

ENERGY BOWLS

PICK ONE....

BROWN RICE
WHITE RICE
QUINOA
HOMEFRIES

ADD A CHEESE...

AMERICAN
CHEDDAR
SWISS
MOZZARELLA
FETA
VEGAN CHEDDAR +2

ADD A PROTEIN...

2 EGGS ANY STYLE
EGG WHITES
PULLED PORK
- ORGANIC GRILLED CHICKEN
- ORGANIC BREADED CHICKEN
BACON
SAUSAGE
TURKEY SAUSAGE
TOFU
VEGAN BACON
VEGAN BURGER

ADDITIONAL TOPPINGS +\$1 EA

SOUR CREAM
HOMEMADE PICO
FLAX SEEDS
CHIA SEEDS
PUMPKIN SEEDS
SUNFLOWER SEEDS
ALMONDS
WALNUTS

\$11.99

PICK (2)

BROCCOLI ♥ JALAPENO ♥ BLACK BEANS
CHICK PEAS ♥ KALE ♥ MUSHROOMS ♥ ONION ♥ PEPPERS
SPINACH ♥ HUMMUS ♥ TOMATO ♥ ZUCCHINI
CARROTS ♥ AVOCADO +2

Stellia

Blue



188 new york ave • huntington

631.425.2583

stellabluebistrony.com

Mon-Fri 6:30 - 4:00 • Sat 7:00 - 3:00 • Sun 8:00 - 3:00



breakfast served all day

coffee

fresh brewed, organic, fair trade

small (12 oz.).....	2.55
medium (16 oz.).....	2.75
large (20 oz.).....	3.35
iced coffee (16 oz.).....	2.75
iced coffee (32 oz.).....	3.75

tea

organic hot herbal teas available

small (12 oz.).....	1.75
medium (16 oz.).....	2.00
large (20 oz.).....	2.50
iced tea (16 oz.).....	2.50
iced tea (32 oz.).....	3.75

old school

bagel w/butter.....	2.75
bagel w/cream cheese.....	3.25
ghetto bagel w/cream cheese & bacon served warm.....	4.99
croissant served warm w/butter.....	3.65

homemade muffins, scones, cookies, brownies, cupcakes and gluten free & VEGAN desserts

old school sandwiches

(GLUTEN FREE AND EZEKIEL BREAD ADDITIONAL)

#1 *2 eggs any style.....	3.95
#2 *eggs & cheese.....	4.25
#3 *bacon, egg & cheese.....	4.95
#4 *sausage, egg & cheese.....	5.25
#5 *ham, egg & cheese.....	5.25
#6 *bacon & eggs.....	4.75

breakfast add ons....

bacon, sausage or ham.....	2.50	bagel.....	2.00
turkey bacon.....	2.25	home fries.....	2.99
cheese.....	1.00	spinach, broccoli or mushrooms.....	1.50
single egg.....	1.25	peppers or onions.....	1.00
*egg whites.....	1.50	tomato.....	1.00
*organic egg.....	1.75	avocado.....	2.00
biscuit.....	2.50		

*cooked to order *consuming raw or undercooked meat, fish, shellfish or fresh shell eggs may increase your risk of food borne illness, especially if you have certain medical conditions. prices are subject to change

Groovy Smoothies

add a protein shot for \$1 add a cbd shot \$3

♥ banana & strawberry with vanilla yogurt.....	\$8.99
♥ blueberry & strawberry with vanilla yogurt.....	\$8.99
♥ blueberry, strawberry and banana with vanilla yogurt.....	\$8.99
♥ mango & pineapple with vanilla yogurt.....	\$8.99

