

GAYLE'S Sandwiches

Italiano Ficelle

Salami, ham, provolone, pepperoncini, vinaigrette & mayo. 11.25

Turkey Cubano Ficelle

with Jarlsberg cheese, dill pickle and chipotle mayo. 11.25

Caprese Ficelle

Fresh mozzarella, tomatoes, basil & balsamic vinaigrette. Vegetarian 10.95

Heirloom B.L.T. on Grilled Sourdough

Hickory smoked bacon, summer tomatoes, mayo & lettuce. 11.50

Lemon Tuna on Everything Croissant

with lemon slices & butter lettuce. 11.95

BBQ Tri Tip

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

Chicken Banh Mi

Grilled chicken, pickled red onion & carrot, jalapeño, sriracha mayo and cilantro, on francese. 11.95

Turkey Crannie

with avocado, provolone, cranberry mustard, mayo & lettuce on a Dutch crunch bun. 11.50

Hearty Chickpea Salad on Muesli

Hearty & Satisfying. With parmesan & lemon, cheddar, sprouts, butter lettuce, tomato & mayo. Vegetarian 10.50

Power Wrap

Quinoa power salad, red pepper cashew spread, tamari almonds, cabbage, kale, avocado, cilantro, lime & Bitchin' Sauce in a whole wheat tortilla. Vegan 10.25

Almond Tarragon Chicken Salad Croissant

Roasted chicken, fresh tarragon, celery, chopped almonds, scallions, mayo & lettuce. 11.95

GAYLE'S *Salads*

Caprese Salad

Heirloom tomatoes, basil, fresh mozzarella with a toasted garlic & balsamic vinaigrette. Vegetarian 5.50/ 10.95/ 22.00

Kale with Creamy Lemon Dressing

Kale ribbons, shaved parmesan and parmesan crisps. Vegetarian 5.50 / 10.95 / 22.00

Rainbow Broccoli Salad

Broccoli, carrots, celery, dried cranberries, cheddar cheese, scallions & toasted cashews, in a tangy dressing. Vegetarian 5.50 / 10.95 / 22.00

Power Quinoa Salad

Tumeric quinoa, spiced garbanzos, kale, broccoli, almonds, pickled carrot & onion and a lemon vinaigrette. Vegan 5.50/ 10.95/ 22.00

Fresh Fruit Salad

Seasonal, ripe fruit. Vegan 5.50 / 10.95 / 22.00

Caesar Pasta Salad

Housemade croutons, romaine lettuce & shaved parmesan tossed with a creamy Caesar dressing. 5.50 / 10.95 / 22.00

Red Bean & Corn Salad

Fresh corn, red beans, fresh tomatoes, bell peppers, jalapeño & cilantro with a lime vinaigrette. Vegan 5.50 / 10.95 / 22.00

Ginger Beets with Baby Spinach

Toss with a fresh ginger dressing. Vegan 5.50 / 10.95 / 22.00

Memphis Style Coleslaw

Shredded cabbage, carrot & dill pickle with a tangy, pickle-juice infused creamy dressing. Vegetarian 5.50/ 10.95/ 22.00

Almond Tarragon Chicken or Albacore Tuna Salad

7.75/ 15.50/ 29.95

ENTRÉE SALADS

Cobb Salad

Romaine, spring mix, grilled chicken, crispy bacon, hard-boiled egg, tomato, blue cheese, cucumber & housemade vinaigrette. 14.95

Quinoa & Hummus, Vegetarian
Gayle's housemade hummus, Power Quinoa Salad, carrots & kalamata olives with red wine vinaigrette. 13.95

Bistro Salad, Vegetarian

With goat cheese, dried cranberries & spiced nuts. 13.95

Caesar Salad 10.95

with Chicken Breast 14.95

Housemade croutons & parmesan.

Salmon Niçoise Salad

With green beans, red potatoes and hard-boiled egg. 16.95

Chicken Capellini Salad

Grilled chicken breast, capellini pasta, cherry tomatoes, mozzarella cheese, garlic & fresh basil in a tomato vinaigrette. 14.95