

Essence Lunch Menu

January 27th – 29th 2020

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

Pan Fried Trout with a Vermouth and Dill Beurre Blanc

Steamed potatoes and Parisian zucchinis

Sweet and Sour Pineapple Pork

With egg fried rice

Gumbo with Seitan and Beans (v)

With saffron and turmeric scented rice pilaf

Dessert of the Day

\$14.95 plus applicable taxes

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

Essence Lunch Menu

February 3rd 2020

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

Full Canadian Breakfast

*Pancake, bacon, sausage, baked tomato, baked beans, home fries,
Egg of your choice: Scrambled, Poached, Fried*

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

With a Spanish tomato sauce and shaved parmesan

Thai Scented Fish and Crab Cakes served with a lemon grass and kaffir lime cream sauce

Basmati rice and baby bok choy

Dessert of the Day

\$14.95 *plus applicable taxes*

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

Essence Lunch Menu

February 10th – 12th 2020

Starters

Miso Soup (v)

with Japanese cabbage dumplings

or

Shrimp Ravioli

with a shrimp bisque cream sauce

Main Dishes

Potato and Herb Gnocchi with Crispy Onions (v)

Bound with a carrot juice and coconut milk cream

Roast Beef with Yorkshire Pudding

With braised red cabbage, roast potatoes with a roasted garlic demi-glace and horseradish sauce

Bouillabaisse with Garlic Rouille

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

Dessert of the Day

\$14.95 plus applicable taxes

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

Essence To Go Sale

Thursday 20th February

@ 2:00pm

Essence Restaurant

Cash Only

Bring your own bags

Essence Lunch Menu

March 2nd – 4th 2020

Starters

Arancini Balls filled with cheese (v)

With a spicy Arrabiata sauce

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

\$14.95 *plus applicable taxes*

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

Essence Lunch Menu

March 9th – 11th 2020

Starters

Middle Eastern Mezze Plate (v)

or

Seafood Bisque

Main Dishes

Tasting Plate of India (v)

With dal lentils and housemade mango chutney

**Poached Galantine of Chicken filled with a chicken and bacon
farce served with Sauce Chasseur**

Duchesse potatoes and braised fennel

Osso Buco Milanese

With saffron risotto

Dessert Selection of the Day

\$14.95 plus applicable taxes

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

Essence Lunch Menu

March 16th – 18th 2020

Starters

Steamed Chinese Dumplings (v)

With a soy dipping sauce

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

\$14.95 *plus applicable taxes*

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

Essence Lunch Menu

March 23rd – 25th 2020

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

Rice Dolmas, Babaganoush, Pita Bread (v)

Served with hummus, tabbouleh and a spicy tahini yogurt sauce

Dessert of the Day

\$14.95 plus applicable taxes

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

Essence Lunch Menu

March 30th – 1st April 2020

TBD

Tapas Menu

(Vegetarian Foods Available)

Appetizer

Main Course

Dessert

Service Times:

11:45, 12:00, 12:15

\$14.95 *plus applicable taxes*

Essence To Go Sale

Thursday 16th April

@ 2:00pm

Essence Restaurant

Cash Only

Bring your own bags