



**essensia**  
THE PURE ESSENCE  
OF TASTE

## BEVERAGES

### FRESHLY BLENDED SMOOTHIES 8

**ESSENTIALS SMOOTHIE (D)**  
Banana, Strawberries, OJ,  
Vanilla Yogurt

**MIAMI SMOOTHIE**  
Coconut Milk, Banana, Papaya,  
Mango, Pineapple Juice

### HOUSE-PRESSED JUICES 8

**THE DETOX**  
Beet, Carrot, Ginger, Lemon

**THE REFRESHER**  
Pineapple, Apple, Melon,  
Cucumber, Kale, Lime

### JUICES 4

Orange, Grapefruit, Tomato,  
Apple, Pineapple, Cranberry

**EVIAN WATER 7**

**FERRARELLE SPARKLING 7**

**SOFT DRINKS 5**

## COFFEES & TEAS

**LAVAZZA TIERRA  
SUSTAINABLE COFFEE 5**

**ORGANIC TEA 5**

**MILK, CHOCOLATE MILK 5**

**HOT CHOCOLATE 5**

**ESPRESSO 4**

**CAPPUCCINO, LATTE 6**  
Extra shot of Espresso 3

**THE PALMS SIGNATURE  
BLACK OR GREEN PASSION  
ICED TEA 3**

# À LA CARTE BREAKFAST

## LIGHT

**VEGAN OATMEAL (N) 12**  
Toasted Pecans, Almond Milk, Dried Cranberries

**SEASONAL FRESH FRUIT PLATE 10**  
Add Side of Greek or Vanilla Yogurt 4

**BAGEL AND LOX (GL, D) 16**  
Smoked Salmon, Toasted Bagel, Cream Cheese,  
Red Onion, Tomato, Cucumber, Capers, Arugula

**GREEK YOGURT PARFAIT (GL, D, N) 8**  
Granola and Fresh Berries

**AVOCADO TOAST (GL - GF upon request) 10**  
Sourdough Bread, Roasted Tomato, Radish, Arugula  
Add 2 Poached Eggs 4

**CEREAL AND MILK (GL, D, N) 6**  
Choice of Raisin Bran, Rice Krispies, Granola,  
Frosted Flakes with Option of Whole Milk, Skim Milk,  
Soy Milk or Almond Milk

## SWEET

**CONTINENTAL BREAKFAST (GL - GF upon request) 15**  
Fresh Fruit, Muffin, Croissant, Danish,  
Choice of Toast, Butter and Jam

**BELGIAN WAFFLES (GL, D) 12**  
Fresh Strawberries, Mascarpone Whipped Cream

**BUTTERMILK PANCAKES (GL, D) 12**  
House-made Blueberry Compote, Pure Maple Syrup

**CHALLAH FRENCH TOAST (GL, D) 12**  
Macerated Strawberries, Pure Maple Syrup

## CONTAINS

**(D) DAIRY | (G) GARLIC | (GL) GLUTEN | (N) NUTS | (SF) SHELL FISH**

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions

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

# À LA CARTE BREAKFAST

## HEARTY

\* Served with Crispy Hash Brown Potatoes and Mixed Greens

### \* ALL AMERICAN BREAKFAST 16

Two Eggs Any Style, Choice of Maple Smoked Bacon, Pork Thyme Sausage or Chicken-Apple Sausage, Choice of Toast

### \* THREE EGG OMELET (D) 16

Eggs or Egg Whites with choice of 3:  
Cheddar, Feta, Swiss, Goat Cheese,  
Spinach, Mushrooms, Asparagus, Onions,  
Tomatoes, Bell Peppers,  
Ham, Maple Smoked Bacon, Chicken-Apple Sausage, Choice of Toast

### VEGAN TOFU HASH (GL) 12

Tumeric Seasoned Tofu,  
Beyond Meat and Sweet Potato Hash,  
Spinach, Sliced Tomato and Avocado Salad

### BREAKFAST BURRITO (GL, D) 14

Spinach Tortilla, Scrambled Eggs, Cheddar Cheese, Bell Peppers,  
Grilled Corn, Green Onions, Guacamole, Pico de Gallo

### \* WHOLE WHEAT CROISSANT SANDWICH (GL, D) 16

Scrambled Eggs, Swiss Cheese, Avocado,  
Sliced Tomato

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## SIDES

CHOICE OF SOURDOUGH,  
MULTI-GRAIN, OR GLUTEN  
FREE TOAST (GL) 4

TWO PASTRIES  
OR MUFFIN (GL) 5

BAGEL & CREAM  
CHEESE (GL, D) 6

SIDE OF MIXED FRUIT 6

CRISPY HASH BROWNS 5

MAPLE SMOKED BACON 5

CHICKEN-APPLE SAUSAGE 5

GREEK OR VANILLA  
YOGURT (D) 4

AVOCADO 5



OCEAN FRIENDLY  
RESTAURANTS

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