

essensia

RESTAURANT & BAR

BREAKFAST MENU

BLENDED SMOOTHIES

ESSENTIALS SMOOTHIE 10

banana, strawberries, orange juice, yogurt

MIAMI SMOOTHIE 10

coconut milk, banana, papaya, mango, pineapple juice

LIGHT START

CONTINENTAL BASKET 16

fresh rolls, croissant, muffin, jam, butter, mixed fruit bowl

AVOCADO TOAST 19

sourdough bread, tomato, queso fresco, radish, cilantro
add 2 poached eggs 5

SMOKED SALMON & BAGEL 21

toasted bagel, cucumber, red onion, capers, arugula, sauce gribiche

NOVA LOX FLATBREAD 22

smoked salmon, goat cheese, capers, arugula, lemon agrumato, yogurt dill spread

GRIDDLE & GRAINS

BELGIAN WAFFLE 16

berries, whipped cream, maple syrup

BUTTERMILK PANCAKES 18

berries, whipped cream, maple syrup

add: banana, blueberries, chocolate chips or shredded coconut 3

PALMS FRENCH TOAST 16

berries, whipped cream, maple syrup

CHIA PUDDING 18

assorted berries, banana, mango, coconut milk, honey

STEEL CUT OATMEAL 18

cranberries, brown sugar, raisins

BOWLS

VEGAN TOFU HASH 18

turmeric, tomato, avocado, mushrooms, kimchi, spinach, farro

LATIN LUMBERJACK 20

short rib, poached egg, queso fresco, avocado, roasted tomato salsa, cilantro, chipotle crema, brown rice

LOADED HASH BROWN 17

bacon, cheddar cheese, sour cream, chives, fried egg

HEARTY

ALL AMERICAN BREAKFAST 19

two eggs any style, choice of: pork or chicken-apple sausage, or bacon, choice of toast

THREE EGG OMELET 21

whole eggs, egg whites, choice of 3 toppings: tomatoes, mushroom, red onion, peppers, spinach, ham, bacon, chicken sausage, cheddar, goat, or feta cheese

EGGS BENEDICT 21

poached eggs, hollandaise sauce, smoked ham, tomato, avocado
add prosciutto or smoked salmon 8

BREAKFAST BURRITO 18

spinach tortilla, scrambled eggs, cheddar cheese, green onions, bell peppers, avocado, pico de gallo

CHORIZO SKILLET 20

breakfast potatoes, spanish chorizo, avocado, eggs any style

HOUSE PRESSED JUICES

THE DETOX 10

beet, carrot, ginger, lemon

THE REFRESHER 10

pineapple, apple, melon, cucumber, kale, lime

BREAKFAST BUFFET

PER PERSON 39 | PER CHILD
(12 YEARS & UNDER) 18

SELECTION OF FRESH FRUIT

honeydew, cantaloupe, pineapple, watermelon, etc

BREADS & ACCOUTREMENTS

selection of breads, bagels, rolls, locally made jams, fruit preserves, nutella, butter

MUFFINS, CAKES & PASTRIES

selection of muffins, chocolate and plain croissants, bagels, danishes and other specialties

SMOKED SALMON BAR

smoked salmon, cream cheese, red onion, tomato, arugula, capers, herbs, and lemon

COLD CEREALS & MILK

skim, whole or soy milk

TRADITIONAL HOT OATMEAL

walnuts, raisins, brown sugar

YOGURT PARFAIT

greek yogurt, house made granola, fresh berries

ASSORTMENT OF MEATS & CHEESES

BREAKFAST PROTEINS OF THE DAY

POTATOES

selection of breakfast potatoes

BREAKFAST STANDARDS

selection of french toast, pancakes, belgian-style waffles

SCRAMBLED EGGS

fresh farm eggs

MADE-TO-ORDER OMELET

cracked eggs/egg whites, choice of: cheddar, monterey jack cheese, onion, tomatoes, bell peppers

2 EGGS ANY STYLE

cooked to your specification

MILK OR YOGURT

2% milk, skim, whole & soy, low fat vanilla or plain greek yogurt

SIDES

FRUIT SALAD 8 | MIXED BERRIES 8 | GRILLED ASPARAGUS 10

AVOCADO 5 | APPLEWOOD SMOKED BACON 5 | CHICKEN-APPLE SAUSAGE 5

BAGEL & CREAM CHEESE 6 | BREAKFAST POTATOES 8

YOGURT GREEK OR VANILLA 5 | SOURDOUGH, WHITE OR GLUTEN FREE TOAST 4

(GF) GLUTEN FREE, (V) VEGAN, (N) CONTAINS NUTS

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. All desserts may have been prepared in a facility that also processes nuts.

AN 18% SERVICE CHARGE AND APPLICABLE SALES TAX WILL BE ADDED TO YOUR CHECK