

menu

*Essence Lunch Menu*

*November 11<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup> 2024*

*Appetizers*

**Steamed Mussels in a Thai Coconut Red Curry Sauce (GF)**

*Glass noodles, peanuts, cilantro*

*or*

**Spinach Salad (V, GF)**

*Oranges, cashews, goats' cheese, poached egg, French vinaigrette*

*Entrée's*

**Quebec Tourtière**

*Maple bacon demi-glace, apple coleslaw*

**Ramen**

*Pork belly, noodles, egg, bok choy, cilantro, green onions*

**Roasted Brussel Sprout and Walnut Risotto (V, GF)**

*Arborio rice, parmesan, walnuts, pea shoots, mascarpone cheese*

*Dessert*

**Profiteroles (V)**

*Vanilla Custard, chocolate, whipped cream*

**\$25.00 taxes extra**

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



*We bring learning to the table.*