

Ella café

Sandwiches

Served with a Choice of Organic Mixed Greens or Mayo-Less Cole Slaw (Add any Side for \$2.50)

Organic Grilled Chicken	10.95
Organic Chicken Breast Served with Lettuce, Avocado, Tomatoes and Chipotle Mayo	
Grilled Salmon Wrap	9.95
Grilled Salmon, Roasted Red Peppers, Avocado, Lettuce and Garlic Slivers with Chipotle Mayo	
Organic Grilled Steak	11.95
Organic Grass-Fed Sirloin, Sautéed Onions, Melted Cheddar and Beet Horseradish on Ciabatta	
Organic Egg Salad	8.50
Organic Eggs, Celery, Red Onions on Semolina Raisin Fennel	
Tomato Bacon Melt	7.95
Mozzarella, Tomato and Arugula on Pressed Ciabatta	
Portobello and Vegetable (VT)	10.95
Portobello, Eggplant, Roasted Red Peppers, Melted Brie and Caper Mayo on Ciabatta	
Tilapia Roll	9.95
Tilapia Fillets, Lettuce, Tomato and Caper Mayo on Ciabatta	
Organic Chicken Salad	9.95
Sliced Chicken Breast with Raisin Puree, Arugula and Swiss Cheese on Whole Wheat	
Sirloin Burger	9.95
Organic Grass-Fed Burger with Lettuce, Tomatoes and Red Onions on Brioche Add Cheese, Bacon, Mushrooms or Sautéed Onions for 0.75 Add Avocado for 1.00	
California Burger	11.95
Organic Grass-Fed with Lettuce, Tomato, Sweet Relish, Onions, Pickles, Mayo and Mustard Add Cheese, Bacon, Mushrooms or Sautéed Onions for 0.75 Add Avocado for 1.00	
Pizza Burger	10.95
Organic Grass-Fed Burger with Tomato Sauce and Mozzarella Cheese Add Bacon, Mushrooms or Sautéed Onions for 0.75 Add Avocado for 1.00	

Soups

Served with Side Bread

Organic Tomato Soup	4.95
Classic Tomato Soup Served with Organic, Grass-Fed Meatballs	
Soup of The Day	4.95

Appetizers

All Our Appetizers are Made Fresh and Never Frozen

Organic Chicken Strips	6.95
Buffalo Wings	8.95
Served with Carrots and Celery Sticks	
Jalapeño Fish Tacos	7.95
Tilapia Sticks	6.95

Entrees

All Entrees Come with Choice of Two Sides

Roasted Chicken	11.95
Free-Range Half Chicken served with Apple Compote	
Flat-Iron Steak	14.95
Grilled Steak Cooked to Order	
Grilled Salmon	13.95
Fresh Daily Salmon	
Grilled Tilapia	13.95
Fresh Daily Tilapia	
Organic Tofu Lasagna (VT)	10.95
Organic Tofu, Eggplant, Zucchini, Mozzarella Cheese, and Tomato Sauce	

Sides

Organic Jasmine Rice	4.00
Organic Mustard Spaetzle	5.00
Organic Hand-Cut French Fries	4.50
Organic Mashed Potatoes	4.50
Grilled Zucchini (V)	5.00
Sautéed Carrots (V)	5.00
Grilled Asparagus (V)	5.00
Organic Greens Side Salad (V)	4.50
Mac and Cheese	5.00
Onion Rings	5.00
Ratatouille	5.50
(Add 0.50 When Added To An Entrée)	

Salads

Our Organic House Mesclun is a Mix of Arugula, Spinach, Radicchio, and Green Leaf Lettuce

Artichoke (V)	8.95
Artichokes, Hearts of Palm and Sweet Peppers, Marinated in Honey, Balsamic Vinegar and Herbs	
Avocado (VT)	9.95
Organic Greens, Avocado, Gorgonzola Cheese, Organic Apples and Craisins	
Mediterranean (VT)	8.95
Organic Lentils, Arugula, Goat Cheese and Olives	
Asian Chicken	10.95
Organic Chicken, Romaine Lettuce, Carrots, Red Cabbage, Almonds with Asian Dressing	
Organic Caesar	7.95
Organic Traditional Caesar Salad with our Anchovy Caesar Dressing	
Cobb	11.95
Organic Grilled Chicken, Cherry tomatoes, Egg, Bacon, Gorgonzola and Avocado	
Organic Mixed Green (V)	7.95
Mesclun with Cucumbers, Cherry Tomatoes and Pumpkin Seeds	
Extras	
Add Grilled Chicken for 3.00	
Add Salmon for 5.00	
Add Avocado for 1.00	

Kids Menu w/ One Side

Organic Chicken Strips	7.95
Grilled Salmon	8.95
Fresh Daily Salmon	
Tilapia Sticks	7.95

Lunch Special

(Weekdays From 11:30-5:00)

