

BRUNCH

ESSENCE BISTRO

SHAREABLES

Bread & Butter

\$8

farm fresh grass fed butter,
sourdough toast

Hummus & Guac

\$13

raw shaved veggies, edamame
hummus, & guacamole

Spring Salad

\$18

arugula, celery, fennel, pomegranate,
cucumber, grapes, feta cheese,
honey lemon dressing

TRADITIONAL

English

\$26

sunny side eggs, hash brown, baked
beans, bacon, sausage, grilled
tomato, mixed greens

Frittata Skillet

\$24

eggs, spinach, ricotta cheese,
tomatoes, olive oil, served with
bread

Parisian

\$21

two croissants, butter, mixed berry
compote, creme fraiche, fruit salad,
yogurt

Shakshuka Skillet

\$21

eggs, tomato, onion, jalapeño
peppers, served with flat bread

WILDLY FAVOURED

Eggs Florentine

\$16

two poached eggs, creamy spinach
& cheese, Hollandaise sauce, toasted
English muffin

Eggs Benedict

\$19

two poached eggs, grilled Roma
tomatoes, bacon, Hollandaise sauce,
micro greens, toasted English muffin

Eggs Cru Royal

\$20

two poached eggs, vol au vent &
smoked salmon, Roma tomatoes,
salmon roe, Hollandaise sauce, chives,
micro greens

Truffle Omelette

\$28

three egg omelette, truffle
mushrooms, grilled maitake, mixed
greens salad

Our menu items may contain common allergens such as dairy, gluten, soy, nuts

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MORNING DELIGHTS

Custard French Toast \$18

soaked brioche, fruit jam, whipped cream, sesame snow

Chocolate Ricotta Crepes \$22

chocolate & ricotta filling, almond butter, cranberry jam, cinnamon & cream

HAND HELDS

Steak & Egg \$26

3oz tenderloin steak, sunny side egg, bacon, cheese, avocado, toasted brioche bun, choice of salad or chips

Essence Burger \$26

5oz prime beef patty, sunny side egg, tomato, tangy sauce, mayo, bacon, brioche bun, hash brown, choice of salad or chips

BBQ Chicken \$18

chicken, hickory bbq sauce, cheese crust, pickled jalapeño, mayo, sourdough toast, choice of salad or chips

Smoked Salmon \$26

smoked salmon, butter croissant, avocado, gherkins, Pico de Galo, over easy egg, tomato salsa, chips

KID ZONE

Junior \$12

2 eggs your way, hash brown, sourdough toast, & fresh fruit

Pancakes \$14

banana & oats pancakes, sliced banana & strawberries, maple syrup

FEATURES

Blood Orange Mimosas \$12

Aperol Spritz \$15

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