

# Lattes

## day trippin

- ♥ cinnamon
- ♥ brown sugar

## saftydog

- ♥ salted caramel
- ♥ whipped cream

## happy hippie

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

## loco hippie

- ♥ chocolate
- ♥ salted caramel
- ♥ whipped cream

## cherry jerry

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

## orange jubilee

- ♥ orange & vanilla
- ♥ whipped cream

## pumpkin pie

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



## sugar cookie

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

## berry creme

- ♥ strawberry
- ♥ blueberry
- ♥ whipped cream

## cocoabear

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

## turmeric

- ♥ cinnamon
- ♥ turmeric
- ♥ honey

## toasted almond

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

## pistachio joe

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

## matchame

- ♥ matcha
- ♥ dates
- ♥ cinnamon

# GROOVY SMOOTHIES



## ♥ 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

## ♥ 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, turmeric

## ♥ beachy peachy

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

## ♥ cherry jerry

peaches, banana, cherries, oat milk, cbd



# OATMEAL BOWLS

\$10.40

add

almond butter

nutella

peanut butter

**\$1.04 extra**

**HOT OVERNIGHT STELCUT 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** 3 egg 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 cheesey 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 ezekiel 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 ezekiel 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 \$10.92**

**add ons....**

one egg \$2.08 | two eggs \$3.12 | 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

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

red onion \$1.04 | sautéed onions \$1.04

# stella's salads

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

## kale minnewaska

mixed greens, grilled chicken, tomatoes, cucumbers, red onion, avocado ..... 14.04

## the greek

romaine, grilled chicken, feta, tomatoes, cucumbers, olives, red onion ..... 14.04

## the sicilian

romaine, tomato, red onion, house made roasted red peppers.

Fresh mozzarella, house vinaigrette ..... 15.08

## 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/WRAPS. 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, romaine, tomato, hummus in a warm tortilla 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 biscuit

**angus burger** grass fed angus, lettuce, tomato 17.68

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

## The Classics

**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