

# Café Espresso @ Emy J's

Hours: 7am-7pm Monday thru Saturday --- 9am-4pm Sunday (715) 345-0471 [www.emyjs.com](http://www.emyjs.com)

Breakfast served all day ~ Lunch Items at 11am

**Egg Scrambles** Served with Toast or Fresh Greens \$7.00 (substitute tofu for eggs or have it burrito style)

Loco4Local ~ scrambled eggs with seasonal ingredients sourced from Local Farmers (ask us about it)

Huevos Rancheros - eggs topped with seasoned black beans, potatoes, pico de gallo, & cheddar cheese on a tortilla

Magical Mushroom Tour ~ scrambled eggs with wild mushrooms, onions, spinach, parmesan & tofu

Americano ~ scrambled eggs with smoked ham, onion, potato & cheddar cheese

Greek Goddess ~ scrambled eggs with spinach, tomatoes, onions, peppers, olives & feta cheese

**Cakes** ~ made from scratch and served with locally produced maple syrup

Plain Jane ~ \$5.50 add berries & cream \$6.50

Banana walnut - \$6.50

Spunky Monkey ~ banana, almond butter & homemade granola - \$7.00

**Un Poco Más** ~ a little more

Howler Monkey ~ bread or wrap with nut butter, honey, banana and homemade granola \$6.00

Papas Mexicanas - spiced fried potatoes topped with cheddar cheese & pico de gallo \$4.50

Steel Cut Oatmeal \$3.00 served with brown sugar & milk ~ add chocolate chips, walnuts, raisins or banana ~ add \$1.00

Fruit Parfait \$5.00

Almond Butter & Toast \$2.50      Pork Sausages \$2.75

Coffee or Hot Tea \$1.50      Smoked Ham \$2.75

Eating raw or undercooked meats, poultry, seafood or eggs may increase your risk of foodborne illness

We use locally produced and organic products when available

# Café Espresso @ Emy J's

**Wraps & Sandwiches** Served with kettle chips \$7.75 or with soup, salad or sweet potato chips \$8.75

Chiapas- shaved roasted chicken, cheddar, guacamole, seasoned black beans, pico de gallo & greens (wrap)

Beany Bean- hummus, guacamole, seasoned black beans, kalamata olives, cukes, pico de gallo, provolone & greens (wrap)

Curried Chicken- chicken, onion, celery, walnuts, raisins, mayonnaise & greens (wrap)

Sumatran- shaved smoked turkey, provolone, tomato, red onion, greens and mango salsa (wrap)

Turkey & Cheddar- shaved smoked turkey, house mayo, tomato, onion, sprouts & greens

Pesto Chicken- shaved roasted chicken, tomato, provolone, pesto & greens

Grilled Cheese & More- (plain \$5.00) spinach, tomato, red onion, cheese & pesto

Flatbread Melt - smoked ham, swiss cheese, spinach, red onion and dijon mustard

**Burritos** Served with kettle chips \$7.75 or with soup, salad or sweet potato chips \$8.75

Frijoles Camote - Mexican spices, sweet potato, cheddar, seasoned black beans, pico de gallo & basmati rice

Tanzanian - Seasoned grilled chicken breast, tomato, mango salsa, spinach & basmati rice

Bison Burrito - Seasoned grilled bison, tomato, peppers, salsa verde, basmati rice, cheddar & a side of sour cream

Jamaican Tofu - Seasoned grilled tofu, mango salsa, black beans, spinach and basmati rice

**Specialties** Served with salad or soup & a specialty side dish \$9.00

Local Grass Fed Bison Burger

Served with tomato, red onion, greens, house mayo & choice of cheese - served on a whole grain bun

Sweet Potato Quesadilla

Mexican spiced sweet potato, black beans, cheddar cheese, pico de gallo, guacamole & sour cream

Tacos de Pescado (Fish Tacos)

A culinary highlight of Mexico. Grilled tilapia atop tortillas with mango salsa, onion & cabbage

Falafel - Grilled bean patty with creamy cucumber-mint yogurt sauce, greens & naan bread

Greek Flatbread Pizza - Hummus, onions, olives, tomato, spinach & feta on a grilled flatbread

Un Poco Más - a little more

Hummus Plate- our homemade hummus served with cukes, carrots, kalamata olives & naan bread \$6.50

Soup - cup \$2.50 bowl \$3.50 House Salad - greens, spinach, carrot, sprouts, cukes, tomato & onion \$5.00 & \$7.00

Drinks - Iced Tea or Lemonade (seasonal) \$2.00

Add --- chicken - \$3.00/olives & feta - \$2.00

Eating raw or undercooked meats, poultry, seafood or eggs may increase your risk of foodborne illness

We use locally produced and organic products when available

