

ESSENCE

— B I S T R O —

TO START

🌀 SINGLE DIP

Veggies and chips.
hummus or guacamole
\$6 GF|VG

🌀 DIPS AND SALSA

Avocado spread, hummus, mild and
hot salsas, veggies and chips
\$20 GF|VG

🌀 SALSAS AND CHIPS

Rotation of six salsas, from mild to
hot, chip mix
\$10 GF|VG

🌀 TOFU CEVICHE

Tofu, Cancun dressing, carrot, cucumber, pickles, chili oil.
\$15 GF|VG

SPUDS + CHEESE

Yams, potatoes, chimichurri, pasilla dressing, mixed
cheese crust. **\$9 GF|VG**

Extra chips: **\$4|S \$6|L**

Extra salsa: **\$3**

Dip: **\$6**

SALADS AND BOWLS \$14

100km LEGUMES

100km greens, green beans, fava
beans, runner beans, edamame, pod
dressing. **GF|VG**

HUMMUS BOWL

Cress, pepper stew, garbanzo beans,
parsley oil, shaved radishes, corn
chips. **GF|VG**

ESSENCE CHOP

Grains, 100km greens, cucumber,
sweet potato, seeds, pickled onions,
heirloom tomato, croutons, cilantro
ranch, 6min egg. **GF|VG**

Add chicken **\$4** | Add beef patty **\$5**

SOPES \$10

Nixtamal Masa. Locally grown by Maizal in The Ontario Greenbelt and Ottawa Valley. Supporting local farmers.

🌀 ASADA

ground aged beef, roasted pepper,
wild leeks. **GF**

POLLO ASADO

Tomato salsa huevona, escabeche
mix. **GF**

🌀 MUSHROOM AL AJILLO

Cremini and oyster mushrooms, ta-
mari umami sauce. **GF|VG**

🌀 RAJAS

Sweet and poblano peppers, onion, cheese, cream,
tortilla crisp. **GF|VG**

FROM THE LAND

CHICKEN

Roasted chicken, citrus vinaigrette,
tomato jus.
1/4 \$22 | 1/2 \$30

PEI STEAKS

Roasted potatoes, cheese, herb
sauce.
**GF 6oz Hanger \$35 |
10oz Striploin \$60**

TROUT AND SORREL

Broiled trout, sorrel butter rice,
legumes
GF 5oz \$30 | 10oz \$55

GF: GLUTEN FREE or OPTION | VG: VEGAN or OPTION | MP: MARKET PRICE | 🌀 SIGNATURES

Chef: Gerry Quintero @gerrydquintero

@essence__bistro @100kmfoods @woodwardmeats @maizalto

ESSENCE

— B I S T R O —

BURGERS

SIDE SALAD OR CHIPS | MAKE IT A DOUBLE \$5 | GF BUNS \$3

☯ THE '140'

Brioche bun, lettuce, tomato, house ketchup, 4oz patty, cheese crust, avocado salsa.

\$18 GF

☯ MAITAKE

Brioche bun, lettuce, tomato, house ketchup, seared maitake, cheese crust, avocado salsa.

\$18 GF|VG

SIMPLE

Brioche bun, house ketchup, 4oz patty, mayonnaise.

\$12 GF|VG

HANDHELDS \$16

SIDE SALAD OR CHIPS | GF BREAD \$3

House made bread made with K2 mills

BCLT

House bacon, cheese, lettuce, tomato, sourdough.

Loaded Avo toast

Asparagus, escabeche spread, cress, sourdough.

VG

Caesar chicken Wrap

Whole wheat tortilla, roasted chicken, 100km greens, cheese, grains, caper Caesar dressing, croutons.

☯ TCLT

Smoked tempeh, cheese, lettuce, tomato, chipotle mayo, sourdough.

VG

☯ Avocado toast

Mashed avocado, cherry tomatoes, alfalfa, seeds, lupini dressing, sourdough.

VG

☯ Chipotle wrap

Whole wheat tortilla, mixed greens, wild rice. Sweet potato, tempeh, cheddar.

VG

☯ TENOCH SANDO

BACON OR AVOCADO

Brioche bun, over easy egg, cheese chicharron, garlic cream.

☯ MUSHROOM MELT

Cremini - oyster mushroom blend, cheese, sourdough

SWEET POTATO JERK

Whole wheat tortilla, sweet potato, mixed grains, wild rice, lentils, carrot sofrito, coleslaw.

COFFEE

HATCH COLD BREW, \$4

HATCH COLD BREW, decaf, \$4

HATCH, tricolate, \$20

ESPRESSO, \$4

CAPPUCCINO, \$5

LATTE, \$5

ADAPTOGENIC, \$5

TEA, options available! \$4.5

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