

lattes

daytrippin

- ♥ cinnamon
- ♥ brown sugar

saltydog

- ♥ salted caramel
- ♥ whipped cream

happyhippie

- ♥ white chocolate
- ♥ whipped cream
- ♥ stellablue sprinkles

locohippie

- ♥ chocolate
- ♥ salted caramel
- ♥ whipped cream

cherryjerry

- ♥ cherry & chocolate
- ♥ whipped cream
- ♥ stellablue sprinkles

orangejubilee

- ♥ orange & vanilla
- ♥ whipped cream

pumpkinpie

- ♥ pumpkin, vanilla
- ♥ cinnamon
- ♥ whipped cream



sugarcookie

- ♥ cookie & vanilla choc.
- ♥ whipped cream
- ♥ stellablue sprinkles

berrycreme

- ♥ strawberry ♥ blueberry
- ♥ whipped cream

cocoabear

- ♥ chocolate syrup
- ♥ cocoa powder
- ♥ whipped cream

turmeric

- ♥ cinnamon ♥ turmeric
- ♥ honey

toastedalmond

- ♥ almond · coconut
- ♥ whipped cream
- ♥ stellablue sprinkles

pistachiojoe

- ♥ pistachio, almond
- ♥ whipped cream
- ♥ stellablue sprinkles

matchame

- ♥ matcha
- ♥ dates
- ♥ cinnamon

GROOVY SMOOTHIES



♥ **berry garcia**

strawberries, blueberries, raspberries, almond milk

♥ **tropical hippie**

pineapple, mango, coconut, almond milk

♥ **hippie juice**

strawberries, mango, pineapple, coconut water

♥ **green karma**

spinach, kale, avocado, chia seeds, almond milk, agave

♥ **reduce & refresh**

pineapple, kale, honey, tumeric

♥ **beachy peachy**

peaches, oat milk, oats, flax seeds, dates, tumeric

♥ **cherry jerry**

peaches, banana, cherries, oat milk, cbd

♥ **raw energy**

peanut butter, banana, oats, cinnamon, almond milk

♥ **glow your face**

orange, spinach, oat milk, pineapple, chia seeds, collagen

♥ **orange crunch**

orange, pineapple, organic vanilla protein

♥ **crazy monkey**

acai, peanut butter, bananas, almond milk

♥ **chocolate elvis**

banana, peanut butter, almond milk, organic chocolate protein

♥ **super charge**

banana, blueberries, organic chocolate protein, almond milk, coffee

♥ **dark vador**

kale, blueberries, strawberries, raspberries, banana, almond milk

♥ **red velvet**

cherries, strawberries, almond milk, cacao powder



OATMEAL BOWLS \$10.40

add

almond butter
nutella
peanut butter
\$1.04 extra

HOT OVERNIGHT STEELCUT OATMEAL

ENERGY BOWL BANANA, PEANUT BUTTER, CHOCOLATE PROTEIN

GOOD MORNING BOWL BLUEBERRIES, STRAWBERRIES, BANANA, ALMONDS

SIMPLE BOWL VERMONT MAPLE SYRUP, BROWN SUGAR

NUTELLA BOWL STRAWBERRY, BANANA, NUTELLA, TOASTED COCONUT FLAKES

SUPER PROTEIN BOWL BANANA, ALMONDS, SUNFLOWER SEEDS, WALNUTS

DETOX BOWL BLUEBERRIES, RASPBERRIES & COCONUT FLAKES

Vegan Baked Berry Oatmeal \$9.88

STRAWBERRIES, BLUEBERRIES, SUNFLOWER SEEDS, FLAX SEEDS, PUMPKIN SEEDS, ALMOND MILK, TOPPED WITH TOASTED COCONUT FLAKES. *CONTAINS COCONUT OIL

