

BREAKFAST

- Bacon & Smashed Tots Breakfast Sandwich** 11.50
Breakfast Burrito with Potato & Bacon 12.75
Vegetarian Breakfast Burrito 11.75 V
Black beans, roasted potatoes & salsa verde
Corralitos Ham or Bacon Scrambled Egg Croissant 11.25
Vegetarian Scrambled Egg Croissant 9.95
Breakfast Biscuit with Corralitos Ham or Vegetarian 8.95 / 8.50
Individual Quiche: Bacon or Vegetarian 7.25
Italian Frittata 8.50 V
with spinach, roasted tomatoes & herbs
Chicken Apple Sausage 7.75
Crisp Bacon Slices (3) 7.50
Rosemary Roasted Potatoes 5.25 / 10.50 / 21.00 V, WF
Greek Yogurt Parfait with Teal's Granola 8.75 V, WF
Chia Pudding Parfait 7.95 VG, WF

COOKIES

- Iced Cookie of the Week**
Come in and see what we're offering.
Ginger Cookie 2.65
Brookie 3.75
Combination brownie and toll house cookie.
Cranberry White Chocolate Oatie 3.25
German Chocolate Cookie 3.15
with chocolate chunks, coconut & pecans.
Chocolate Hazelnut Bacci di Alessi 2.65 WF
Two chocolate hazelnut cookies sandwiched with chocolate ganache.
Chocolate Coma Cookie 2.95 WF
Gochujang Caramel Cookie 2.95
*Gochujang (Korean chili paste), cinnamon, & brown sugar.
Like a sweet & spicy snickerdoodle.*
Lemon Crackle 2.95
Yo Yos 2.35
Thumbprint cookie with raspberry jam & colorful sprinkles.
Butterstars 2.65
Almond Biscotti 2.95 / 19.95 gift bag
Take & Bake Cookie Dough 19.50
Toll House • Ginger Cookie
Cookie Gift Bags 14.50
Cranberry Pecan Ashland Shortbread or Hazelnut Crunch
V-vegetarian VG-vegan WF-wheat-free

DANISH, CROISSANT & MORE

- Strawberry Cream Danish** 5.60
Old Fashioned Cinnamon Roll 6.65
Bear Claw 6.50
Pecan Schnecken 6.50
Yummy sticky bun covered with pecans.
Harvest Pumpkin Muffin 5.35
Croissant 4.95
Cinnamon Sugar Downtowner 4.95
Pain d' Amande 6.15
Chocolatine 5.95
Kouign Amann plain 6.50 apple 6.75
Maple Pecan Crocodiles 6.50
Marionberry Turnovers 5.75
Raisin Walnut Rolls (sweet without sugar) 2.95
Bacon Jalapeño Cheddar Scone 6.60
Mushroom Turnover 3.50
Corralitos Ham & Cheese Croissant 6.95
Garlic Cheese Twist 5.75
Tartine (Slice of our Rio Ficelle with unsalted butter) 2.50
Chive Biscuit 2.95
Teal's Granola 16.75

FRESH BREAD

- Joe's Bread (wheat sourdough)** 10.50
Organic Capitola Sourdough Round 7.95
Organic Capitola Sourdough Sandwich 8.50
Rio Sourdough Baguette 6.25
Olive Sourdough Oval 8.95
Organic Old World Raisin Walnut Loaf 9.50
Jewish Rye 9.50
Muesli Sandwich Loaf with pumpkin & sesame seeds 7.95
Challah Twist or Loaf 6.95
English Toaster Bread 6.50
Francese Baguette 6.25 / **Buns** 7.50 4 pack
Carpo's Seeded Francese 6.50
Francese Dinner Rolls 5.95 6 pack

**Espresso, Coffee, Tea and
Assorted Beverages available**

SANDWICHES

+ 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 dijonnaise 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

SEASONAL SALADS

+ AVAILABLE AT 7AM +

Red, Green & Gold Kale Salad

Organic kale, roasted beets, butternut squash, roasted 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. 6.25 / 12.50 / 24.95 V, WF

Green Bean & Artichoke Salad

with hazelnuts, basil & a lemon vinaigrette. 6.25 / 12.50 / 24.95 VG, WF

Seasonal Fresh Fruit Salad

6.25 / 12.50 / 24.95 VG, WF

+ AVAILABLE AFTER 9AM +

Tuscan Pasta Salad

Penne pasta, cannellini beans, Spanish olives, toasted pine nuts, currants, parsley, and a tomato vinaigrette. 6.25 / 12.50 / 24.95 VG