♥ raw energy ♥ \$8.99

peanut butter, banana, oats, cinnamon & almond milk

♥ crazy monkey ♥ \$8.99

acai, peanut butter & bananas, almond milk

♥ chocolate elvis ♥ \$8.99

chocolate protein, banana, peanut butter, yogurt, almond milk

♥ super charge ♥ \$8.99

banana, blueberries, protein powder & coffee

♥ the dark vador ♥ \$8.99

kale, blueberries, mixed berries, banana, almond milk

♥ berry garcia ♥ \$7.99

strawberries, blueberries, mixed berries, almond milk

♥ tropical hippie ♥ \$8.99

pineapple, mango, coconut, almond milk

♥ loaded antiox" ♥ \$8.99

strawberry, blueberry, mixed berries, yogurt, almond milk

♥ green karma ♥ \$8.99

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

♥ reduce & refresh ♥ \$8.99

pineapple, kale, honey & tumeric

♥ orange crunch ♥ \$9.99

fresh squeezed orange juice, pineapple, yogurt, protein

Acai Bowls

the original

acai with strawberries, blueberries & banana

with our homemade granola and toasted coconut. \$10.99

add ins

CBD SHOT ♥

Matcha Green Tea ♥ Spirulina

Caco Powder ♥ Maci Powder

Protein Shot ♥ Hemp Seeds

Flax Seeds ♥ Chia Seeds

Sunflower Seeds ♥

Pumpkin Seeds ♥

Chocolate Chips ♥ Walnuts

Pecans ♥ Almonds ♥

Peanut Butter ♥

Almond Butter

stella's salads

dressings: life italian, caesar, ranch, blue cheese, thousand island, balsamic vinegar

lake minnewaska salad

organic grilled chicken with tomatoes, cucumbers, red onion & avocado served over mixed greens..... 10.99

the greek

organic grilled chicken with feta cheese, tomatoes, cucumbers, olives & red onion served over romaine lettuce..... 10.99

stella's chicken caesar

romaine lettuce with organic grilled chicken, parmesan cheese, croutons, caesar dressing..... 9.99

kale salad

kale, feta, almonds, cranberries in a homemade vinaigrette...side 4.99.....large.....9.99

the hummus platter

hummus with sliced tomato, cucumber, celery & carrots..... 7.95

stella's sides

stella fries sea salt or spicy cajun4.50
 truffle parmesan fries5.99
 sweet potato fries.....4.75
 killer fries bacon, onion, cheddar & sour cream.....6.99
 home fries..... 4.35
 onion rings.....5.50
 mac & cheese.....8oz. 4.50 or 16 oz. 8.50
 stella slaw.....8oz. 3.50 or 16 oz. 5.50
 homemade chicken or tuna salad.....8oz. 8.50 or 16 oz. 11.50

stella's homemade seasonal soups

chicken soup \$5.25 • vegetarian chili \$6.50 • seasonally inspired soup \$5.50
 not available during summer

stella's breakfast sandwiches

served all day

(GLUTEN FREE AND EZEKIEL BREAD AVAILABLE)

*sunshine daydream 3 egg whites, turkey, swiss & avocado.....9.99
 *breakfast burrito 2 fried eggs, rice, beans, salsa, avocado, cheddar & sour cream..... 10.99
 *breakfast bowl 2 eggs - any style, rice, beans, salsa, avocado, cheddar & sour cream.....9.99
 *maggie's farm 3 egg whites, spinach, bacon & swiss.....8.50
 *juan's way 2 fried eggs, avocado, salsa, sour cream & cheddar8.50
 *scarlet begonias 2 scrambled eggs, spinach, avocado, tomato & swiss8.75
 *the mick 2 fried eggs, bacon, home fries & cheddar8.25
 *the morning jed 2 fried eggs, 18 hour smoked pulled pork & cheddar9.99
 *the pigpen 2 fried eggs, bacon, sausage & cheese on a homemade biscuit.....9.50

morning flapjacks 2 pancakes8.75
 gluten free flapjacks 2 pancakes9.95
 stella waffle8.50
 gluten free waffle9.95
 *french toast 2 thick cut pieces of texas toast8.50
 gluten free french toast 3 pieces of gluten free bread 10.95

add blueberries, strawberries, bananas or chocolate chips 1.50

hot steel cut oatmeal

4.25 - add blueberries, strawberries, bananas 65¢, walnuts, almonds, flax or chia seeds 75¢ extra