Classic Breakfast Sandwiches

choose: roll, white/wheat/multigrain/rye bread, wheat/white wrap

EZEKIEL BREAD, GLUTEN FREE BREAD/ GLUTEN FREE WRAPS
DUCK ISLAND SOUR DOUGH, CROISSANTS & BISQUITS AVAILABLE

VEGAN & TURKEY BACON AVAILABLE

GHETTO BAGEL warm cream cheese & bacon 8.58

EGG & CHEESE 7.23

BACON EGG & CHEESE 8.27

SAUSAGE EGG & CHEESE 8.58

HAM EGG & CHEESE 7.80

TURKEY EGG & CHEESE 8.84

BUTTERED SOUTHERN BISCUIT 5.15

CROISSANT warm butter 5.15



BREAKFAST SANDWICHES

OR YOU CAN HAVE IT IN A PLATTER WITH BREAD ON THE SIDE

BREAD CHOICE: ROLL, WHITE, MULTIGRAIN, RYE, WHOLE WHEAT / WHITE WRAP

OR DUCK ISLAND SOUR DOUGH / GLUTEN FREE BREAD/WRAP
EZEKIEL BREAD / CROISSANT / BAGEL / BISCUIT \$1.50 EXTRA

sunshine daydream	3egg whites, turkey, swiss,avocado	13.52
breakfast burrito/bowl	eggs, rice, beans, salsa, avocado, cheddar, sour cream	13.78
breakfast quesadilla	eggs, avocado, pico, black beans, sour cream,cheddar	15.08
maggie's farm	egg whites, spinach, bacon & swiss	12.22
juan's way	Fried eggs, avocado, salsa, sour cream & cheddar	12.74
scarlet begonias	scrambled eggs, spinach, avocado, tomato, swiss	13.52
the mick	eggs, bacon, home fries, cheddar	11.39
the morning jed	18 hour smoked pulled pork, eggs, cheddar	13.00
pigpen	eggs, bacon, sausage, cheese on a house made biscuit	13.52
grit bowl	3 eggs, bacon, sausage, cheese, over cheesy southern grits	16.65
morning flapjacks	2 pancakes	12.48
coconut flapjacks	w/toasted coconut	14.04
stella waffle	10.66
french toast	2 thick cut pieces of texas toast	11.70
gluten free french toast	2 pieces of gluten free bread	13.52

stellas omelettes

3 Fresh eggs, home fries & toast (organic eggs or egg whites \$2 additional)

classic cheese	choice of american, swiss, cheddar, feta or mozzarella	13.52
avocado, spinach, tomato, onion & bacon	16.90
spinach, feta & tomato	16.38
meatlovers	bacon, sausage, ham & cheddar cheese	18.98
pepper & onions	15.08
shroomies	mushrooms, onions, spinach	18.98

TRY OUR CHEESEY SOUTHERN GRITS

vegan/vegetarian options

gluten free or ezeziel bread, duck island sour dough available
brown rice, quinoa or grits available for burrito & bowls

vegan breakfast burrito or bowl

seasoned tofu, rice, avocado, black beans, vegan cheddar, fresh pico, warm tortilla ... 15.60

breakfast quesadilla

seasoned tofu, vegan bacon, vegan cheddar, black beans, fresh pico, warm tortilla ... 16.12

vegan bacon, egg & cheese

seasoned tofu, vegan bacon, vegan cheddar on a roll 11.96

tofu scrambler tofu, olive oil, turmeric, spinach, tomato, onions, whole wheat wrap 12.43

baked berry oatmeal gf steel cut oatmeal with berries and seeds 9.88

falafel hummus, mixed greens, tomato, cucumber, whole wheat wrap 14.04

black bean quinoa burger mixed greens, hummus, tomato 14.04

vegan chicken nuggets & Fries 16.12

the vegan beyond burger lettuce, tomato, vegan cheese on a roll 16.12

the extreme hippie

hummus, avocado, cucumber, mixed greens, tomato, whole wheat tortilla 10.14

vegan blt vegan bacon, lettuce, tomato, vegan mayo, multigrain bread 13.00

vegetarian chili (seasonal) homemade with a little kick! 9.88

vegan grilled cheese with tomato & avocado served on ezeziel bread 11.98

vegan stella

vegan breaded chicken, romaine, tomato, bacon, mozzarella, garlic mayo, warm wrap .. 14.04

avocado toast

served on your choice of bread w/2 eggs \$10.92

add ons....

