

**BREAKFAST**

- Bacon & Smashed Tots Breakfast Sandwich 10.95  
Breakfast Burrito with Potato & Bacon 11.95  
Vegetarian Breakfast Burrito 10.95 V  
*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  
Fresh Corn 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 8.25 V  
Chia Pudding Parfait 7.95 VG, WF

**DANISH, CROISSANT & MORE**

- Strawberry Cream Danish 5.25  
State Fair Cinnamon Roll 6.25  
Bear Claw 5.95  
Pecan Schnecken 6.25  
Lemon Poppy Seed Muffin 5.25  
Croissant 4.95  
Cinnamon Sugar Downtowner 4.95  
Pain d' Amande 5.95  
Chocolatine 5.75  
Kouign Amann, plain 6.50  
Kouign Amann, apricot 6.75  
Maple Pecan Crocodiles 6.25  
Marionberry Turnovers 5.50  
Lemon Bread 8.25  
Mushroom Turnover 3.50  
Ham & Cheese Croissant 6.75  
Garlic Cheese Twist 5.50  
Raisin Walnut Rolls (*sweet without sugar*) 2.95  
Teal's Granola 15.95

V-vegetarian VG-vegan WF-wheat-free

**COOKIES**

- Rainbow Pride Cookie 3.25  
*Delicious almond shortbread in rainbow colors.*  
Strawberry Shortcake Cookie 3.50  
M & M Cookie 2.85  
Brookie 3.50  
*Combination brownie and toll house cookie.*  
Cowboy Cookie 3.15  
*Oatmeal cookie with coconut and chocolate chunks.*  
Lemon Drop Cookie 2.85  
Chocolate Coma Cookie 2.85 WF  
Butterstars 2.50  
Almond Biscotti 2.50 / 18.95 gift bag  
Take & Bake Cookie Dough 18.95  
*Toll House • Cowboy*  
Cookie Gift Bags 13.95  
*Cranberry Pecan Ashland Shortbread or Hazelnut Crunch*

**FRESH BREAD**

- Francese Baguette 5.75 / Buns 6.95 / Rolls 4.95  
Rio Sourdough Baguette 5.75  
Carpo's Seeded Francese 5.95  
Joe's Bread (wheat sourdough) 9.95  
Organic Capitola Sourdough Round 7.50  
Organic Capitola Sourdough Sandwich 7.75  
Olive Sourdough Oval 8.25  
Organic Old World Raisin Walnut Loaf 8.95  
Jewish Rye 8.50  
Muesli Sandwich Loaf *with pumpkin & sesame seeds* 7.75  
English Toaster Bread 6.25  
Challah Twist or Loaf 6.75

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

**SANDWICHES**

• AVAILABLE AT 7AM •

**Italiano Ficelle**

*Salami, ham, provolone, pepperoncini, vinaigrette & mayo. 12.50*

**Turkey with Bacon & Gouda Ficelle**

*on a seeded ficelle. 12.50*

**New York Provolone & Tomato Ficelle**

*With arugula, parsley & basil and a creamy dijon vinaigrette. 11.75 V*

**Marinated Chicken Breast Sandwich**

*On thick sliced Capitola sourdough with housemade mayo & a splash of lemon juice. 11.75*

**Chickpea Sandwich on Capitola Sourdough**

*Chickpea salad with parmesan, lemon & mayo, tomato, clover sprouts and butter lettuce. 11.75 V*

• AVAILABLE AFTER 9AM •

**Turkey & Dill Havarti on Capitola Sourdough**

*with spring mix, dill pickle and thousand island dressing. 12.50*

**Open Faced Ham & Brie**

*Thin slices of red onion, capers and herb mayo open faced on a sliced francese baguette. 8.75*

**Tri Tip Sandwich**

*With lettuce, tomato & horseradish poppy seed sauce on Dutch Crunch. 12.95*

**Tuna on Herb Cheese**

*With celery, red onions, cornichon, mayo, lettuce and house-made pickles. 11.95*

**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. 11.50 VG*

**Almond Tarragon Chicken Salad Croissant**

*Roasted chicken, fresh tarragon, celery, chopped almonds, scallions, mayo & lettuce. 12.95*

**ENTRÉE SALADS**

**Gayle's Favorite Salad 14.95**

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

**Bistro Salad 14.95**

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

**Salmon Niçoise Salad 18.95**

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

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**SEASONAL SALADS**

• AVAILABLE AT 7AM •

**Creamy Lemon Kale**

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

**Spring Vegetable Marinade**

*Snap peas, asparagus, carrots, scallions & cauliflower in a light herb vinaigrette. 5.95 / 11.95 / 23.50 VG, WF*

