esselon

**BREAKFAST 7 AM - 3 PM**

- **TWO EGGS ANY STYLE** $9
  - Two eggs any style served with a grilled potato cake, toast, and organic mixed greens in our balsamic vinaigrette.
- **THREE EGG OMELETTES** $12
  - (no substitutions please)
  - 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.
- **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
- **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.

**CHEESECAKE STUFFED STRAWBERRY FRENCH TOAST** Garnished with maple roasted walnuts. Served with North Hadley Sugar Shack maple syrup.

- **CHALLAH FRENCH TOAST** (please allow extra time for french toast) $15
  - With North Hadley Sugar Shack maple syrup, add strawberry compote and fresh berries $3
- **PANCAKES** $14
  - With North Hadley Sugar Shack maple syrup, add yogurt, fresh berries, and banana $3
- **BLUEBERRY PANCAKES** $12
  - With North Hadley Sugar Shack maple syrup, add yogurt, fresh berries, and banana $3

- **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

**BREAKFAST SIDES**

- **1/2 ORDER OF PANCAKES** $6.50
- **1/2 ORDER OF BLUEBERRY PANCAKES** $7
- **BOWL OF FRESH BERRIES** $5.50
- **SLICED BANANA** $2
- **E X T R A E G G** $1.50

**LUNCH 11 AM - 3 PM**

- **ESSELON SALAD (v,g)** $12
  - Organic mixed greens tossed in our balsamic vinaigrette, topped with tomato, cucumber, carrots, organic mixed greens, lemon vinaigrette.
- **GOLDEN BEET COB SALAD** $14
  - Roasted golden beet, crisp prosciutto, hard boiled egg, pickled red onion, grape tomato, carrots, organic mixed greens, lemon vinaigrette.
- **MEDITERRANEAN SALAD (v,g)** $14
  - 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)** $13
  - Organic mixed greens tossed with avocado, gorgonzola cheese, Bashista Orchards apples and sherry vinaigrette, topped with candied pecans. served with fresh baguette.
- **CHICKEN QUESADILLA** $12.50
  - 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.
- **ESSELON BURRITO (v,g)** $13
  - 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.
- **SALMON TACOS** $17
  - Honey marinated Faroe island salmon, esselon farm cabbage slaw, golden heirloom tomato salsa, cotija cheese, mi tradition tortillas.
- **GRILLED CHEESE (v)** $9
  - Cheddar cheese on grilled sourdough, served with a cup of roasted tomato bisque, avocado or sliced tomato $1.50 mushroom house ham $2.50 applewood smoked bacon $2.50
- **GRILLED CHICKEN SANDWICH (v)** $13
  - Seasoned chicken breast with roasted red peppers, lettuce, tomatoes and aioli on a ciabatta roll, served with organic mixed greens in our balsamic vinaigrette.
- **JUICY GOURMET BURGER (v)** $15
  - 100% grass fed beef burger with caramelized onions, tomato relish, lettuce, and choice of cheese on a Woodstar ciabatta bun with organic mixed greens in our balsamic vinaigrette. add mushrooms $2.25 add applewood smoked bacon $2.50
- **PORTABELLO SANDWICH (v,g)** $11
  - Roasted portobello, sautéed spinach, roasted red peppers, aioli, balsamic onion jam, and choice of cheese on a ciabatta roll with organic mixed greens in our balsamic vinaigrette.
- **ESSELON TUNA SANDWICH (g)** $11
  - Sustainably pole and troll caught albacore wild tuna in citrus vinaigrette with organic mixed greens in our balsamic vinaigrette.

**ADD**

- **GRILLED CHICKEN BREAST** $6
- **GRILLED SALMON** $15
- **GRILLED PORTABELLO MUSHROOM** $4
- **VERMONT SOY TOFU** (v,g) $4

**FRENCH FRIES (v,g)** $6.50

- House cut traditional pomme frites served with housemade aioli. substitute a side of french fries or a cup of soup for side salad.

**SOUPS**

- **CUP OF SOUP** $5
  - Bowl of fresh berries $6.50 soup of the day, vegan soup and tomato bisque always available. served with fresh baguette.

**KIDS’ MENU**

- Ages 12 and under.
- All served with organic mixed greens

**AVAILABLE ALL DAY**

- **BABYCAKES** $5
- **BLUEBERRY BABYCAKES** $6
- **FRENCH TOAST** $6
- **ONE EGG WITH TOAST** $5

**AVAILABLE AFTER 11**

- **BABY BURGER** $6
- **GRILLED CHEESE** $6
- **MAC AND CHEESE** $6
- **RICE AND BEANS** $5
- **CHEESE QUESADILLA** $6

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

(See: 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 susceptible individuals with compromised immune systems. Through cooking of such animal foods reduces the risk of illness.)