

BREAKFAST

- Bacon & Smashed Tots Breakfast Sandwich 10.95
- Breakfast Burrito with Potato & Bacon 11.95
- New Vegetarian Breakfast Burrito 10.95 V
Now with black beans & roasted breakfast potatoes.
- 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 Coconut Macaroon, 2.95 WF
- Chewy Coconut Macaroon, 2.95 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: New England Clam Chowder

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 Chocolate Dream Cake

Fudgy, flourless chocolate cake with chocolate mousse inside and chocolate whipped cream outside.

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

Lemon Almond Ricotta Torte 36.95

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

CAKE & PIE SLICES

Cake slices 7.95

Flourless Chocolate Dream Cake

Crazy Berry Cake

Carrot Cake

Princess Cake

Orange Chiffon 5.50

Pie Slices 5.95

Marionberry Pie slice

