ESSOLEN          BREAKFAST 7 AM – 3 PM

TW O EGGS ANY STYLE 9.50
two eggs any style served with a grilled potato cake, toast and mixed greens in our balsamic vinaigrette.

THREE EGG OMELETTES 13.50
(no substitutions please)
• mushroom, cheddar, and ham omelette served with toast and mixed greens in our balsamic vinaigrette.
• spinach, feta, and roasted red pepper omelette served with toast and mixed greens in our balsamic vinaigrette.

EGG SANDWICH 9
two over medium eggs and cheddar cheese on a grilled ciabatta roll. served with a grilled potato cake and mixed greens in our balsamic vinaigrette.

CRANBERRY ORANGE BREAD FRENCH TOAST 14
citrus icing, candied walnuts with North Hadley Sugar Shack maple syrup.

CHALLAH FRENCH TOAST (please allow extra time for french toast) 13
with North Hadley Sugar Shack maple syrup.
add strawberry compote and fresh berries +3

PANCAKES 10
three fluffy pancakes with North Hadley Sugar Shack maple syrup.
add yogurt, fresh berries, and banana +3
add pancake +3

BLUEBERRY PANCAKES 11.50
three fluffy blueberry pancakes with North Hadley Sugar Shack maple syrup.
add yogurt, fresh berries, and banana +3
add blueberry pancake +1.50

BIG BREKKIE 15
two eggs any style, sausage, bacon, sautéed mushrooms, grilled potato cake, and toast.

VEGGIE BREKKIE 15
two eggs any style, sautéed spinach, mushrooms, and a grilled potato cake, served with toast and mixed greens in our balsamic vinaigrette.
add veggie sausage +2.50

VEGAN BREKKIE (v, e) 14
lentil scramble, sautéed spinach, mushrooms, avocado, and grilled tomato served with toast and mixed greens in our balsamic vinaigrette.
add veggie sausage +2.50

BREAKFAST BURRITO (c) 14
warm white, wheat tortilla or bowl, filled with scrambled eggs, guacamole, cheddar cheese, spinach, pico de gallo, and sour cream or yogurt. served with a grilled potato cake and mixed greens in our balsamic vinaigrette.

BACON BENEDICT (c) 14
two poached eggs, Canadian bacon, sautéed spinach, and esselon hollandaise. Served on a ciabatta with mixed greens in our balsamic vinaigrette.

SMOKED SALMON BENEDICT (c) 17
two poached eggs, Maine smoked salmon, sautéed spinach, and esselon hollandaise. Served on a ciabatta with mixed greens in our balsamic vinaigrette.

GRILLED FAROE ISLAND SALMON  +13
VERMONT SOY TOFU
14
GRILLED CHICKEN BREAST  +6
add fresh berries and banana +3

SIDES

SIDE OF TWO PANCAKES 8
SIDE OF TWO BLUEBERRY PANCAKES 9
BOWL OF FRESH BERRIES 5.50
SLICED BANANA 2
EXTRA EGG 1.50

LUNCH 11 AM – 3 PM

ADD

ESSELON SALAD (v,g) 14
mixed greens tossed in our balsamic vinaigrette, topped with tomato, cucumber, carrots, pine nuts, and avocado, served with fresh baguette.

ROASTED BEET SALAD 15
crisp prosciutto, hard boiled egg, pickled red onion, grape tomato, carrot, mixed greens, lemon vinaigrette served with fresh baguette.

MEDITERRANEAN SALAD (v,g) 15
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) 15
mixed greens tossed with avocado, gorgonzola cheese, Bashibara Orchards apples and sherry vinaigrette. topped with candied pecans. served with fresh baguette.

CHICKEN OR VEGETARIAN 14
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 mixed greens in our balsamic vinaigrette.

ESSELON BURRITO (v,g) 14
grilled white or wheat tortilla or bowl stuffed with spinach rice, refried black beans, cheddar cheese, romaine lettuce, pico de gallo, guacamole, and sour cream or yogurt. choice of southwestern spiced Vermont Soy tofu or chicken. served with mixed greens in our balsamic vinaigrette.

ESSELON TUNA SANDWICH (g) 15
sustainably pole and troll caught albacore wild tuna in citrus vinaigrette with lettuce, tomato and avocado. served with mixed greens in our balsamic vinaigrette.

SALMON TACOS 19
honey marinated Faroe Island salmon, cabbage slaw, golden heirloom tomato salsa, cotija cheese, mi-tierra tortillas. Served with mixed greens in our balsamic vinaigrette.

GRILLED CHEESE (c) 11
cheddar cheese on grilled sourdough, served with a cup of roasted tomato bisque.

VEGETARIAN (g) 14
seasoned chicken breast with roasted red peppers, lettuce, tomatoes and aioli on a ciabatta roll, served with mixed greens in our balsamic vinaigrette.

JUICY GOURMET BURGER (g) 16
grass fed beef burger with caramelized onions, tomato relish, lettuce, and choice of cheese on a ciabatta roll with mixed greens in our balsamic vinaigrette.
add mushrooms +2.25
add applewood smoked bacon +2.50

PORTABELLO SANDWICH (v, g) 13
roasted organic portabello, sautéed spinach, roasted red peppers, aioli, balsamic onion jam, and choice of cheese on a ciabatta roll with mixed greens in our balsamic vinaigrette.

HAM 4
VEGGIE SAUSAGE 3.50
CRABCAKE 6
SMOKED SALMON 5
CHEDDAR, SWISS, BLUE OR FETA CHEESE 1.25
AVOCADO OR GUACAMOLE 1.50

FRENCH FRIES (v,g) 7
house cut traditional potato fries served with housemade aioli. substitute a side of french fries or a cup of soup for side salad.

SOUPS
cup 5.50 bowl 7
soup of the day, vegan soup and tomato bisque always available. served with fresh baguette.

KIDS’ MENU
Ages 12 and under.
All served with mixed greens

BAYBECES 6
BLUEBERRY BABYCES 7
FRENCH TOAST 7
ONE EGG WITH TOAST 5

AVAILABLE AFTER 11
BAY BURGER 7
GRILLED CHEESE 7
MAC AND CHEESE 7
RICE AND BEANS 5
CHEESE QUESADILLA 7

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 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. thorough cooking of such animal foods reduces the risk of illness.)