

ESSENCE MENU

MORNING DELIGHTS

GF Oatmeal Bowl

\$12

Gluten Free Oats | Chia Seeds | Hemp Hearts | Banana | Coconut Sugar | Allspice | Oat Milk
Toppings: Strawberries | Granola | Almond Butter | (V)

Essence Pancakes

\$14

Gluten Free Oats | Banana | Vanilla Extract | Almond Milk | Almond Butter | Flax Seeds | Strawberries | Cinnamon | Granola | Maple Syrup | (V)

Custard French Toast

\$18

Soaked Brioche | Fruit Jam | Whipped Cream | Sesame Snow

TOASTS

Egg & Avo Toast

\$12

Sourdough Bread | Avo Mash | Salt | Pepper | Paprika | Lemon | Hard Boiled Egg | Chili Flakes | Seed Mix | Sprouts | (VG)

Olive & Artichoke Toast

\$12

Sourdough Bread | Cream Cheese or Hummus | Olives | Artichokes | Sun Dried Tomatoes | Olive Oil | Chili Flakes | Himalayan Salt | (V | VG)

HANDHELDS

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 | Mayonnaise | Bacon | Brioche Bun | Hash Brown | Choice of Salad or Chips

Breakfast Burrito

\$18

Rice | Beans | 2 Scrambled Eggs | Plantain | Avocado | Tomato | Onions | Cheese | Pico de Gallo | Whole Wheat Tortilla | Choice of Salad or Chips | (VG)

Reuben Sandwich

\$26

Sauerkraut | Pastrami | Honey Mustard | Swiss Cheese | Tomato | Lettuce | BBQ Sauce | Butter | Sourdough Bread | Choice of Salad or Chips

Mediterranean Wrap

\$18

Pita Bread | Chicken | Roasted Peppers | Olives | Cucumber | Feta | Spring Greens | Tzatziki | Choice of Salad or Chips

Chicken & Avocado Wrap

\$18

Chicken | Avocado | Avo Salsa | Tomatoes | Lettuce | Mixed Cheese | Green Apple | Honey Lemon Sauce | Choice of Salad or Chips

WILDLY FLAVOURED

Eggs Florentine

\$16

Two Poached Eggs | Creamy Spinach & Cheese | Holland's Sauce | Toasted English Muffin

Smoked Salmon

\$26

Smoked Salmon | Butter Croissant | Avocado | Gherkins | Pico de Galo | Over Easy Egg | Tomato Salsa | Chips

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

Caesar Salad

\$18

Romain | Cheery Tomatoes | Dressing | Croutons | Parmesan Cheese | Added option of Chicken or Salmon available

Soup of the Day

\$16

Chefs' Choice | Seasonal

ESSENCE MENU

SMOOTHIE BOWLS

Acai \$12 Acai Sorbet Almond Milk Strawberries Kiwi Granola Almond Butter	Dragon Fruit \$12 Dragon Fruit Mango Banana Almond Milk Banana Kiwi Shredded Coconut Granola	Tropical Spirulina \$12 Banana Mango Passion Fruit Vanilla Protein Mint Coconut Mylk Mango Blueberries Shredded Coconut Granola
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PROTEIN SMOOTHIES

Pick Me Up \$14 Banana Vanilla Protein Nut Butter Cacao Dates Cinnamon Choice of Mylk	Super Charged \$14 Banana Vanilla Protein Kale or Spinach Chia Seeds Nut Butter Cinnamon Choice of Mylk	Cheerful Chocoalte \$14 Avocado Chocolate Protein Cacao Nut Butter Date Vanilla Extract Choice of Mylk
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SMOOTHIES

Green Piña Colada \$12 Pineapple Mango Spinach Lemon Zest Coconut Water Coconut Mylk	Liver Rescue \$12 Banana Blueberries Dragonfruit Coconut Water	Heavy Metal Detox \$12 Banana Spinach Cilantro Ginger Spirulina Coconut Water or Water
Creamsicle \$12 Orange, Pineapple, Coconut Yogurt, Coconut Milk, Maple Syrup, Orange Zest	Goddess Glow \$12 Pineapple Kale Avocado Ginger Aloe Vera Dates Coconut Water Collagen Powder	Tropical Sunrise \$12 Strawberries Pineapple Mango Passion Fruit Coconut Water Coconut Mylk
	PB & J \$12 Strawberries Blueberries Raspberries Peanut Butter Dates Chia Seeds Choice of Mylk	

COLD PRESSED JUICES

Grateful \$14 Green Apple Aloe Vera Cucumber Spinach Celery Basil Lime Ginger	Glow \$14 Pineapple Cucumber Fennel Celery Lemon Ginger Mint	Release \$14 Filtered Water Activated Charcoal Hepato DR (Liver Support Remdy) Lemon Juice Maple Syrup Ginger
Flu Fighter \$14 Orange Lemon Ginger Cayenne Pepper	Calm \$14 Orange Carrot Pear Celery Ginger Turmeric Bee Pollen	Young \$14 Beet Green Apple Carrot Celery Lime Turmeric
Clear Being \$14 Pineapple Burdock Carrot Ginger Lemon Cayenne Pepper	Celery \$14 Organic Celery	Immune Shot \$5 Lemon Ginger Oregano Oil Deep Immune Tincture