

**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*  
Corralitos Ham or Bacon Scrambled Egg Croissant 10.95  
Vegetarian Scrambled Egg Croissant 9.75  
Breakfast Biscuit with Corralitos Ham or Vegetarian 8.95 / 8.50  
Individual Quiche: Bacon or Vegetarian 7.25  
Fresh Corn Frittata 8.25 V  
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

V-vegetarian VG-vegan WF-wheat-free

**DANISH, CROISSANT & MORE**

- Strawberry Cheese Danish 5.50  
Old Fashioned Cinnamon Roll 6.50  
Banana Bran 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  
*with Corralitos ham*  
Garlic Cheese Twist 5.50  
Tartine *(Slice of our Rio Ficelle with unsalted butter)* 2.50  
Chive Biscuit 2.95  
Teal's Granola 16.50

**COOKIES**

- Iced Cookie of the Week  
*Come in and see what we're offering*  
Old Fashioned Chocolate Brownie 4.50  
Traditional Rugelach 2.95  
*with walnuts & currants.*  
Strawberry Shortcake Cookie 3.50  
Chocolate Coma Cookie, WF 2.95  
Oatmeal Raisin Cookie 2.95  
Salted Peanut Butter Cookie, WF 2.95  
*Wheat free cookie with lots of peanuts & mini chocolate chips.*  
Lemon Poppy Seed Cookie 2.50  
*Tangy cookie with lemon zest and poppy seeds.*  
Almond Croissant Cookie 2.95  
Toll House Cookie 2.50  
Butterstars 2.50  
Take & Bake Cookie Dough 18.95  
*Toll House • Oatmeal Raisin*  
Biscotti Gift Bags 18.95  
Cookie Gift Bags 13.95  
*Cranberry Pecan Ashland Shortbread • Hazelnut Crunch*

**SEASONAL SANDWICHES**

**SANDWICHES BEGIN WEDNESDAY SEPTEMBER 23RD**  
+ AVAILABLE AT 7AM +

**Italiano Ficelle**

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

**Turkey Cubano Ficelle**

*with jarlsberg, dill pickle & chipotle mayo. 12.75*

**Caponata & Goat Cheese Ficelle**

*Laura Chanel goat cheese, housemade caponata & arugula. 12.75 V*

**Masala Chicken Salad Croissant**

*Roasted chicken, slivered almonds, mayo, currants, celery, scallions & lettuce tucked into a flaky croissant. 13.25*

+ AVAILABLE AFTER 9AM +

**Tri Tip & Cheddar**

*Grilled tri tip, white cheddar, horseradish poppy seed sauce, pickled red onion & arugula on a soft roll. 14.95*

**Mortadella & Mozzarella on Focaccia**

*Thinly sliced mortadella, mozzarella, and arugula, with a lemon-caper dijonaise on our housemade focaccia. 13.95*

**Turkey, Avocado & Pepper Jack**

*With lettuce, tomato, & mayo on Dutch crunch. 12.95  
Also available vegetarian without turkey. 11.50*

**Chicken Bacon Ranch Sandwich**

*Grilled chicken, smoky bacon, dill havarti, pickled red onion, lettuce & ranch dressing on a soft roll. 14.95*

**Tofu Banh Mi**

*With pickled red onion, carrot, radish, cilantro & sriracha mayo on soft roll. 11.95 VG*

**Tuna & Cheddar**

*Albacore tuna with celery, red onion, cornichons & mayo, with lettuce & housemade pickles on Capitola sourdough 12.95*

**Egg Salad Sandwich**

*With mayo & butter lettuce on our Challah bread. 9.95*

**SALADS**

**SALADS BEGIN THURSDAY SEPTEMBER 24TH**  
+ AVAILABLE AT 7AM +

**Red, Green & Gold Kale Salad**

*Organic kale, roasted beets, butternut squash, toasted tomatoes, garbanzo beans & pumpkin seeds with a white balsamic dressing. 5.95 / 11.95 / 23.50 VG, WF*

**Cashew-Miso Broccoli**

*Broccoli, carrots, radish, cashew & a miso dressing. 5.95 / 11.95 / 23.50 V, WF*

**Green Bean & Artichoke Salad**

*with hazelnuts, basil & a lemon vinaigrette. 5.95 / 11.95 / 23.50 VG, WF*

**Seasonal Fresh Fruit Salad**

*5.95 / 11.95 / 23.50 VG, WF*

+ AVAILABLE AFTER 9AM +

**Tuscan Pasta Salad**

*Penne pasta, cannellini beans, Spanish olives, toasted pine nuts, currants, parsley, and a tomato vinaigrette. 5.95 / 11.95 / 23.50 VG*

