

Café Espresso @ Emy J's

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

Breakfast served all day

Eggs Served with Toast or Fresh Greens \$6.50 (substitute tofu for eggs or have it burrito style) add smoked ham \$ 1.50

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 corn tortilla

Magical Mushroom Tour ~ scrambled eggs with wild mushrooms, onions, spinach & 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 ~ \$4.00

Banana walnut - \$5.50

Spunky Monkey ~ banana, almond butter & homemade granola - \$5.50

Un Poco Más ~ a little more

Howler Monkey ~ bread or wrap with nut butter, honey, banana and homemade granola \$5.50

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 \$4.50

Almond Butter & Toast \$2.50

Smoked Ham \$2.50

Coffee or Tea \$1.50

We use many locally produced and organic products in our menu items

Café Espresso @ Emy J's

Served from 11 am until 7pm

Wraps & Sandwiches Served w/salad, soup or sweet potato chips \$8.00 with kettle chips \$7.00

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

Burritos Served with salad, soup or sweet potato chips \$8.00 with kettle chips 7.00

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

Curry Uganda - Ugandan curry sauce, tomato, onion, peppers & basmati rice

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

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

Falafel

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

The Other Quarter Pounder (Veggie Burger)

Our veggie burger is packed with flavor and freshness. Served with red onion, tomato, greens, pico & guacamole

Sweet Potato Quesadilla

Mexican spiced sweet potato, 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

Ugandan Groundnut Curry

Toasted peanuts, tomato, cabbage, onion, garlic, ginger, curry & coconut milk served over basmati rice- add chicken \$2.50

Un Poco Más - a little more

Hummus Plate- our homemade hummus served with cukes, carrots, kalamata olives & naan bread \$6.00

Soup - cup \$2.50 bowl \$3.25 House Salad - greens, spinach, carrot, sprouts, cukes, tomato & onion \$4.00 & \$6.00

Drinks - Iced Tea or Lemonade \$2.00

Add --- chicken - \$2.50/olives & feta - \$2.00

We use many locally produced and organic products in our menu items