Grilled Polenta Salad

Fresh mozzarella, kalamata olives, baby spinach, tomatoes & basil, with a red wine vinaigrette. 6.25 / 12.50 / 24.95 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. 6.25 / 12.50 / 24.95 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 9.25 / 18.50 / 36.95

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

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 15.50

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

Caesar Salad, 12.75 with Chicken Breast 16.95

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

V-vegetarian VG-vegan WF-wheat-free

OCTOBER GRAB & GO DINNERS

Surf & Turf
Grilled Prawns &
Marinated Flank Steak
Baked Potato
with butter & sour cream
**Charred Lemon
Broccolini**
25.95

Roast Pork Loin
Apricot & Sourdough Stuffing
**Vermont Cheddar
Mashed Potatoes**
Green Beans
with almonds
24.95

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* 23.75

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.*

Chicken Parmesan 16.50

Meatloaf & Mashed Potatoes, *serves 1-2* 19.95

Chicken Pot Pie, *serves 1-2* 16.25

Layered Polenta Casserole, *serves 2* 17.95 V, WF

Chicken Enchiladas 18.50 *for two* WF

Potato & Kale Enchiladas 15.75 *for two* V, WF

BBQ Pork Ribs, *serves 3-4* 28.50

Twice Baked Potatoes 12.95 *for two* V, WF

SIDES - DIPS - DRESSINGS

Deviled Eggs Simply the best! 11.50 *six pack*

Francese Garlic Bread 11.25

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 9.95

HOT FOOD

Taking Phone Orders for Hot Food!

Corned Beef Reuben 15.50

Chicken Parmesan 16.50

Lemon Marinated Chicken Breast 9.25 WF

Teriyaki Salmon 19.50

Peking Chicken Wings 12.50 *for four*

BBQ Pork Ribs 14.95

Chicken & Cheese Enchiladas 9.25 WF

Macaroni & Cheese 6.25 / 12.50 / 24.95 V

Layered Polenta Casserole 8.95 V, WF

Penne d'Alba Pasta 6.25 / 12.50 / 4.95 V

Spinach Gorgonzola Pasta 6.50 / 12.95 / 25.90 V

Twice Baked Potato 6.50 V, WF

Steamed Veggies 5.50 / 10.95 / 21.90 V, WF

Francese Garlic Bread 3.25 V

Weekly Soups: 5.50 *cup* / 10.95 *bowl*

October 5th-11th:

Creamy Tomato (vegetarian)

October 12th-18th:

Hearty Pepper Beef

Beer & Wine, by the glass or bottle

V-vegetarian VG-vegan WF-wheat-free

CAKES

Old Fashioned Chocolate Cake

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

Rich Chocolate Cake

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

Mocha Cake, WF

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

Salted Caramel Cake

Devil's food cake with a housemade salted caramel filling. Iced with a dark chocolate icing and topped with flaked sea salt.

Chocolate Mousse

Devil's food cake, chocolate mousse & chocolate whipped cream with a chocolate glaze & ground hazelnuts on the sides.

Princess Cake

Vanilla sponge with pastry cream, raspberry jam & vanilla whipped cream in a marzipan shell and a fresh rose.

Lemon Blueberry Cake

Lemon chiffon cake with blueberry filling and cream cheese icing.

Carrot Cake

With cream cheese icing, and hand painted carrots.

Blackberry Bramble

Vanilla genoise filled with blackberry jam and blackberry buttercream. Iced with a marbled design of vanilla & blackberry buttercreams.

Chocolate Cream Pie

With a chocolate shortbread crust, topped with whipped cream and chocolate curls. 48.00

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

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PIES & PASTRIES

Pumpkin Pie 25.95

Apple Crumb Pie 38.95

Marionberry Pie 38.95

Crème Brûlée 7.25

Tiramisu Parfait 7.25

Layers of espresso-rum soaked vanilla genoise and mascarpone.

Chocolate Banana Tartelettes 7.50

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

Individual Chocolate Chip Cheesecake 7.50

Traditional Chocolate Éclairs 7.25

Raspberry Napoleon 7.50

Chocolate Bread Pudding 7.25

Florentine 4.75 WF

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

Whipped Cream, pint 7.50

CAKE & PIE SLICES

Cake slices 7.95

Mocha Cake, WF

Chocolate Mousse

Carrot Cake

Lemon Blueberry Cake

Princess Cake

Key Lime Pie

Pie Slices 6.25

Pumpkin Pie

Apple Crumb Pie

Marionberry Pie

add a dollop of whipped cream to your pie slice 1.00



PRICES & SELECTION SUBJECT TO CHANGE