

BREAKFAST

- Bacon & Smashed Tots Breakfast Sandwich 10.95
- Breakfast Burrito with Potato & Bacon 11.95
- New!* Vegetarian Breakfast Burrito 10.95 V
With black beans, breakfast potatoes & salsa verde.
- Ham, Bacon or Vegetarian Scrambled Egg Croissant 10.75/9.50
- Breakfast Biscuit with ham or Vegetarian 7.50 / 6.95
- Individual Quiche: Bacon or Vegetarian 7.25
- Spring Veggie Frittata 8.25 V
- Chicken Apple Sausage 6.95
- Crisp Bacon Slices (3) 6.75
- Rosemary Roasted Potatoes 4.75 / 9.50 / 18.95 V
- Greek Yogurt Parfait with Teal's Granola 7.95 V
- Chia Pudding Parfait 7.50 VG, WF

GRAB & GO BREAKFAST

- Breakfast Burrito with Potato & Bacon 11.95
- Petite Quiche: Bacon or Spinach 14.50 for 2
- Greek Yogurt Parfait with Teal's Granola 7.95 V, WF
- Chia Pudding Parfait 7.50 VG, WF
with fresh berries and a seed & nut crumble.

DANISH, CROISSANT & MORE

- Strawberry Cream Danish 5.00
- State Fair Cinnamon Roll 5.95
- Bear Claw 5.95
- Pecan Schnecken 5.95
- Morning Glory Muffin 4.95
- Croissant 4.75
- Cinnamon Sugar Downtowner 4.95
- Pain d' Amande 5.75
- Chocolatine 5.50
- Kouign Amann, plain or lemon 6.50
- Maple Pecan Crocodiles 5.95
- Marionberry Turnovers 5.25
- Bacon Jalapeño Cheddar Scone 6.25
- Ham & Cheese Croissant 6.75
- Garlic Cheese Twist 5.25
- Raisin Walnut Rolls (*sweet without sugar*) 2.75
- Teal's Granola 15.95

COOKIES

- Iced Cookie of the Week
Come in and see what we're offering.
- Toasted Sesame Magic Cookie 2.75
- Brookie 3.25
Combination brownie and toll house cookie.
- P B & J Thumbprint Cookie 2.50
- Chocolate Coma Cookie 2.75 WF
- Cowboy Cookie 2.95
- Strawberry Shortcake Cookie 3.25
- Lemon Crackle Cookie 2.75
- Butterstars 2.35
- Almond Biscotti 2.50 / 18.95 gift bag
- Take & Bake Cookie Dough 17.95
Toll House • Cowboy

FRESH BREAD

Hot Cross Buns

Available through April 19th
Made with raisins, candied orange peel & crossed with
yummy icing. 2.95/14.95 SIX PACK

- Francese Baguette 5.50 / Buns 6.50 / Rolls 4.50
- Rio Sourdough Baguette 5.50
- Carpo's Seeded Francese 5.50
- Joe's Bread (wheat sourdough) 9.50
- Organic Capitola Sourdough Round 6.75
- Organic Capitola Sourdough Sandwich 7.50
- Olive Sourdough Oval 7.95
- Organic Old World Raisin Walnut Loaf 8.50
- Jewish Rye 8.25
- Muesli Sandwich Loaf *with pumpkin & sesame seeds* 7.50
- English Toaster Bread 5.95
- Challah Twist or Loaf 6.50
- Wholesome Wheat 6.95

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

SEASONAL SANDWICHES

• AVAILABLE AT 7AM •

Italiano Ficelle

Salami, ham, provolone, pepperoncini, vinaigrette & mayo. 11.95

Turkey Cubano Ficelle

with Jarlsberg, dill pickle and chipole mayo. 11.95

Caponata & Goat Cheese Ficelle

Laura Chanel goat cheese, housemade caponata and arugula. 11.50V

Turkey Club on Grilled Sourdough

Turkey, bacon, cheddar, lettuce, tomato & mayo 12.50

BBQ Tri Tip Sandwich

Grilled tri tip, crispy onions, lettuce, dill pickle, housemade bbq sauce & mayo on a Dutch Crunch bun. 12.50

