

# menu

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## *Essence Lunch Menu*

4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup> February 2025

### *Appetizers*

#### **Black Bean Soup (V)**

*Crispy tortillas, Avocado sour cream, Cilantro  
or*

#### **Salad of Poached Pears, Walnuts, Grapes, Blue Cheese (V, GF)**

*Blackberry vanilla vinaigrette,  
(VG Upon Request)*

### *Entrées*

#### **Full Canadian Breakfast**

*Pancake, Bacon, Sausage, Baked tomato, Baked beans, Home fries,  
Egg of your choice: Fried or Scrambled*

#### **Indian Chickpea Curry (V, VG, GF)**

*Basmati with peas, Mango chutney, Papadams*

#### **Thai Scented Fish and Crab Cakes**

*Gochujang (Korean spice) mayonnaise, Dragon noodle salad*

### *Dessert*

#### **Bakewell Tart (V)**

*Cherry compote  
(VG Dessert Upon Request)*

**\$25.00 taxes extra**

**(V) Vegetarian, (VG) Vegan,  
(GF) Gluten Friendly**



*We bring learning to the table.*