

## **Essence Lunch Menu**

**January 28<sup>th</sup> – 30<sup>th</sup> 2019**

### **Starters**

#### **Oxtail Soup**

*Flavoured with red wine, carrots, turnips and potatoes*

*or*

#### **Warm Squash and Faro Salad with Goats Cheese and Roasted Pumpkin Seeds (v)**

*With a maple vinaigrette*

### **Main Dishes**

#### **Trout en Papilote with Dill Vermouth Butter, Leeks and Capers**

*Parisian Potatoes and turned zucchinis*

#### **Hungarian Goulash**

*Served with spaetzli and braised red cabbage*

#### **Gumbo with Seitan and Beans (v)**

*With saffron and turmeric scented rice pilaf*

### **Dessert of the Day**

**\$13.95** *plus applicable taxes*

**Service Times: 11:45, 12:00, 12:15**

## Essence Lunch Menu

February 4<sup>th</sup> – 6<sup>th</sup> 2019

### Starters

#### **Miso Soup (v)**

*Garnished with wakame (seaweed), tofu, noodles and green onions*

*or*

#### **Shrimp Ravioli**

*with a lemon grass and kaffir lime cream sauce*

### Main Dishes

#### **Potato and Herb Gnocchi with Crispy Onions (v)**

*Bound with a carrot juice and coconut milk cream*

#### **Beef Pot Roast with Yorkshire Pudding**

*With parsnips, heirloom carrots, potatoes, horseradish and roasted garlic*

#### **Bouillabaisse with Garlic Rouille**

*Shrimp, clams, mussels and fish in a saffron-scented tomato broth  
with homemade grilled baguette*

### Dessert of the Day

**\$13.95** *plus applicable taxes*

**Service Times: 11:45, 12:00, 12:15**

## **Essence Lunch Menu**

**February 11<sup>th</sup> – 13<sup>th</sup> 2019**

### **Starters**

#### **Black Bean Soup (v)**

*With a spicy avocado sour cream*

*or*

#### **Salad of Poached Pears, Walnuts, Grapes and Blue Cheese**

*With a blackberry and vanilla vinaigrette*

### **Main Dishes**

#### **Steak and Eggs**

*Grilled beef tenderloin, topped with a poached egg and sauce béarnaise, sautéed mushrooms, spinach and peppers, set on a potato rösti*

#### **House Made Cannelloni filled with Mushrooms, Mascarpone Cheese and Spinach (v)**

*With a Spanish tomato sauce and shaved parmesan*

#### **Pan Fried Fish and Crab Cake served with Tartar Sauce**

*Fireworks coleslaw*

### **Dessert of the Day**

**\$13.95 plus applicable taxes**

**Service Times: 11:45, 12:00, 12:15**

**Essence To Go Sale**

**Thursday 21<sup>st</sup> February**

**@ 2:00pm**

**Essence Restaurant**

**Cash Only**

**Bring your own bags**

## Essence Lunch Menu

March 4<sup>th</sup> – 6<sup>th</sup> 2019

### Starters

#### **Soba Noodle Salad with Tempura Shrimp**

*With a tamarind vinaigrette*

**(v)** *No Shrimp*

*or*

#### **Escargot Vol-au-Vent**

*With garlic cream sauce and melted brie*

### Main Dishes

#### **Roasted Butternut Squash Risotto (v)**

*With smoked gouda, toasted pecans and a parmesan crisp*

#### **Roast Pork and Crackling, Housemade Mustard and Port Wine Sauce**

*Apple sauce, twice baked potatoes and braised turnips*

#### **Pan Fried Arctic Char topped with Garlic Buttered Shrimp and Baby Arugula**

*Set on soft polenta with roasted cauliflower, chives and lemon*

### Dessert of the Day

**\$13.95** *plus applicable taxes*

**Service Times: 11:45, 12:00, 12:15**

**Essence Lunch Menu**

**March 11<sup>th</sup> – 13<sup>th</sup> 2019**

**Starters**

**Middle Eastern Mezze Plate (v)**

*or*

**Shrimp Bisque**

**Main Dishes**

**Vegetable Pakoras with a Cucumber Raita (v)**

*With dal lentils and housemade mango chutney*

**Marinated Bricklayer Chicken with Sauce Chasseur**

*Duchesse potatoes and braised fennel*

**Osso Buco Milanese**

*With saffron risotto*

**Dessert Selection of the Day**

**\$13.95 plus applicable taxes**

**Service Times: 11:45, 12:00, 12:15**

## **Essence Lunch Menu**

**March 18<sup>th</sup> – 20<sup>th</sup> 2019**

### **Starters**

#### **Potato Latkes (v)**

Vegetarian caviar with lemon and dill sour cream

*or*

#### **Charcuterie Plate**

### **Main Dishes**

#### **East Indian Chickpea Curry (v)**

With kaffir lime scented basmati rice, tomato chutney and naan bread

#### **Tuna Two Ways**

*(Seared and Tartare)*

*Served with Asian noodle salad, avocado and tempura crumbs*

#### **Individual Steak and Kidney Pie**

*Guinness flavoured gravy and topped with puff pastry*

### **Dessert of the Day**

**\$13.95 plus applicable taxes**

**Service Times: 11:45, 12:00, 12:15**

## **Essence Lunch Menu**

**March 25<sup>th</sup> – 27<sup>th</sup> 2019**

### **Starters**

#### **Calamari Two Ways**

Pan fried with a citrus cream sauce and deep fried with a bloody mary aioli

*or*

#### **Watermelon, Feta, Mint and Red Onion Salad (v)**

*with toasted flatbread*

### **Main Dishes**

#### **Beer Battered Fish and Chips**

*Housemade tartare sauce and tomato ketchup, mushy peas and coleslaw*

#### **Slow Roasted Louisiana Style Pork Ribs with Baked Beans**

*Corn succotash and Southern biscuit*

#### **Falafel Pita (v)**

*Served with hummus, tabbouleh and a spicy tahini yogurt sauce*

### **Dessert of the Day**

**\$13.95** *plus applicable taxes*

**Service Times: 11:45, 12:00, 12:15**



**Buffet Luncheon**

**April 1<sup>st</sup> – 3<sup>rd</sup> 2019**

***Student Designed***

***Themed Buffet***

***\$13.95 plus applicable taxes***

**Service Times: 11:45, 12:00, 12:15**

**Essence To Go Sale**

**Thursday 18<sup>th</sup> April**

**@ 2:00pm**

**Essence Restaurant**

**Cash Only**

**Bring your own bags**