

menu

*Essence Lunch Menu*

*October 7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup> 2024*

*Appetizers*

**Cream of Carrot Soup (V, VG, GF)**

*Coconut milk, chives, maple cream*

*or*

**Individual Brie and Broccoli Quiche (V)**

*Red pepper relish*

*Entrée's*

**Beef Stroganoff with Pappardelle Noodles**

*Beef tenderloin, mushrooms, onions, garlic, cream, brandy, sour cream, pickles, dill,*

**Roasted Root Vegetable Salad (V, VG, GF)**

*Pumpkin seeds, cranberries, salad leaves, maple cider dressing*

**Pulled Pork BBQ Sliders (2)**

*Mango salsa, parmesan + truffle oil fries, housemade tomato ketchup*

*Dessert*

***Baileys Crème Brule (V, GF)***

**\$25.00 taxes extra**

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



*We bring learning to the table.*