bacon \$2.08 | turkey bacon \$2.08 | vegan bacon \$2.08

tomato \$1.04 | pico \$1.04 | black beans \$1.04 | sour cream \$1.04 | hummus \$2.08

seasoned tofu \$2.08 | fresh turkey slices \$3.12 | Fresh ham slices \$3.12

sauteed spinach \$2.08 | turkey sausage \$3.12 | sausage \$3.12

red onion \$1.04 | sauteed onions \$1.04

stella's salads

house vinaigrette. lite italian. caesar. ranch. blue cheese. house greek. balsamic

lake minnewaska

mixed greens, grilled chicken, tomatoes, cucumbers, red onion, avocado14.04

the greek

romaine, grilled chicken, feta, tomatoes, cucumbers, olives, red onion14.04

the sicilian

romaine, tomato, red onion, house made roasted red peppers,
Fresh mozzarella, house vinaigrette15.08

chicken caesar romaine, grilled chicken, parmesan, croutons ...14.04

kale salad

feta, almonds, cranberries, house made vinaigrette **side 9.31 large 16.89**

grilled cheese

AMERICAN, SWISS, CHEDDAR OR MOZZARELLA **7.02**

TOMATO, CHEDDAR & BACON **10.14**

FRESH SMOKED HAM & SWISS **9.75**

HOUSE ROASTED TURKEY, SWISS, AVOCADO **10.14**

CHEDDAR, AVOCADO, TOMATO & FIG JAM **13.00**

LOCO GRILLED CHEESE **17.16**

SWISS, MOZZARELLA, PARMESAN, CREAM CHEESE, TOMATO,
BALSAMIC GLAZED ONIONS, SERVED ON GARLIC TEXAS TOAST

HALESITE GRILLED CHEESE **17.16**

PULLED PORK, CHEDDAR CHEESE, JALAPENOS, SAUTEED PEPPERS,
BACON SPREAD, ONION RINGS TOPPED WITH LOCALLY MADE
HALESITE HABANERO HOT SAUCE SERVED ON TEXAS TOAST

VEGAN GRILLED CHEESE **17.16**

TOMATO, AVOCADO ON EZEKIEL BREAD

lunch sandwiches

choose: roll, white/wheat/multigrain/rye bread, wheat/white wrap

GLUTEN FREE BREAD/WRAP, EZEKIEL BREAD OR DUCK ISLAND SOUR DOUGH ADD'L CHARGE

the hippie

natural grilled chicken, avocado, mixed greens, tomato, hummus in a warm tortilla 16.90

the stella natural breaded chicken, bacon, lettuce, tomato, garlic mayo on a hoagie 17.16

quesadillas steak, chicken or pork, cheddar, avocado, pico, sour cream, tortilla 18.20

smoked chicken wrap 18 hour smoked chicken, cheddar, avocado, sour cream, warm tortilla 17.42

quantanamo bay 18 hour pulled pork, smoked ham, swiss, spicy mustard, pickles, grilled hoagie 17.42

king of burritos 18 hour pulled pork or chicken, white/brown rice, beans, avocado, cheddar, sour cream, warm wrap 17.42

dreadlock rasta all natural buffalo breaded chicken cutlet, lettuce blue cheese, warm hoagie 17.42

tennessee jed 18 hour pulled pork, house slaw, warm hoagie 17.42

fajitas choice of steak, chicken or pork, sauteed peppers & onions, cheddar, avocado, pico & sour cream 16.64

the chicklet all natural grilled chicken, fresh mozzarella, house made roasted red peppers, mixed greens, balsamic dressing, warm hoagie 17.63

angus steak hero grass fed black angus, sauteed mushrooms, onions melted mozzarella, toasted garlic hoagie 20.80

heckscher park cheesesteak grass fed angus steak, peppers, onions, melted american cheese, pressed hoagie 20.80

pulled smoked pork or chicken platter 19.50

12 hour smoked pork or chicken served with homemade slaw & a homemade bisquit

angus burger grass fed angus, lettuce, tomato 17.68

the sh'room burger sauteed mushrooms, onions, melted swiss 18.72

SKINNY CHICKEN OR SKINNY TUNA SALAD lettuce, tomato 12.22

TUNA MELT choice of cheese 13.00

BLT choice of regular or turkey bacon 11.39

CHICKEN TENDERS with stella fries 11.96

HOUSE MADE TURKEY BREAST lettuce, tomato, avocado & bacon 14.56

SMOKED HAM & SWISS lettuce, tomato 13.25

HOUSE BAKED TURKEY & SMOKED HAM lettuce, tomato, swiss, bacon 14.04

The Classics