

menu

Essence Lunch Menu

4th, 5th, 6th March 2025

Appetizers

Potato Blinis (V, GF)

Bell pepper cream cheese, Vegan sour cream, Micro greens Olive tapenade dressing
(VG Upon Request)

or

Escargot Vol-au-Vent

Puff pastry, Brie, Garlic cream sauce

Entrées

Roasted Butternut Squash Risotto (V, GF)

Smoked gouda, Pecans, Parmesan crisp

Roast Beef and Horseradish

Yorkshire pudding, Red cabbage, Roast potatoes, Roasted garlic demi-glace

Pan Fried Arctic Char, Garlic Shrimp (GF)

Sundried tomato and kale polenta

Dessert

Tiramisu (V)

(VG Dessert Upon Request)

\$25.00 taxes extra

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



We bring learning to the table.