esselon salad (v) (g)
organic mixed greens tossed in our balsamic vinaigrette, topped with tomato, cucumber, carrots, pine nuts and avocado. served with fresh baguette.

mediterranean salad (v) (g)
organic mixed greens, kalamata olives, and feta cheese tossed in our balsamic vinaigrette, topped with tomato, hummus and cous cous with walnuts. served with flatbread.

avocado salad (v) (g)
organic mixed greens tossed with avocado, gorgonzola cheese, Bashista Orchards apples and sherry vinaigrette. topped with candied pecans. served with fresh baguette.

signature dishes

 grilled chicken breast +5
citrus tuna salad +5
grilled salmon +13

Add
grilled portobello mushroom (v) +4
Vermont Soy tofu (v) +5
falafel (v) +5
all additions are non-gluten

salmon teriyaki (g)
grilled salmon infused with housemade teriyaki glaze. served over jasmine rice with spinach sautéed in garlic and ginger. served with organic mixed greens in our balsamic vinaigrette.

pizza du jour
please see our daily special board. served with organic mixed greens in our balsamic vinaigrette.

pasta du jour
please see our daily special board. served with a organic mixed greens in our balsamic vinaigrette.

essenon classics

 falafel (v) (g)
housemade chickpea falafel with tomato, red onion and tzatziki on a bed of Gill Greenery sprouts. served with organic mixed greens in our balsamic vinaigrette. add warm flatbread +1.50

 grilled cheese (g)
cheddar cheese on grilled sourdough, served with a cup of roasted tomato bisque. add avocado or sliced tomato +1.50 add smokehouse ham or applewood smoked bacon +2.50

 esselon burrito (v) (g)
grilled white or wheat tortilla stuffed with spanish rice, refried black beans, cheddar cheese, organic romaine lettuce, pico de gallo, guacamole, and sour cream or yogurt. choice of southwestern spiced Vermont Soy tofu or chicken. served with organic mixed greens in our balsamic vinaigrette.

 chicken quesadilla
grilled white or wheat tortilla stuffed with southwestern spiced chicken, cheddar cheese, caramelized onion, and pico de gallo. served with guacamole, sour cream or yogurt, and organic mixed greens in our balsamic vinaigrette.

 sandwiches

 all sandwiches served on a Woodstar ciabatta roll, unless specified, and with organic mixed greens in our balsamic vinaigrette. sourdough or multigrain bread available.

 black bean burger (v) (g)
housemade black bean patty with Gill Greenery sprouts, avocado, and cilantro mango chutney.

 portobello (v) (g)
roasted portobello, sautéed spinach, roasted red peppers, aioli, balsamic onion jam and choice of cheese.

 lamb gyro (g)
herb roasted lamb, mixed greens, red onion, tomatoes, feta cheese and tzatziki sauce rolled in a warm pita. substitute grilled chicken 10

 juicy gourmet burger (g)
100% grass fed beef burger with caramelized onions, tomato relish, organic lettuce, and choice of cheese on a Woodstar burger bun. add mushrooms +2.25 add applewood smoked bacon +2.50

 grilled chicken (g)
marinated chicken breast with roasted red peppers, lettuce, tomato and aioli.

 grilled turkey (g)
roasted turkey breast, smoked gouda, cranberry sauce and Bashista Orchards apples served hot on grilled Woodstar multigrain.

 esselon tuna (g)
sustainably pole and troll caught albacore wild tuna in citrus vinaigrette with organic lettuce, tomato and avocado.

 Add
baby burger 6
grilled cheese 6
mac and cheese 6
pasta in tomato sauce 6
cheese pizza 6
rice and beans 4
cheese quesadilla 6
all served with organic mixed greens.

french fries (v) (g)
house cut traditional pomme frites served with housemade aioli.

 substitute a side of french fries or a cup of soup for side salad

 cup 5 bowl 6.50

 soup of the day, vegan soup and tomato bisque always available. served with fresh baguette.

baquette sandwich 6.25
made fresh daily. see display case for today’s selection when available.

kids’ menu

 12 and under only please

 baby burger 6
 grilled cheese 6
 mac and cheese 6
 pasta in tomato sauce 6
 cheese pizza 6
 rice and beans 4
 cheese quesadilla 6
 all served with organic mixed greens.

 cheeses +1.25

 swiss, cheddar, feta, crumbled bleu, smoked gouda or Vermont goat cheese +2

Before placing your order, please inform your server if a person in your party has a food allergy.

Note: The Massachusetts Department of Public Health advises that eating raw or undercooked meat, poultry, eggs or oysters poses a health risk to everyone, but especially to the elderly, young children under age 4, pregnant women and other highly susceptible individuals with compromised immune systems. Through cooking of such animal foods reduces the risk of illness.
esselon cafe is proud to serve you real food with housemade sauces and preparations, using the freshest local ingredients available.

**our local heroes**

Alligator Farm  Hadley | Asparagus
Apex Orchards  Shelburne Falls | Cider Vinegar
Bashista Orchards  Southampton | Apples + Cider
Big Picture Farm  Hardwick | 100% Grass-fed Beef
Cabot  Cabot, VT | Cheese + Butter
Esselon  Hadley | Vegetables, Fruits + Herbs
Fort River Farm  Hadley
Prime Angus Beef, Veal + Pork
Gill Greenery  Gill | Sprouts
The Kitchen Garden  Sunderland | Vegetables
Maplebrook Farm  Bennington, VT | Cheese
Mapleline Farm  Hadley | Milk
Maple Meadow Farm  Salisbury, VT | Eggs
Maple Valley Creamery  Hadley | Ice Cream
Next Barn Over  Hadley | Vegetables
North Country Smokehouse  Claremont, NH | Ham
North Hadley Sugar Shack  Hadley | Maple Syrup
Plainville Farm  Hadley | Vegetables
Red Fire Farm  Montague | Vegetables
Shelburne Falls Honey  Shelburne Falls | Honey
Sidehill Farm  Ashfield | Yogurt
Southern New England Spice  Hadley
Vermont Soy  Hardwick, VT | Tofu
Woodstar Café  Northampton | Breads + Pastries

_always adding more_

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**Do you know when your beans were roasted?**

You order it - we roast it!

roasted on site every
monday and thursday

starting with the finest green coffee beans, we roast in small batches to ensure the finest and freshest coffee available.

**our selection includes**

Colombian, Costa Rican, Ethiopian, Guatemalan, Kenyan, Sumatran, Espresso, French Roast, and Decaf.

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**catering at esselon**

perfect for any occasion. choose from a wide selection of our cafe favorites and party specialties.

*salads, platters, sandwiches, wraps, entrées, pastries, and specialty drinks*

contact us today for more information: 

[chef@esselon.com](mailto:chef@esselon.com)

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**baked fresh daily**

all of our breads, pastries, and cakes are prepared fresh daily by Woodstar Café in Northampton, MA.

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**visit [esselon.com](http://esselon.com) to order**

coffee beans, fine teas, and a selection of other gourmet products and accessories.

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**cafe hours**

_breakfast_  mon - fri  7:30 - 11 am  
_brunch_  sat - sun  8 am - 3 pm  
_lunch_  mon - fri  11 am - 5 pm  
_dinner_  mon - sat  5 - 9 pm

_mon_  7 am - 5 pm  
_tues - fri_  7 am - 9 pm  
_sat_  8 am - 9 pm  
_sun_  8 am - 5 pm

**esselon cafe**

99 Russell Street
Hadley, MA 01035

413 585 1515