge cake soaked with strawberry puree with pastry cream, strawberry whipped cream and iced with vanilla whipped cream and fresh strawberries.

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

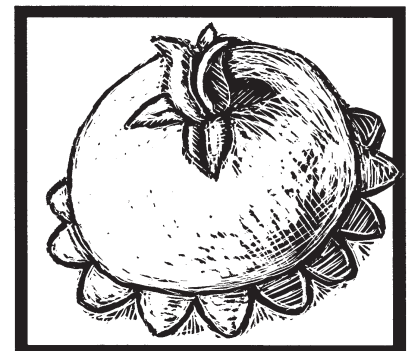
Orange Chiffon 5.50

Pie Slices 5.95

Cherry Berry Pie

Marionberry Pie

Key Lime Pie 7.95



PRICES & SELECTION SUBJECT TO CHANGE

7.2.26

V-vegetarian VG-vegan WF-wheat-free

504 Bay Avenue • Capitola • Open 6:30am-7:30pm daily