susceptible individuals with compromised immune systems. Thorough cooking of such animal foods reduces the risk of illness.

Note: The Massachusetts Department of Public Health advises that eating raw or undercooked meat, poultry, eggs or seafood poses a health risk to everyone, but especially to the elderly, young children under age 4, pregnant women and other highly vulnerable populations.

two eggs any style $9

two eggs any style served with a grilled potato cake, toast and organic mixed greens in our balsamic dressing.

bacon benedict (g) $12

two poached eggs, Canadian bacon, sautéed spinach, and esselon hollandaise, served on an ciabatta with organic mixed greens in our balsamic vinaigrette.

smoked salmon benedict (g) $14

two poached eggs, Maine smoked salmon, sautéed spinach, and esselon hollandaise, served on a ciabatta with organic mixed greens in our balsamic vinaigrette.

vegan benedict (v) (g) $11

gilled and seasoned tofu, sautéed spinach, roasted red pepper, and vegan esselon hollandaise, served on an ciabatta with organic mixed greens in our balsamic vinaigrette.

three egg omelettes (no substitutions please) $12

• mushroom, cheddar, and ham omelette served with toast and organic mixed greens in our balsamic vinaigrette.

• spinach, feta, and roasted red pepper omelette served with toast and organic mixed greens in our balsamic vinaigrette.

tupelo hash $17
	two Maine crab cakes and two poached eggs, topped with lemon butter sauce, served with avocado, toast, and organic mixed greens in our balsamic vinaigrette.

big brekkie $14

two eggs any style, sausage, bacon, sautéed mushrooms, grilled potato cake, and toast.

veggie brekkie $12

two eggs any style, sautéed spinach, mushrooms, and a grilled potato cake, served with toast and organic mixed greens in our balsamic vinaigrette. add veggie sausage $2.50

vegan brekkie (v) (g) $13

tofu scramble, sautéed spinach, mushrooms, avocado, and grilled tomato served with toast and organic mixed greens in our balsamic vinaigrette. add veggie sausage $2.50

challah french toast (please allow extra time for french toast) $12

with North Hadley Sugar Shack maple syrup. add strawberry compote and fresh berries $3

pancakes

with North Hadley Sugar Shack maple syrup. add yogurt, fresh berries, and banana $3

blueberry pancakes

with North Hadley Sugar Shack maple syrup. add yogurt, fresh berries, and banana $3

breakfast burrito (g) $12

a warm white or wheat tortilla filled with scrambled eggs, guacamole, cheddar cheese, spinach, pico de gallo, and sour cream or yogurt. served with a grilled potato cake and organic mixed greens in our balsamic vinaigrette.

egg sandwich $8.50
	two over medium eggs and cheddar cheese on a grilled organic ciabatta roll. served with a grilled potato cake and organic mixed greens in our balsamic vinaigrette. add bacon, ham or veggie sausage $2.50 add sausage $4

granola $7

served with choice of yogurt or milk. add fresh berries and banana $3

lunch available after 11 am

esselon salad (v) (g) $12

organic mixed greens tossed in our balsamic vinaigrette, topped with tomato, cucumber, carrots, pine nuts, and avocado. served with fresh baguette. add grilled chicken $5 add grilled portobello mushroom $4 add grilled salmon $13

grilled chicken sandwich (g) $13

seasoned chicken breast with roasted red peppers, lettuce, tomatoes and housemade aioli on a ciabatta roll. served with organic mixed greens in our balsamic vinaigrette.

portobello sandwich (v) (g) $10

roasted portobello, sautéed spinach, roasted red peppers, housemade aioli, balsamic onion jam, and choice of cheese on a ciabatta roll with organic mixed greens in our balsamic vinaigrette.

grilled cheese $9

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

juicy gourmet burger (g) $15

100% grass fed beef burger with caramelized onions, tomato relish, lettuce, and choice of cheese on a Woodstar burger bun. add mushrooms $2.25 add applewood smoked bacon $2.50

esselon tuna (g) $11

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

side items

1/2 order of pancakes $6.50

gilled potato cake $2
	toast-sourdough or multigrain $3.50

1/2 order of blueberry pancakes $7

bowl of fresh berries $5

extra egg $2

sliced banana $1.50

grilled potato cake $2
	toast-sourdough or multigrain $2.50

toast-non-glute $1.50

organic mixed greens $5

sausage (chicken+rosemary) $4

bacon (applewood smoked) $4

ham $4

veggie sausage $3

Mae smoked salmon $5

crab cake $6

chardar, swiss, or feta cheese $1.25

hollandaise $2

avocado or guacamole $1.50

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

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(г) can be prepared non-gluten. substitute fresh baked non-gluten bread $1.50

soup or salad + .75

(v) can be prepared vegan. our balsamic vinaigrette contains honey.

open 7 days 7am - 5pm

thank you for your continued patronage.