

essensia

RESTAURANT & BAR

BRUNCH MENU

EGGS & GRAINS

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

THREE EGG OMELET (GF) 21

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

EGGS BENEDICT 21

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

CHORIZO SKILLET (GF) 22

breakfast potatoes, spanish chorizo, avocado, eggs any style

STEAK & EGGS (GF) 25

two eggs any style, beef churrasco asparagus, hollandaise sauce

RAW BAR

YELLOWFIN TUNA CRUDO* 26

caviar, lemon vinaigrette, jalapeño jam

SHRIMP CEVICHE (GF) 25

key west pink shrimp, mango relish, avocado crema, leche de tigre

TUNA TARTARE (GF) 20

soy marinade, scallions, avocado puree, cured egg yolk, pickled green apple, radish

BRICK OVEN PIZZA

BUTCHER'S BLOCK 25

bacon, pepperoni, steak, chicken sausage, mozzarella

FENNEL & SAUSAGE 22

chicken sausage, burrata, roasted fennel, red onion

ARUGULA & PROSCIUTTO 22

burrata, prosciutto, balsamic reduction

MARGHERITA 22

mozzarella, pomodoro, confit garlic, blistered tomatoes, basil

NOVA LOX FLATBREAD 22

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

HEARTY

choice of sides: french fries, fruit salad, side salad, sweet potato fries

BREAKFAST BURRITO (V) 18

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

CHICKEN & WAFFLE 16

maple syrup, chipotle aioli

PALMS BURGER 24

certified angus beef, cheddar, lettuce tomato, onion, brioche bun

CUBAN SANDWICH 21

ham, roasted mojo pork, dijonnaise, house-made pickles, swiss cheese

SALADS & BOWLS

Add: grilled chicken (GF) 12

grilled shrimp (GF) 14

hangar steak (GF) 16

seared salmon (GF) 20

CLASSIC CAESAR 15

rosemary croutons, aged parmesan, anchovies, house caesar dressing

PURPLE & BLACK KALE 14

shaved vegetables, avocado, ricotta salata, sherry vinaigrette

VEGAN TOFU HASH (V) 18

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

LATIN LUMBERJACK (GF) 20

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

LOADED HASH BROWN (GF) 17

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

SIDES

GRILLED BROCCOLINI 12

lemon vinaigrette

GRILLED ASPARAGUS 15

bearnaise

MIXED GREENS 10

SWEET POTATO FRIES 12

TRUFFLE FRIES 14

aged parmesan

HONEYDEW, CANTALOUPE, PINEAPPLE, BERRIES 12

(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

NATURALLY GROUNDED
CUISINE

Welcome to natural and
down to earth dining at its finest:
A freshly crafted selection of globally-
inspired cuisine, healthfully prepared and
mindfully crafted to please your body and
soul, with sustainable sourcing and
premium ingredients in every bite.

WINES BY THE GLASS

CHAMPAGNE & SPARKLING

- Champagne, Piper Heidsieck Brut, Reims, Fr 22
- Organic Prosecco, Villa Sandi, Venezia, It 14
- Sparkling Rosé, Syltbar, Friuli, It 14

WHITE & ROSE

- Sauvignon Blanc, Whitehaven,
Marlborough, Nz 16
- Pinot Grigio, Villa Sandi, Venezia, Italy 14
- Chardonnay, Mer Soleil,
Santa Lucia Highlands, Ca 16
- Albariño, Blanquito, Rias Baixas, Sp 14
- Rosé, Manon, Côtes De Provence, Fr 14

RED

- Malbec, Terrazas Reserva, Mendoza, Ar 15
- Malbec, Benmarco, Mendoza, Ar 15
- Pinot Noir, Lyric By Etude,
Santa Barbara, Ca 16
- Merlot, Decoy, Sonoma County, Ca 16
- Cabernet Sauvignon, Simi,
Alexander Valley, Ca 17
- Chianti, Rocca Delle Macie Riserva,
Tuscany, Italy 16
- Red Blend, Z. Alexander Brown,
North Coast, Ca 15
- Super Tuscan, Jacopo Biondi Santi,
Tuscany, It 25

BOTTOMLESS

MIMOSA 35

Organic Prosecco, Villa Sandi, Orange Juice

BELLINI 35

Organic Prosecco, Villa Sandi, Peach Puree

ROSÉ 35

Manon, Côtes De Provence, Fr

COFFEE & TEA

JULIUS MEINL SUSTAINABLE COFFEE 5

CAPPUCCINO | LATTE 6

ESPRESSO 4

ORGANIC TEA 5



OCEAN FRIENDLY
RESTAURANTS



ESSENTIAL COCKTAILS

STARS IN YOUR EYES 17

Villa Sandi Organic Prosecco, Pama Pomegranate
Liqueur, Passionfruit Puree, Lemon Juice

BELLA CIAO 19

Barr Hill Gin, Campari, Antica Vermouth,
Fresh Blood Orange Juice, Club Soda

SUR LA PLAGES 19

Tito's Vodka, St. Germain Elderflower Liqueur,
Fresh Lemon Juice, Club Soda

GARDEN MULE 18

Crop Organic Vodka, Muddled Cucumber & Basil,
Fresh Lemon Juice

GIN & TROPICS 19

Empress Gin, Grapefruit Zest, Allspice Seeds, Q Tonic

YIN YANG 18

Aviation Gin, Lemongrass Pulp, Fresh Lime & Juice,
Lemongrass Syrup

COCO Y CAÑA 20

Rum Diplomatico, Coconut Cream,
Fresh Lime Juice, Ginger Beer

RUM DIARIES 20

Brugal 1888, Chinola Passionfruit Liqueur,
Pineapple Juice, Fresh Lime Juice, Ginger Beer

MOSHETO MOJITO 18

Rum Urupan Charanda Blanco, Hiro Sake, Italicus Liqueur,
House Refresher Juice Blend, Muddled Mint & Lime, Agave

SURF BREAK 19

Hamilton Beach Bumberry Overproof Rum, Ginger
Puree, Allspice & Ginger Syrup, Lemon Juice, Tonic Water

PASSION & SPICE 19

Jalapeno-Infused Cimarron Blanco Tequila, Chinola
Passionfruit Liqueur, Pineapple & Lime Juice, Hellfire Bitters

BEET THE CLOCK 19

Del Maguey Vida Mezcal, House Detox Juice Blend, Allspice
and Ginger Syrup, Fresh Lemon Juice, Ginger Beer

PALMS DERBY 18

Bulleit Bourbon, Earl Grey Tea Honey Syrup,
Fresh Lemon Juice

MIDNIGHT BLOSSOM 18

Jameson Irish Whisky, Luxardo Maraschino Liqueur,
Averna Amaro Liqueur

BLENDED SMOOTHIES

ESSENTIALS SMOOTHIE 10

banana, strawberries, orange juice, yogurt

MIAMI SMOOTHIE 10

coconut milk, banana, papaya, mango,
pineapple juice

HOUSE PRESSED JUICES

THE DETOX 10

beet, carrot, ginger, lemon

THE REFRESHER 10

pineapple, apple, melon, cucumber, kale, lime