TWO 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.
 • add bacon, ham or veggie sausage +2.50 add sausage +4

TUPELO HASH  19
 two Maine crab cakes and two poached eggs, topped with lemon butter sauce, served with avocado, toast, and mixed greens in our balsamic vinaigrette.

CHAI BREAD FRENCH TOAST  14
 honey vanilla icing with North Hadley Sugar Shack maple syrup.

SIDES

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

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, goyonzola cheese, Rashiota Orchards apples and sherry vinaigrette, topped with candied pecans served with fresh baguette.

ADD

CITRUS TUNA SALAD +6
 CRAB CAKE +6
 GRILLED CHICKEN BREAST +6
 GRILLED FAROE ISLAND SALMON +13
 GRILLED PORTABELLO MUSHROOM (v) +4
 VERMONT SOY TOFU (v) +5

CHALLAH FRENCH TOAST  13
 (please allow extra time for french toast)
 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 yoghurt, fresh berries, and banana +3
 add pancake +3

BLUEBERRY PANCAKES  11.50
 three fluffy blueberry pancakes with North Hadley Sugar Shack maple syrup, add yoghurt, fresh berries, and banana +3
 add blueberry pancake +3.50

BIG BREKKIE  15
 two eggs any style, 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 sauce +2.50

ESSELON BURRITO (v,g)  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 yoghurt, and mixed greens in our balsamic vinaigrette.

ESSELON TUNA SANDWICH  13
 sustainably pole and troll caught albacore esselon tuna sandwich 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 (g)  11
 cheddar cheese on grilled sourdough, served with a cup of roasted tomato bisque.
 • add a cup of roasted tomato bisque +1.50 smokedhouse ham +2.50 applewood smoked bacon +2.50

VEGAN BREKKIE (v,g)  14
 tofu 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 (g)  14
 warm white, wheat tortilla or bowl, filled with scrambled eggs, guacamole, cheddar cheese, spinach, pico de gallo, and sour cream or yoghurt. served with a grilled potato cake and mixed greens in our balsamic vinaigrette.

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

GRANOLA  7.50
 served with choice of yogurt or milk, add fresh berries and banana +3

SIDES

FRENCH FRIES (v,g) size 5.50 plate 7
 house cut traditional pomme frites served with housemade aioli, substitute a side of french fries or a cup of soup for side salad

SOUPS

(5.50) bowl 7
 cup of soup always available.

KIDS’ MENU

AGES 12 and under

AVAILABLE ALL DAY

BABY BAKED 6
 BLUEBERRY BABYCAKES 7
 FRENCH TOAST 7
 ONE EGG WITH TOAST 5
 with a side salad.

AVAILABLE AFTER 11

All served with a side salad

BABY BURGER 7
 GRILLED CHEESE 7
 MAC AND CHEESE 5
 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.)