

menu

Essence Lunch Menu

November 4th, 5th 2025

Appetizers

Mulligatawny (Curry) Soup (V, VG)

Tofu, cucumber vegan yogurt raita, toasted coconut, chives

or

Shrimp Lettuce Wraps (GF)

Shrimp, lettuce, dill dressing, avocado, peanuts, cilantro, peanut sauce

Entrée's

Roast Beef Tenderloin with Port Cream Sauce

Leek kale bread pudding, asparagus

Steamed Pickerel with Dragon Fruit Salsa and Chili Herb Butter (GF)

Edamame and coconut milk rice pilaf infused with saffron

Harissa Black Beans, Corn, Spinach, Cheese Quesadilla (V, VG)

Vegan tortillas, vegan sour cream, salad, chipotle maple vinaigrette

Dessert

Eton Mess (V, GF)

Meringue, strawberries, berry sauce, whipped cream,

\$25.00 taxes extra

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



We bring learning to the table.