**Grilled Polenta Salad**

*Fresh mozzarella, kalamata olives, baby spinach, tomatoes & basil, with a red wine vinaigrette. 5.95 / 11.95 / 23.50 V, WF*

**Southwest Quinoa**

*Charred corn, cherry tomatoes, roasted pumpkin seeds, cilantro & a creamy chipotle dressing. 5.95 / 11.95 / 23.50 V, WF*

**Ginger Beet Salad**

*Roasted beets, candied ginger and baby spinach with a ginger dressing. 5.95 / 11.95 / 23.50 VG, WF*

**Farro & Apple Salad**

*With toasted almonds, parmesan cheese, basil, parsley & a honey-dijon dressing 5.95 / 11.95 / 23.50 V*

**Albacore Tuna Salad WF or**

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

**ENTRÉE SALADS**

**Gayle's Favorite Salad 15.95**

*Romaine & spring mix, black olives, carrots, green onion, pickled beets, garbanzos, cucumbers & toasted sunflower seeds and a bright mustard vinaigrette (contains egg) V, WF*

**Grilled Chicken Salad**

**with Citrus Poppyseed Dressing 18.95**

*Romaine, oranges, almonds, cucumber, cilantro, scallions, marinated & grilled chicken breast and poppy seed dressing. WF*

V-vegetarian VG-vegan WF-wheat-free

**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*

**Bistro Salad 15.25**

*with goat cheese, dried cranberries & spiced nuts. V, WF*

**Caesar Salad, 12.75 with Chicken Breast 16.75**

*Romaine lettuce, shaved parmesan and housemade croutons, with a creamy Caesar dressing.*

**SEPTEMBER GRAB & GO DINNERS**

**Chicken Schnitzel**  
Pepper Bacon Gravy  
Buttermilk  
Mashed Potatoes  
Buttered Green Beans  
25.95

**Shiitake Beef  
Stroganoff**  
Sherry & Sour Cream  
Parsley Pappardelle  
Green Goddess Salad  
25.95

**Pistachio Crusted  
Salmon**  
Herb Roasted  
Baby Yukons  
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  
Roasted Butternut Squash & Radicchio Pappardelle 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**

Chicken Capellini 17.95  
*Grilled chicken breast, capellini pasta, cherry tomatoes,  
mozzarella cheese, garlic & fresh basil in a tomato vinaigrette.*  
Indian Butter Chicken Dinner 24.95  
*with cilantro rice and peas & baby spinach*  
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  
Crostiti 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*  
*September 14th-20th:*  
*Curried Chicken with Apple*  
*September 21st-27th:*  
*Pork Pozole*  
*September 28th-October 4th*  
*Tuscan White Bean, vegan*

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

V-vegetarian VG-vegan WF-wheat-free

**CAKES**

**Rich Chocolate Cake**

*Two layers of chocolate devil's food cake filled with raspberry jam, iced with chocolate ganache.*

**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.*

**Raspberry Poppy Seed Cake**

*Poppy seed cake with raspberry whipped cream inside and out.*

**Princess Cake**

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

**Lemon Raspberry Dream**

*Lemon chiffon cake with raspberry jam and lemon buttercream, topped with fresh raspberries.*

**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**

**It's Back! Pumpkin Pie** 24.95

**Marionberry Pie** 37.95

**Fruit Tartes & Tartelettes** 42.00 / 7.25

*With pastry cream filling.*

**Tiramisu Parfait** 7.25

*Layers of espresso-rum soaked vanilla genoise and mascarpone.*

**Chocolate Salted Caramel Tartelettes** 7.25

*Chocolate crust with chocolate ganache and our housemade caramel and sea salt.*

**Individual Chocolate Chip Cheesecake** 7.25

**Traditional Chocolate Éclairs** 7.25

**Raspberry Napoleon** 7.25

**Chocolate Bread Pudding** 7.25

**Florentine** 4.50 WF

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

**Whipped Cream, pint** 7.25

**CAKE & PIE SLICES**

*Cake slices* 7.95

**Black & White Cake**

**Carrot Cake**

**Chocolate Mousse**

**Princess Cake**

**Old Fashioned Chocolate Cake**

*Pie Slices*

**Pumpkin Pie** 5.95

**Marionberry Pie** 5.95

**Key Lime Pie** 7.95

