

menu

Essence Lunch Menu

October 28th, 29th 2025

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

Entree's

English Bangers (Pork) and Mash, Caramelized Red Onion Gravy

Seeded mustard and cheddar cheese mashed potatoes, steamed buttered broccoli

Pan Roasted Salmon, Sauce Choron

Bearnaise sauce with tomato, Mediterranean cous-cous salad

Tofu Poke Bowl (V, VG, GF)

Gluten-free soy sauce marinated tofu, rice, avocado, edamame, mushrooms, peppers, tomatoes, carrots, sherry and poppy seed vinaigrette

Dessert

Raspberry Bavaois (Mousse)

Berry Chambord coulis
(Bavaois Contains Gelatin Fish not Meat)

\$25.00 taxes extra

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



We bring learning to the table.