esselon

BREAKFAST 7AM - 3PM

TWO EGGS ANY STYLE 13
Served with a grilled potato cake, toast and mixed greens in our balsamic vinaigrette.

THREE EGG OMELLETES 17
- Mushroom, cheddar, and ham
- Spinach, feta, and roasted red pepper

Omelettes served with toast and mixed greens in our balsamic vinaigrette.

EGG SANDWICH 12
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 or ham +3 Veggie sausage +4.5
- Add sausage or lamb merguez sausage +6.5

TUPELO HASH 25
Two Maine crab cakes and two poached eggs, topped with lemon butter sauce. Served with avocado, toast, and mixed greens in our balsamic vinaigrette.

PUMPKIN BREAD FRENCH TOAST 17
Served with chai spiced cream cheese frosting.
- Add strawberry compote and fresh berries +5

WOODSTAR CHALLAH FRENCH TOAST 16
Served with North Hadley Sugar Shack maple syrup.
- Add strawberry compote and fresh berries +5

PANCAKES 13.5
Three fluffy pancakes served with North Hadley Sugar Shack maple syrup.
- Add yogurt, fresh berries, and banana +5
- Add pancake +4.5

BLUEBERRY PANCAKES 15
Three fluffy blueberry pancakes served with North Hadley Sugar Shack maple syrup.
- Add yogurt, fresh berries, and banana +5
- Add blueberry pancake +5

BIG BREKKIE 19
Two eggs any style, sausage, bacon, sautéed musrooms, grilled potato cake, and toast.

VEGGIE BREKKIE 17
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 +4.5

VEGAN BREKKIE (G,V) 16
Tofu scramble, sautéed spinach, mushrooms, avocado, and grilled tomato served with toast and mixed greens in our balsamic vinaigrette.
- Add veggie sausage +4.5

BREAKFAST BURRITO (G) 17
Warm white, wheat tortilla or a 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 (G) 16.5
Two poached eggs, Canadian bacon, sautéed spinach, and Esselon hollandaise. Served on a ciabatta roll with mixed greens in our balsamic vinaigrette.

SMOKED SALMON BENEDICT (G) 22
Two poached egges, Maine smoked salmon, sautéed spinach, and Esselon hollandaise. Served on a ciabatta roll with mixed greens in our balsamic vinaigrette.

GRANOLA 9
Served with your choice of yogurt or milk.
- Add fresh berries and banana +5

ADD ON THE SIDE

SIDE OF TWO PANCAKES	10
SIDE OF TWO BLUEBERRY PANCAKES	11.5
BOWL OF FRESH BERRIES	6.5
EXTRA EGG	3.5
SLICED BANANA	1.5
AVOCADO OR GUACAMOLE	3
GRILLED POTATO CAKE	3
TOASTED-SOURDOUGH OR MULTIGRAIN	3
TOASTED GLUTEN FREE BREAD	4
MIXED GREENS SALAD	6.5
SAUSAGE (CHICKEN + APPLE)	6.5
BACON (APPLEWOOD SMOKED)	5
LAMB MERGUEZ SAUSAGE	6.5
HAM	4.5
VEGGIE SAUSAGE	4.5
CRABCAKE	8
SMOKED SALMON	6.5
CHEDDAR, SWISS, BLUE OR FETA CHEESE	1.5

SALADS

ESSELON SALAD (G,V) 16
Mixed greens tossed in our balsamic vinaigrette, topped with tomato, cucumber, carrots, pine nuts, and avocado, served with fresh baguette.

CAESAR SALAD (G) 16
Organic Lacinato kale tossed in our house Caesar dressing topped with parmesan, sourdough croutons and charred lemon.

MEDITERRANEAN SALAD (G,V) 17.5
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 (G,V) 17.5
Mixed greens tossed with avocado, gorgonzola cheese, Bashista Orchards apples and sherry vinaigrette. Topped with candied pecans and served with fresh baguette.

SALAD ADD ONS
Citrus Tuna Salad +6.5
Crab Cake +8
Grilled Chicken Breast +7
Grilled Faroe Island Salmon +13
Grilled Portabello Mushroom (V) +6.5
Vermont Soy Tofu (V) +6

LUNCH 11AM - 3PM

Served with mixed greens tossed in our balsamic vinaigrette.

CHICKEN QUESADILLA 16
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.

ESSELON BURRITO (V,G) 16.5
Grilled white or wheat tortilla or bowl stuffed with spanish rice, refried black beans, cheddar cheese, romaine lettuce, pico de gallo, guacamole, and sour cream or yogurt. Choice of southwestern spiced chicken, Vermont Soy tofu or grilled chicken.

SALMON TACOS 24
Honey marinated Faroe Island salmon, cabbage slaw, golden heirloom tomato salsa, cotija cheese, Mi Terra tortilla.

GRILLED CHEESE (G) 13
Cheddar cheese on grilled sourdough, served with a cup of roasted tomato bisque or side salad.
- Avocado +3 Sliced tomato +1.50
- Smokehouse ham or applewood smoked bacon +3

GRILLED CHICKEN SANDWICH (G) 16.5
Seasoned chicken breast with roasted red peppers, lettuce, tomatoes, and aioli on a ciabatta roll.

JUICY GOURMET BURGER 20
Grass fed beef burger with caramelized onions, tomato relish, lettuce, and choice of cheese on a ciabatta roll.
- Add mushrooms +2.25
- Add applewood smoked bacon +3

PORTABELLO SANDWICH (V,G) 15
Roasted organic portabello, sautéed spinach, roasted red peppers, aioli, balsamic onion jam, and choice of cheese on a ciabatta roll.

ESSELON TUNA SANDWICH (G) 14
Sustainably pole and troll caught albacore wild tuna tossed in citrus vinaigrette with lettuce, tomato and avocado.

KIDS' MENU
Ages 12 and under.

BABYCAKES	7.5
BLUEBERRY BABYCAKES	8.5
FRENCH TOAST	8.5
ONE EGG WITH TOAST	8

Served with a side salad.

AVAILABLE AFTER 11
All served with a side salad

BABY BURGER	10
GRILLED CHEESE	10
MAC AND CHEESE	9
RICE AND BEANS	7
CHEESE QUESADILLA	9

FRENCH FRIES (V,GF)
Side 6.5 Platter 10
House cut traditional pomme frites. Served with housemade aioli.

SOUPS
Cup 6.5 Bowl 9
Soup of the day, vegan soup, and tomato bisque are always available. Served with fresh baguette.

Substitute a side of fries or cup of soup for a side salad

