

# esselon

## — BREAKFAST 7 AM - 3 PM —

<b>TWO EGGS ANY STYLE</b> <b>9.50</b> two eggs any style served with a grilled potato cake, toast and mixed greens in our balsamic vinaigrette.	<b>CHALLAH FRENCH TOAST</b> <b>13</b> (please allow extra time for french toast) with North Hadley Sugar Shack maple syrup. add strawberry compote and fresh berries +3	<b>VEGAN BREKKIE (v,g)</b> <b>14</b> tofu scramble, sautéed spinach, mushrooms, avocado, and grilled tomato served with toast and mixed greens in our balsamic vinaigrette. add veggie sausage +2.50
<b>THREE EGG OMELETTES</b> <b>13.50</b> (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.	<b>PANCAKES</b> <b>10</b> three fluffy pancakes with North Hadley Sugar Shack maple syrup. add yogurt, fresh berries, and banana +3 add pancake +3	<b>BREAKFAST BURRITO (g)</b> <b>14</b> 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.
<b>EGG SANDWICH</b> <b>9</b> 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	<b>BLUEBERRY PANCAKES</b> <b>11.50</b> three fluffy blueberry pancakes with North Hadley Sugar Shack maple syrup. add yogurt, fresh berries, and banana +3 add blueberry pancake +3.50	<b>BACON BENEDICT (g)</b> <b>14</b> two poached eggs, Canadian bacon, sautéed spinach, and esselon hollandaise. Served on a ciabatta with mixed greens in our balsamic vinaigrette.
<b>TUPELO HASH</b> <b>19</b> two Maine crab cakes and two poached eggs, topped with lemon butter sauce, served with avocado, toast, and mixed greens in our balsamic vinaigrette.	<b>BIG BREKKIE</b> <b>15</b> two eggs any style, sausage, bacon, sautéed mushrooms, grilled potato cake, and toast.	<b>SMOKED SALMON BENEDICT (g)</b> <b>17</b> two poached eggs, Maine smoked salmon, sautéed spinach, and esselon hollandaise. Served on a ciabatta with mixed greens in our balsamic vinaigrette.
<b>STRAWBERRY BREAD FRENCH TOAST</b> <b>15</b> topped with candied pecans and cream cheese frosting add strawberry compote and fresh berries +3	<b>VEGGIE BREKKIE</b> <b>13</b> 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	<b>GRANOLA</b> <b>7.50</b> served with choice of yogurt or milk. add fresh berries and banana +3

## — SIDES —

<b>SIDE OF TWO PANCAKES</b> <b>8</b>	<b>GRILLED POTATO CAKE</b> <b>2</b>	<b>HAM</b> <b>4</b>
<b>SIDE OF TWO BLUEBERRY PANCAKES</b> <b>9</b>	<b>TOAST-SOURDOUGH OR MULTIGRAIN</b> <b>2.50</b>	<b>VEGGIE SAUSAGE</b> <b>3.50</b>
<b>BOWL OF FRESH BERRIES</b> <b>5.50</b>	<b>TOAST-NON-GLUTEN</b> <b>3.50</b>	<b>CRABCAKE</b> <b>6</b>
<b>EXTRA EGG</b> <b>2</b>	<b>MIXED GREENS SALAD</b> <b>5</b>	<b>SMOKED SALMON</b> <b>5</b>
<b>SLICED BANANA</b> <b>1.50</b>	<b>SAUSAGE (CHICKEN + ROSEMARY)</b> <b>5</b>	<b>CHEDDAR, SWISS, BLUE OR FETA CHEESE</b> <b>1.25</b>
	<b>BACON (APPLEWOOD SMOKED)</b> <b>4.50</b>	<b>AVOCADO OR GUACAMOLE</b> <b>1.50</b>

## — LUNCH 11 AM - 3 PM —

<b>ESSELON SALAD (v,g)</b> <b>14</b> mixed greens tossed in our balsamic vinaigrette, topped with tomato, cucumber, carrots, pine nuts, and avocado, served with fresh baguette.	<b>CHICKEN QUESADILLA</b> <b>14</b> 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.	<b>GRILLED CHICKEN SANDWICH (g)</b> <b>14</b> seasoned chicken breast with roasted red peppers, lettuce, tomatoes and aioli on a ciabatta roll, served with mixed greens in our balsamic vinaigrette.
<b>ROASTED BEET SALAD</b> <b>15</b> crisp prosciutto, hard boiled egg, pickled red onion, grape tomato, carrot, mixed greens, lemon vinaigrette. served with fresh baguette	<b>ESSELON BURRITO (v,g)</b> <b>14</b> 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 Vermont Soy tofu or chicken. served with mixed greens in our balsamic vinaigrette.	<b>JUICY GOURMET BURGER (g)</b> <b>16</b> 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
<b>MEDITERRANEAN SALAD (v,g)</b> <b>15</b> mixed greens, kalamata olives, and feta cheese tossed in our balsamic vinaigrette, topped with tomato, hummus and cous cous with walnuts. served with flatbread.	<b>SALMON TACOS</b> <b>19</b> honey marinated Faroe Island salmon, cabbage slaw, golden heirloom tomato salsa, cotija cheese, mi tierra tortillas. Served with mixed greens in our balsamic vinaigrette.	<b>PORTABELLO SANDWICH (v,g)</b> <b>13</b> 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.
<b>AVOCADO SALAD (v,g)</b> <b>15</b> mixed greens tossed with avocado, gorgonzola cheese, Bashista Orchards apples and sherry vinaigrette. topped with candied pecans. served with fresh baguette.	<b>GRILLED CHEESE (g)</b> <b>11</b> cheddar cheese on grilled sourdough, served with a cup of roasted tomato bisque. avocado or sliced tomato +1.50 smokehouse ham +2.50 applewood smoked bacon +2.50	<b>ESSELON TUNA SANDWICH (g)</b> <b>13</b> sustainably pole and troll caught albacore wild tuna in citrus vinaigrette with lettuce, tomato and avocado. Served with mixed greens in our balsamic vinaigrette.

**FRENCH FRIES (v,g)**  
side **5.50** platter **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**  
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.

### AVAILABLE ALL DAY

<b>BABYCAKES</b>	<b>6</b>
<b>BLUEBERRY BABYCAKES</b>	<b>7</b>
<b>FRENCH TOAST</b>	<b>7</b>
<b>ONE EGG WITH TOAST</b>	<b>5</b>
with a side salad.	

### AVAILABLE AFTER 11

All served with a side salad

<b>BABY BURGER</b>	<b>7</b>
<b>GRILLED CHEESE</b>	<b>7</b>
<b>MAC AND CHEESE</b>	<b>7</b>
<b>RICE AND BEANS</b>	<b>5</b>
<b>CHEESE QUESADILLA</b>	<b>7</b>

**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



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.}