

# SUMMER MENU

## STARTERS

<b>Bread &amp; Butter</b>	\$10	<b>Hummus &amp; Guac</b>	\$15
sourdough bread, Ontario grass fed butter		edamame hummus, avocado spread, chips, shaved veggies	
<b>Oysters</b>	\$25	<b>Warm Olives</b>	\$12
PEI oysters (8), horseradish, mango chili & aguachile		seasoned spanish olives	

## SALADS

<b>Bison Burrata</b>	\$23	<b>Arugula</b>	\$18
cherry tomatoes, toasted focaccia, pomegranate molasses, shallots, micro greens, basil		arugula, squash, strawberries, blue cheese, & honey lemon dressing	
<b>Ceviche</b>	\$26	<b>Caesar</b>	\$16
shrimp, avocado, cucumber, mango chili, aguachile, cilantro		baby romaine lettuce, cranberries, cherry tomatoes, baguette crostini, bacon & caesar dressing	

## SHAREABLES

<b>Crispy Eggplant</b>	\$18	<b>Toro Tuna Carpaccio</b>	\$30
fried Indian eggplants, tomato salsa, avo salsa, Japanese mayo		wasabi seaweed foam, cherry tomatoes, avo spread, almond tuile, orange fillets	
<b>Mortadella Flatbread</b>	\$22	<b>Beef Takosu (Tacos)</b>	\$24
mortadella, three cheese spread, pistachio, olives		Japanese inspired beef tacos, corn tortilla, tomato salsa, avocado salsa, Japanese mayo	
<b>Wagyu Pizza</b>	\$30		
house crust, wagyu, Japanese mayo, tomatoes, shallots, pickled jalapeños, olives, truffle oil			

## MAINS

<b>Lamb Chops</b>	\$37	<b>Black Cod</b>	\$40
lamb chops, spinach aligot (potatoes, feta, spinach, cream)		black cod, beluga lentils, & tom kha sauce (coconut, chilly, galangal)	
<b>Poussin Grilled Chicken</b>	\$28	<b>Mushroom Risotto</b>	\$35
1/2 Poussin grilled chicken, baby potatoes, watercress salad & lemon honey dressing		portobello, oyster & cremini mushrooms, pecorino cheese	
<b>Striploin Steak</b>	\$MP	<b>Above T.O Burger</b>	\$21
striploin, baby potatoes, celeriac puree, beef jus		pickles, tomatoes, greens, provolone cheese, coleslaw, hickory BBQ, brioche bun (GF Option)	

# ESSENCE BISTRO

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