**BREAKFAST 7 AM - 3 PM**

- **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
  - Three egg omelettes served with toast and mixed greens in our balsamic vinaigrette.
  - Mushroom, cheddar, and ham omelette served with toast and mixed greens in our balsamic vinaigrette.
  - Spinach, feta, and roasted 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.

- **CHOCOLATE BANANA BREAD FRENCH TOAST** 15
  - Topped with dulce de leche.
  - Add strawberry compote and fresh berries +3

- **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, Basista Orchards apples and sherry vinaigrette, topped with candied pecans, served with fresh baguette.

**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 BURRITO (V,G)** 14
  - Grilled white or wheat tortilla stuffed with southwester spiced chicken, cheddar cheese, caramelized onion, and pico de gallo, served with guacamole, sour cream or yogurt, served with mixed greens in our balsamic vinaigrette.

- **ESSELON TUNA SANDWICH** 13
  - Three flaky pan cakes with North Hadley Sugar Shack maple syrup, add yogurt, fresh berries, and banana +3
  - Add pancake +5

- **BIG BREEKIE** 15
  - Two eggs any style, sausage, bacon, sautéed mushrooms, grilled potato cake, and toast.

- **VEGGIE BREEKIE** 13
  - 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

**LUNCH 11 AM - 3 PM**

- **CHICKEN QUESADILLA** 14
  - Grilled white or wheat tortilla stuffed with southwester spiced chicken, cheddar cheese, caramelized onion, and pico de gallo, served with guacamole, sour cream or yogurt, choice of southwestern spiced Vermont Soy tofu or chicken, served with mixed greens in our balsamic vinaigrette.

- **CHICKEN QUESADILLA** 14
  - Grilled white or wheat tortilla stuffed with southwester spiced chicken, cheddar cheese, caramelized onion, and pico de gallo, served with guacamole, sour cream or yogurt, served with mixed greens in our balsamic vinaigrette.

- **ESSELON BURRITO (V,G)** 14
  - Grilled white or wheat tortilla served with a cup of roasted tomato bisque. Served with mixed greens in our balsamic vinaigrette.

- **,portabello** 16
  - Seasoned chicken breast with roasted red peppers, lettuce, tomatoes and ancho chipotle, served with mixed greens in our balsamic vinaigrette.

- **SALMON TACOS** 19
  - Honey marinated Faroe Island salmon, cabbage slaw, golden heirloom tomato salsa, cotija cheese, served with mixed greens in our balsamic vinaigrette.

- **GRILLED CHEESE** 11
  - Cheddar cheese on grilled sourdough, served with a cup of roasted tomato bisque.
  - Add a cup of grilled tomato bisque +1.50
  - Smokehouse ham +2.50
  - Applewood smoked bacon +2.50

**ADDITIONAL OPTIONS**

- **CITRUS TUNA SALAD** 6
- **CRAB CAKE** 6
- **GRILLED CHICKEN BREAST** 6
- **GRILLED FAROE ISLAND SALMON** 8
- **GRILLED PORTABELLO MUSHROOM** 9
- **VERMONT SOY TOFU** 9

**KIDS MENU**

- **BABY BACKE** 7
- **BLUEBERRY BABYCAKE** 7
- **FRENCH TOAST** 7
- **ONE EGG WITH TOAST** 7

**ADD**

- Citrus Tuna Salad +6
- Crab Cake +6
- Grilled Chicken Breast +6
- Grilled Faroe Island Salmon +3
- Grilled Portobello Mushroom +7
- Vermont Soy Tofu +9

**FRENCH FRIES** (V,G)
- 5.50 plate +7
- French fries served with housemade aioli. Substitute a side of french fries or a cup of soup for side salad.

**SOUPS**
- 5.50 bowl +7
- House cut traditional jomme frites served with housemade aioli.

**KIDS MENU**

- **BABY BUN** 7
- **BLUEBERRY BUN** 7
- **FRENCH TOAST** 7
- **ONE EGG WITH TOAST** 7

**ADDITIONAL OPTIONS**

- **CITRUS TUNA SALAD** 6
- **CRAB CAKE** 6
- **GRILLED CHICKEN BREAST** 6
- **GRILLED FAROE ISLAND SALMON** 8
- **GRILLED PORTABELLO MUSHROOM** 9

**ADD**

- Vermont Soy Tofu +9

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 shellfish 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.)