

Essence Lunch Menu

November 11th, 12th 2025

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.