**Ginger Beet Salad**

*Roasted beets, baby spinach and a ginger dressing. 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 •

**Pearl Pasta Salad**

*With peas, mint, feta, marinated red onions & arugula. 5.95 / 11.95 / 23.50 V*

**Panzanella Salad with Sourdough Croutons**

*Artichoke hearts, tomatoes, roasted red bell peppers, garbanzos & a red wine vinaigrette. 5.95 / 11.95 / 23.50 VG*

**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*

**Old Fashioned Potato Salad**

*Red potatoes, dill pickle, black olives, celery, onion, hard-boiled egg, mayo, sour cream, parsley & mustard. 5.95/11.95/23.50 V*

**Albacore Tuna Salad WF or**

**Almond Tarragon Chicken Salad WF 8.00/16.00/32.00**

**Chicken Capellini Salad 17.50**

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

**Caesar Salad, 12.50**

*Housemade croutons & parmesan. (contains egg & anchovy) With Chicken Breast 16.50*

**Sesame Chicken Salad 17.95**

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

**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 14.95**

**Lemon Marinated Chicken Breast 8.95 WF**

**Teriyaki Salmon 18.95 WF**

**Peking Chicken Wings 10.95 for four WF**

**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 5.95 / 11.95 / 23.50 V**

**Twice Baked Potato 6.25 V, WF**

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

**Francese Garlic Bread 2.95 V**

**Weekly Soups: 5.50 cup / 10.75 bowl**

*June 23rd-29th: Tuscan White Bean, vegan*

**COLD GRAB & GO**

**PASTAS**

**Spaghetti & Meatballs, serves 2-3 22.50**

**Pappardelle Pasta with Snap Peas & Asparagus 17.95 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 32.50**

**Spinach & Ricotta Lasagne, serves 3-4 29.50 V**

**ENTREES**

**Meatloaf & Mashed Potatoes, serves 1-2 19.50**

**Chicken Parmesan 14.95**

**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**

**5" Bacon, Mushroom & Caramelized Onion Quiche 16.50**

**BBQ Pork Ribs, serves 3-4 26.95**

**Twice Baked Potatoes 12.50 for two V, WF**

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

**SIDES - DIPS - DRESSINGS**

**Deviled Eggs Simply the best! 11.25 six pack**

**Francese Garlic Bread 10.95**

**Fern's Tangy Cheese Spread 8.25**

**Savory Cheese Spread 8.25**

**Housemade Hummus, vegan 7.95**

**Roasted Red Pepper Cashew Spread, vegan 8.25**

**Roasted Garlic & Artichoke Dip, vegetarian 8.25**

**Crostini Herb & garlic toasted baguette rounds. 9.75**

**Salad Dressings 9.50**

*Poppy Seed • Red Wine Vinaigrette • Toasted Sesame*

*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.*

**Black & White Cake, WF**

*Fudgy, flourless chocolate cake with chocolate ganache and vanilla 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.*

**Banana Split Cake**

*Banana cake with chocolate ganache and strawberry buttercream, iced in vanilla buttercream.*

**Princess Cake**

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

**Carrot Cake**

*With cream cheese icing, and hand painted carrots.*

**Crazy Berry**

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

**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

**Marionberry Pie** 37.95

**Fruit Tartes & Tartelettes** 42.00 / 7.25  
*with pastry cream or cream cheese filling*

**Mini Cherry Cheesecake** 7.25

**Key Lime Parfait** 7.15

**Traditional Chocolate Éclairs** 7.25

**Raspberry Napoleon** 7.25

**Florentine** 3.95 WF

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

**CAKE & PIE SLICES**

*Cake slices* 7.95

**Old Fashioned Chocolate**

**Black & White Cake**

**Chocolate Mousse**

**Carrot Cake**

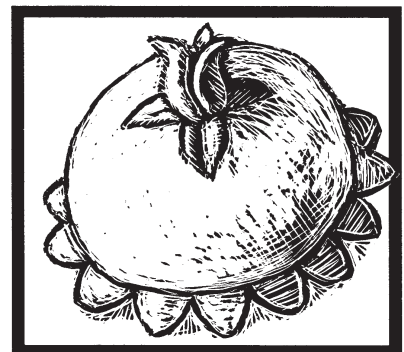
**Princess Cake**

**Crazy Berry**

*Pie Slices* 5.95

**Marionberry Pie**

**Cherry Berry Pie**



PRICES & SELECTION SUBJECT TO CHANGE

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6.18.25

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