



**essensia**  
THE PURE ESSENCE  
OF TASTE

### ESSENTIAL SOURCES

Following a farm-to-table philosophy, all of our dishes include locally grown produce - organically and sustainably farmed when possible - but always natural and premium. Current sources include:

#### BUCKHEAD BEEF

Certified Angus Beef

#### ESSENSIA

#### ORGANIC CHEF'S GARDEN

(by Little River Cooperative)

Herbs and Greens,  
Edible Flowers

#### JOYCE FARMS POULTRY

All-Natural Free-Range  
Chicken Certified Humane by  
Humane Animal Farm Care

#### PORT ROYALE

Faroe Island Sustainably  
Sourced Salmon  
And

Atlantic & Gulf Coast  
Sustainably Sourced Snapper,  
Shrimp

### CONTAINS

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



## DINNER SELECTIONS

### STARTERS

#### FLORIDA KEYS CONCH CHOWDER (G, SF) 12

Nueske Bacon, Marbled Potatoes, Sunshine State Tomatoes

#### BLACK ANGUS CARPACCIO (D, G, GL) 16

Béarnaise, Horseradish, Cured Egg Yolk,  
Pumpnickel, Arugula

#### TUNA POKE (G, GL, N) 15

Sushi Rice, Macadamia Nuts, Shredded Carrots,  
Green Onions, Furikake

#### WILD CAUGHT PINK SHRIMP (D, G, GL, SF) 16

Crispy Parmesan Polenta, Garden Parsley,  
Mixed Cherry Tomatoes

#### MARKET CEVICHE (G, GL) 14

Tomato, Radish, Cucumber, Papaya, Green Onion, Mint, Cilantro,  
Sweet Chile Vinaigrette, Served with Plantain Chips

#### CHARCUTERIE & CHEESE BOARD (D, GL, G) 18

Aged Prosciutto, Soppressata, Speck, Mahon Reserva,  
Florida White Cheddar, Bleu Sunshine,  
Grilled Sourdough Bread

### SALADS

Add: Grilled Chicken 6 | Shrimp 8 | Salmon 8

#### HEIRLOOM TOMATO & BURRATA (D) 12

Basil, Aged Balsamic Vinegar, Pickled Onion, Garden Parsley

#### THE PALMS KALE CAESAR (D, GL, G) 12

Rosemary Croutons, Toasted Pepitas, Aged Parmesan

#### WATERMELON & FETA (D, G) 12

Raspberries, Pickled Shallots, Garden Herbs, Lime Vinaigrette

### FLATBREADS

#### YELLOW FIN TUNA (GL, N) 15

Avocado, Yuzu Tobiko, Scallions, Macadamia Nuts, Furikake

#### SMOKED SALMON (GL, G) 15

Avocado, Red Onions, Gribiche, Fennel Pollen, Garden Dill

#### CAPRESE (GL, D) 12

Burrata, Pomodoro Sauce, Tomatoes, Fresh Basil

#### MEDITERRANEAN (GL, D) 12

Feta, Pomodoro Sauce, Bell Peppers, Tomatoes,  
Red Onion, Kalamata Olives, Fresh Oregano

#### PEPPERONI SUPREME (GL, D) 12

Mozzarella, Parmesan, Pomodoro Sauce,  
Mushrooms, Kalamata Olives, Pepperoni, Fresh Oregano

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

# DINNER SELECTIONS

## MAINS

**SUSTAINABLE CARIBBEAN SNAPPER (G, GL, D) 32**  
Harissa Roasted Carrots, Couscous, Pickled Raspberries,  
Mint Tea Gelée

**FAROE ISLAND SALMON (G, N, D) 30**  
Turnips, Marcona Almond Puree, Salmon Roe,  
Green Peppercorn Pistou

**MUSHROOM RISOTTO (D, G) 26**  
Truffle, Shaved Parmesan, Preserved Lemon Rind

**FILET MIGNON (D, G) 46**  
Potato Puree, Artichokes, Elderflower Hollandaise

**FREE RANGE CHICKEN (D, G) 29**  
Seasonal Vegetables, Potato Puree, Natural Jus

**SPAGHETTI ALL'AMATRICIANA (D, G, GL) 24**  
Pancetta, House-Made Pomodoro Sauce,  
Petit Peppers, Aged Parmesan

**BISTRO BURGER (D, G, GL) 20**  
Certified Angus Beef Patty, Gruyere, Mushrooms,  
Caramelized Onions, Roasted Garlic Aioli  
Served with Truffle Fries

**THE PALMS BURGER (D, GL) 16**  
Choice of Swiss, Cheddar, Jack, or American Cheese,  
French Onions, Tomatoes, Bibb Lettuce,  
Brioche Bun

## DESSERTS

**CHOCOLATE DECADENCE (GL, D, N) 9**  
Dark, Milk and Ivory Chocolate Mousse, Chocolate Almond Sponge

**IVORY PASSION (GL, D) 9**  
Crème Brûlée Mousse, Mango and Passion Fruit Cream,  
Tropical Fruit Compote Mix, Coconut and Lime  
Dacquoise Sponge Cake, White Chocolate

**APPLE-CRANBERRY CRUMBLE (GL, D) 9**  
Sable Dough Crust, Caramelized Apples and Cranberries,  
Crumble, Vanilla Ice Cream

**MILLEFEUILLE (GL, D) 9**  
Caramelized Puff Pastry, Light Vanilla Mascarpone Cream,  
Served with Berries

**KEY LIME TART (GL, D) 9**  
Key Lime Custard, Sable Crust, Meringue



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## SIDES 9

**WHIPPED POTATOES (D, G)**  
Garlic Butter, Garden Herbs,  
Crispy Leeks

**ASPARAGUS (D)**  
Parmesan Crisp, Anchovies,  
Caper Emulsion

**TRUFFLE FRIES (D)**  
Aged Parmesan, Garden  
Parsley

**MARKET SALAD**  
Assorted Greens,  
Grapefruit Vinaigrette,  
Sunshine State Tomatoes

## CONTAINS

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(GL) GLUTEN  
(N) NUTS  
(SF) SHELL FISH



**OCEAN FRIENDLY  
RESTAURANTS**

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