Vegan Power Wrap

Quinoa power salad, red pepper cashew spread, tamari almonds, cabbage, kale, avocado, cilantro, lime & a dash of Bitchin' Sauce in a whole wheat tortilla. 10.95 VG

Basil Chicken Salad Croissant

Roasted chicken, pesto mayo, celery, toasted walnuts, and red onion. 12.50

• AVAILABLE AFTER 9AM •

Marinated Chicken Breast Sandwich

On thick sliced Capitola sourdough with housemade mayo and a splash of lemon juice. 11.25

Open Faced Ham & Brie

Thin slices of red onion, capers and herb mayo open faced on a sliced francese baguette. 8.25

Tuna & Cheddar

Albacore tuna salad with celery, red onion, cornichons & mayo, with cheddar & housemade pickles on wholesome wheat. 11.50

Green Goddess Veggie Club

Dill havarti, cheddar cheese, lettuce, tomato, alfalfa sprouts, cucumber and green goddess mayo on toasted muesli. 11.25 V

SALADS

• AVAILABLE AT 7AM •

Grilled Polenta Salad

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

Caesar Pasta Salad

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

Beets & Orange Salad

Roasted beets, orange segments, red onion, baby spinach and vinaigrette. 5.95 / 11.95 / 23.50 VG, WF

Crunchy Broccoli & Pecan Salad

With apples & gruyere cheese. 5.95 / 11.95 / 23.50 V, WF

Seasonal Fresh Fruit Salad

5.95 / 11.95 / 23.50 VG, WF

• AVAILABLE AFTER 9AM •

Insalata Milanese

Shredded rotisserie chicken, carrot, arugula, celery, green olives, pepperoncinini, jack cheese, cornichon and an herb vinaigrette. 5.95 / 11.95 / 23.50 WF

Kale & Lentils

With feta cheese, slivered almonds, green olives & scallions with a cumin/lemon/tahini dressing. 5.75 / 11.50 / 23.00 V, WF

Fiesta Salad

A lively salad with cherry tomatoes, celery, garbanzo beans & black olives tossed with a zesty dressing. 5.75 / 11.50 / 23.00 VG, WF

Power Quinoa Salad

Quinoa with tumeric and spiced chickpeas, kale, broccoli, carrot, almonds and pickled red onion and a lemon vinaigrette. 5.75 / 11.50 / 23.00 VG, WF

Basil Chicken Salad WF or

Albacore Tuna Salad WF 8.00 / 16.00 / 32.00

ENTRÉE SALADS

Gayle's Favorite Salad 14.50

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 14.50

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

Salmon Niçoise Salad 17.95

with green beans, red potatoes and hard-boiled egg. WF

Chicken Capellini Salad 16.95

Grilled chicken breast, capellini pasta, cherry tomatoes, mozzarella cheese, garlic & fresh basil in a tomato vinaigrette.

Caesar Salad, 11.50

Housemade croutons & parmesan. (contains egg & anchovy) With Chicken Breast 15.50

Sesame Chicken Salad 17.50

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

V-vegetarian VG-vegan WF-wheat-free

HOT FOOD

Taking Phone Orders for Hot Food!

Rotisserie Roasted Chicken

Whole 18.95 • ¼ Dark Meat 4.95 • ¼ White Meat 5.75

Available after 12 Noon

Tuesday's Special Porchetta Sandwich 7.95

*Slow roasted pork loin with garlic & herbs on a francese bun.
Available Tuesdays from 11:30am- 2:30pm*

Bacon Cheeseburger 13.95

Available daily from 4pm- 7pm

Bacon Cheeseburger with Parmesan Potato Wedges 16.95

Available daily from 4pm- 7pm

Corned Beef Reuben 13.95

Chicken Parmesan 13.95

Lemon Marinated Chicken Breast 8.95 WF

Teriyaki Salmon 17.95 WF

Peking Chicken Wings 10.95 for four WF

BBQ Pork Ribs 13.95

Chicken & Cheese Enchiladas 8.75 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 5.95 / 11.95 / 23.50 V