Half Sandwich + Soup + 1 Side	9.95
(Except Burger or Steak)	
Half Sandwich + 2 Sides	10.95
(Except Burger or Steak)	

Ella café

Breakfast

Served All Day & Night

Organic Three-Stack Pancakes Served with Fruit Compote	6.95
Organic Blueberry-Flax Granola & Yogurt with Fruits	5.95
Organic Steel-Cut Oatmeal with Strawberries	4.95
Bagel Plain, Sesame, Whole Wheat and Everything Add Butter, Cream Cheese .25 Add Scallion Cream Cheese .50	1.25

Breakfast Sandwiches

Bacon or Sausage with Cheese and Two Organic Eggs	4.95
Cheese and Two Organic Eggs <i>(Sub Egg Whites .50)</i> <i>(Avocado, Tomato, Spinach or Onions .75)</i>	4.50
Cured Lox with Scallion Cream Cheese and Tomato on Bagel	5.95

Organic Eggs & Omelets

Served with Wheat Toast, Organic Mixed Greens and Rosemary Home-Fries

Two Organic Eggs Any Style	7.50
Three-Cheese Swiss, Mozzarella and Cheddar	8.95
Organic Mushroom & Vegetable Three Organic Eggs, Mushrooms, Onions, Red Peppers and Black Sesame Seeds	9.50
Organic Spinach & Kielbasa Three Organic Eggs, Spinach, Kielbasa and Cheddar	9.50
Avocado & Tomato Three Organic Eggs, Avocado, Scallions and Swiss	8.95
<i>Add Bacon 2.00</i> <i>Add Kielbasa 3.00</i> <i>Add Egg 1.50</i> <i>Sub Egg Whites 1.00</i> <i>Add Avocado, Onions or Spinach 1.00</i> <i>Add Cheese or Tomato 0.75</i>	

Organic Skillets

Served with Two Eggs, Rosemary Potatoes, Mushrooms, Onions, Swiss Cheese, Roasted Red Peppers and Toast

Classic Skillet	7.95
Bacon Skillet Classic with Bacon	8.95
Kielbasa Skillet Classic with Kielbasa Sausage	8.95
Meat Skillet Classic with Bacon and Kielbasa	9.95

Breakfast Sides

Organic Home-Fries	4.00
Kielbasa Sausage	4.00
Bacon	3.50
Whole Wheat Toast	1.00
Side of One Organic Egg	1.50

Fresh Organic Juices

Carrot	4.00 / 5.00 / 6.00
Red Cocktail Carrots, Beets, Pear, Ginger	4.50 / 5.50 / 6.50
Fruit Cocktail Apple, Pear, Orange	4.50 / 5.50 / 6.50
Fresh Squeezed Orange	4.00 / 5.00 / 6.00
Carrot-Apple or Carrot-Orange or Carrot-Pear	4.25 / 5.25 / 6.25

Create-Your-Own Choose a Base 4.00

Carrot, Celery, Apple, Pear or Orange

Add Any Items for .25 Each

Carrot, Celery, Beet, Ginger, Apple, Pear, Orange, Lemon

Smoothies

Super Acai Organic Acai, Strawberries, Raspberry Sorbet, Grape Juice and Soy Milk	7.50
Lemon Berry Organic Yogurt, Strawberries, Lemonade and Soy Milk	6.95

Organic Coffee & Espresso

Our Coffee is Fair-Trade Organic

Dark-Roast Coffee	2.00 / 2.50 / 3.00
Iced Coffee	2.25 / 2.75 / 3.25
Café Au Lait	2.50 / 3.25 / 4.00
Espresso	2.00 / 2.50 / 3.00
Americano / Macchiato	2.50 / 3.00 / 3.50
Cappuccino / Latte	3.50 / 4.00 / 4.50
Mochaccino / Mocha	4.00 / 4.50 / 5.00
Hammerhead / Red-Eye	3.00 / 3.50 / 4.00

** Iced For An Extra .25

Iced Mocha Frappe Made with Espresso	5.75
Iced Vanilla Frappe Made with Espresso	5.75

Organic Teas

Serendipitea Teas	2.00 / 2.50 / 3.00
Chai Latte	3.50 / 4.00 / 4.50
Arnold Palmer	3.00 / 3.50 / 4.00
Home-Made Lemonade	3.00 / 3.50 / 4.00

Beverages

Lake Champlain Organic Hot Chocolate	3.50 / 4.25 / 5.00
Organic Milk	2.50 / 3.50 / 4.50
Coke, Diet Coke, Sprite, Ginger Ale	1.50
Poland Spring	1.50
San Pellegrino	1.75

Assorted Beers and Wines

Desserts

Paris Cheese Cake	5.00
Chocolate Mousse	5.00
Mile-High Apple Cobbler	5.00
**Add Vanilla Ice Cream	2.00