Essence Lunch Menu

October 30th, 31st & November 1st, 2023

Appetizers

Potato and Leek Soup (V, VG, GF)
Cashew and tofu cream, deep fried leeks

or

Herb Breaded Goujons (Slices) of Cod
Tarragon, lemon, mustard mayonnaise, micro greens

Entrée’s

English Bangers and Mash, Caramelized Red Onion Gravy
Earl grey and mustard infused mashed potatoes, steamed buttered broccoli

Pan Roasted Salmon, Sauce Choron (GF)
Béarnaise sauce with tomato, Mediterranean cous-cous salad

Tofu Poke Bowl (V, VG, GF)
Marinated tofu, rice, avocado, edamame, mushrooms, peppers, tomatoes, carrots, sherry and poppy seed vinaigrette

Dessert

Raspberry Bavoire (Mousse)
Berry Chambord coulis
(Bavoire Contains Gelatin)

$25.00 taxes extra

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

We bring learning to the table.