Twice Baked Potato 5.95 V, WF

Steamed Veggies or Veggie Sauté 4.95/9.90/19.80 V, WF

Francese Garlic Bread 2.95 V

Weekly Soups: 5.25 cup / 10.50 bowl

March 24-30: Mexican Meatball

March 31-April 6: Curried Chicken with Apple

April 7-13: Vegan Black Bean

COLD GRAB & GO

PASTAS

Spaghetti & Meatballs, serves 2-3 21.95

Roasted Butternut Squash & Radicchio Pappardelle 16.95 V

Spinach Gorgonzola Pasta, serves 2-3 19.50 V

Penne d'Alba Pasta, serves 2-3 18.50 V

Lasagne Bolognese, serves 3-4 31.95

Spinach & Ricotta Lasagne, serves 3-4 28.95 V

ENTREES

Meatloaf & Mashed Potatoes, serves 1-2 18.95

Chicken Parmesan 13.95

Chicken Pot Pie, serves 1-2 15.95

Layered Polenta Casserole, serves 2 17.95 V, WF

Chicken Enchiladas 17.50 for two WF

Potato & Kale Enchiladas 14.95 for two V, WF

5" Bacon, Mushroom & Caramelized Onion Quiche 16.25

5" Broccoli & Cheddar Quiche 16.25 V

BBQ Pork Ribs, serves 3-4 25.95

Twice Baked Potatoes 11.95 for two V, WF

**See our Blue Plate Calendar for
tonight's HOT Dinner special**

SIDES - DIPS - DRESSINGS

Crostini Herb & garlic toasted baguette rounds. 9.75

Roasted Garlic & Artichoke Dip, vegetarian 7.95

Roasted Red Pepper Cashew Spread, vegan 7.95

Salad Dressings 8.95

Poppy Seed • Red Wine Vinaigrette • Toasted Sesame

Housemade Hummus, vegan 7.50

Savory Cheese Spread 7.95

Francese Garlic Bread 10.50

Deviled Eggs Simply the best! 11.25 six pack

V-vegetarian VG-vegan WF-wheat-free

CAKES

Orange Chiffon

IT'S BACK! Light orange chiffon cake baked in a traditional tube pan with a yummy orange glaze. 30.00

Rich Chocolate Cake

Two layers of chocolate devil's food cake filled with raspberry jams and finished with a chocolate ganache pour.

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.

Flourless Black & White Cake

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

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.

Gateau au Citron

Lemon chiffon cake, lemon curd & lemon Bavarian cream filling, with lemon whipped cream icing.

Crazy Berry Cake

Vanilla sponge with raspberry, strawberry & blackberry jams & buttercreams, iced with vanilla buttercream.

Raspberry Poppy Seed Cake

Poppy seed cake with raspberry whipped cream inside & out.

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" ~ 35.00 7" - 60.00 9" - 80.00
serves 4-6 serves 8-12 serves 16-20

Add an inscription - no charge

PIES & PASTRIES

Fresh Fruit Tartes & Tartelettes 38.95 / 6.95

Lemon Lust Tarte 24.95

Marionberry Pie 35.95

Chocolate Bread Pudding 6.95

Key Lime Parfait 6.95

Lemon Meringue Tartelette 6.50

Delice 5.95
A miniature chocolate mousse.

Strawberry Éclairs 6.95

Traditional Chocolate Éclairs 6.95

Raspberry Napoleon 6.95

Florentine 3.95 WF
A lacy cookie with honey, almond, chocolate & candied

CAKE & PIE SLICES

Cake slices 7.95

Flourless Black & White

Crazy Berry Cake

Carrot Cake

Princess Cake

Orange Chiffon 5.50

Pie Slices 5.95

Marionberry Pie slice

