

menu

*Essence Lunch Menu*

*6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup> February 2023*

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*Appetizers*

**Black Bean Soup (V)**

*Crispy tortillas, Avocado sour cream, Cilantro  
or*

**Salad of Poached Pears, Walnuts, Grapes, Blue Cheese (V, GF)**

*Blackberry vanilla vinaigrette,*

*Entrées*

**Full Canadian Breakfast**

*Pancake, Bacon, Sausage, Baked tomato, Baked beans, Home fries,  
Egg of your choice: Fried or Scrambled*

**Indian Chickpea Curry (V)**

*Kaffir lime rice, Mango chutney, Papadams*

**Thai Scented Fish and Crab Cakes**

*Gochujang (Korean spice) mayonnaise, Dragon noodle salad*

*Dessert*

**Bakewell Tart**

*Cherry compote*

**\$20.00 tax included**

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



*We bring learning to the table.*