Essence Lunch Menu

October 1st & 2nd 2019

Starters

Cream of Carrot Soup with Maple Bacon

or

Mini Brie and Broccoli Quiche (v)
Served with a red pepper relish

Main Dishes

Traditional Beef Stroganoff
Strips of beef tenderloin, mushroom, onions, brandy,
sour cream with pappardelle noodles

Warm Roasted Root Vegetable Salad
with a Maple Cider Dressing (v)
Camembert cheese, pine nuts, marinated cranberries and micro greens

Roasted Cornish Game Hen (½) with Bordelaise Sauce
Mini red potatoes with a black garlic compound butter and kohlrabi

Dessert of the Day

Please ask your server

$14.95 plus applicable taxes

Service Times: 11:45, 12:00, 12:15
Essence To Go Sale

Thursday 10th October

@ 2:00pm

Essence Restaurant

Cash Only

Bring your own bags
Essence Lunch Menu

October 15th & 16th 2019

Starters

Gazpacho Soup (v)
(Room temperature soup)
With chipotle scented guacamole

or

Herb Breaded Goujons of Cod
With a tarragon and lemon scented mayonnaise

Main Dishes

Beer Brined Pork Chop with Sauce Robert
Pommes croquettes, buttered carrots and snow peas

Grilled Darne of Salmon with Sauce Choron (Hollandaise + Tomato)
Herbed buttered taro root and grilled zucchinis

Warm Focaccia Sandwich with Grilled Portobello Mushrooms and Peppers, Spinach and Walnut Pesto and Melted Brie
Chef’s salad (v)

Dessert of the Day

Please ask your server

$14.95 plus applicable taxes

Service Times: 11:45, 12:00, 12:15
Essence Lunch Menu

October 29th & 30th 2019

Starters

Vegetable and Barley Soup (v)

or

Salmon Tartare and a Fresh Oyster Caesar Shooter

With micro greens and crostini’s

Main Dishes

Bangers and Mash with a Caramelized Red Onion Gravy

House made pork sausages (gluten free)

Earl grey and mustard infused mashed potatoes and broccoli mornay

Blanquette de Veau

Veal braised in mushrooms, pearl onions and velouté sauce

with ribbons of fettuccini pasta

Quesadilla with Corn, Spinach and Monterey Jack Cheese

and Mexican Mole Sauce (v)

Chef’s salad and chipotle and honey vinaigrette

Dessert of the Day

Please ask your server

$14.95 plus applicable taxes

Service Times: 11:45, 12:00, 12:15
Essence Lunch Menu

November 5th & 6th 2019

Starters

Mulligatawny Soup
(East Indian Curry Soup)
With a cucumber raita

or

Spinach Salad with Oranges, Roasted Cashews, Goats Cheese and a Poached Quail Egg, (v)
Served with a housemade French vinaigrette

Main Dishes

Pan Seared Wagyu Beef Steak with Café de Paris Butter
Smashed Mini Potatoes bound by a smoked brie cream sauce, and grilled asparagus

Steamed Paupiette of Pickerel with Dragon Fruit Salsa
served with a Saffron and Amaretto Beurre Blanc
Pommes Williams and sugar snap peas

Vegetarian Moussaka (v)
Roasted eggplant layered with vegetarian mince baked in tomato sauce and topped with a béchamel sauce and cheese

Dessert of the Day

Please ask your server

$14.95 plus applicable taxes

Service Times: 11:45, 12:00, 12:15
Essence Lunch Menu

November 12th & 13th 2019

Starters

Sweet Potato Soup (v)
With cilantro aioli and crispy onions
or
Shrimp Lettuce Wraps
Bound by a creamy dressing, with avocado, cilantro and a peanut dipping sauce

Main Dishes

Veal Marsala
Medallions of veal served in a rich Marsala sauce
Set on a spinach and parmesan risotto cake and buttered romanesco

Tofu Thai Green Curry with Grilled Pineapple (v)
Served with jasmine rice scented with lemongrass and cilantro

Chicken Pot Pie
Boneless chicken thighs and seasonal vegetables
in a rich creamy sauce topped with a puff pastry crust

Dessert of the Day

Please ask your server

$14.95 plus applicable taxes

Service Times: 11:45, 12:00, 12:15
Essence Lunch Menu

November 20th 2019

Starters

Corn Chowder (v)
With a tequila and corn salsa

or

Mussels in a Coconut Red Curry Sauce
Served with cellophane noodles

Main Dishes

Mahi-Mahi Fish Tacos with Crèma and Pico de Gallo
Served with bean and rice salad

Braised Veal Paupiette in a Forest Mushroom Velouté
Thin slices of veal filled with a bacon and herb filling
with a leek and kale bread pudding

Traditional Eggplant Parmesan (v)
Pan fried eggplant with a tomato sauce and parmesan cheese

Dessert of the Day

Please ask your server

$14.95 plus applicable taxes

Service Times: 11:45, 12:00, 12:15
Essence Lunch Menu

November 26th & 27th 2019

Starters

Maple Butternut Squash and Apple Soup (v)
With sour cream and caramelized apples

or

Roasted Whole Quail
Stuffed with local mushrooms from Wolfe Island,
Served with an orange and honey sauce

Main Dishes

Roasted Brussel Sprout and Walnut Risotto (v)
Arborio rice braised in vegetable stock
finished with parmesan, pea shoots and cream cheese

Roast Leg of Lamb with Sauce Perigueux (Black Truffle and Madeira Wine)
Rosemary pesto roasted potatoes, green beans almandine

Traditional French Tourtière
With house made maple syrup demi-glace, green apple and cabbage coleslaw

Dessert of the Day

Please ask your server

$14.95 plus applicable taxes

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