(v,gf) vegan baked berry oatmeal

7.50 - made with strawberries, blueberries, sunflower seeds, flax seeds, pumpkin seeds, almond milk, topped with toasted coconut flakes. *Contains coconut oil

stella's omelettes

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

1. classic cheese choice of american, swiss, cheddar, feta or mozzarella.....9.50
 2. avocado, spinach, tomato, onion & bacon.....11.95
 3. spinach, feta & tomato.....9.50
 4. meatlovers bacon, sausage, ham & cheddar cheese.....12.50

sandwiches

choose: roll, white/wheat/multigrain/rye bread, wheat/white wrap (GLUTEN FREE AND EZEKIEL BREAD ADD'L)

homemade chicken salad with lettuce & tomato.....	8.50
homemade tuna salad with lettuce & tomato.....	8.50
tuna melt with choice of cheese.....	9.00
B.L.T.....	5.99
grilled cheese.....	4.99
organic chicken tenders with stella fries.....	7.99

specialty sandwiches

the hippie

organic grilled chicken, avocado, tomato, hummus and lettuce served in a warm tortilla..... 10.99 (GLUTEN FREE AND EZEKIEL BREAD ADDITIONAL)

the stella organic breaded chicken, romaine lettuce, tomato, bacon & melted mozzarella with garlic mayo dressing served on a warm torpedo..... 11.99

smoked chicken wrap smoked chicken, cheddar, avocado & sour cream served in a warm tortilla..... 11.99

guantánamo bay pulled pork, ham, swiss, spicy mustard & smoked pickled relish served on a grilled torpedo..... 12.99

king of burritos pulled pork or chicken with white or brown rice, beans, avocado, cheddar & sour cream served in a warm tortilla..... 11.99

dreadlock rasta organic buffalo breaded chicken served with lettuce & blue cheese on a warm torpedo..... 11.99

tennessee jed pulled pork & slaw served on a warm torpedo..... 10.99

the louie fresh mozzarella, tomato & bacon served on a warm torpedo..... 9.75

the chicklet organic grilled chicken, fresh mozzarella, homemade roasted red peppers, mixed greens with balsamic dressing served on a warm torpedo..... 11.99

chicken parm organic breaded chicken with mozzarella & tomato sauce served on a warm torpedo..... 11.99

hot roast beef sautéed with mushrooms, onions & melted mozzarella on a toasted garlic torpedo..... 12.99

southern stella style

stella's homemade organic fried chicken *weekends only*

quarter chicken with side of slaw & a homemade bisquit white (1) or dark meat (2)..... 11.99

half chicken with side of slaw & a homemade bisquit 15.99

pulled smoked pork or chicken platter..... 12.99

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

burgers

***the original:** topped with onions, lettuce & tomato..... 10.95

***the sh'room:** topped with sauteed mushrooms, onions & melted swiss..... 13.50

***the mac daddy:** topped with homemade mac & cheese & bacon..... 13.50

vegan/vegetarian options

vegan breakfast burrito

seasoned tofu, rice, avocado, black beans, vegan cheddar & fresh pico de gallo..... 11.99

vegan bacon, egg & cheese seasoned tofu, vegan bacon and vegan cheddar served on ezeziel bread or vegan wrap..... 9.50

avocado toast served on ezeziel bread 6.50

tofu scrambler tofu, olive oil, turmeric, spinach, tomato & onions in a whole wheat tortilla..... 8.99

vegan breakfast bowl brown rice, seasoned tofu, black beans, vegan cheddar, avocado and fresh pico de gallo..... 9.99

baked berry oatmeal steel cut oatmeal with berries and seeds..... 6.99

avocado toast served on ezeziel bread..... 7.50

falafel hummus, mixed greens, tomato, cucumber in a whole wheat wrap 8.50

black bean quinoa burger over mixed greens, topped with hummus & tomato.. 8.99

the vegan beyond burger served on ezeziel with lettuce, tomato & vegan cheese.. 12.99

the extreme hippie hummus, avocado, cucumber, mixed greens. tomato in a whole wheat tortilla..... 7.50

vegan blt vegan bacon, lettuce, tomato, vegan mayo on ezeziel bread 9.50

vegetarian chili homemade with a little kick!.add vegan cheese 2.00..... 6.50

vegan grilled cheese with tomato & avocado served on ezeziel bread..... 8.99

the hummus platter with tomato, cucumber, celery, carrots & warm pita..... 7.99

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