

essensia

RESTAURANT & BAR

BREAKFAST MENU

BLENDED SMOOTHIES

ESSENTIALS SMOOTHIE 10
banana, strawberries, orange juice, yogurt

MIAMI SMOOTHIE 10
coconut milk, banana, papaya, mango, pineapple

LIGHT START

CONTINENTAL BASKET 16
fresh rolls, croissant, muffin, jam, butter,
mixed fruit bowl

AVOCADO TOAST 19
sourdough bread, tomato, queso fresco,
poached eggs, radish, cilantro

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 sill spread

GRIDDLE & GRAINS

BELGIAN WAFFLE 16
berries, whipped cream, maple syrup

BUTTERMILK PANCAKES 18
berries, whipped butter, 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
assorted berries, brown sugar, raisins

HOUSE PRESSED JUICES

THE DETOX 10
beet, carrot, ginger, lemon

THE REFRESHER 10
pineapple, apple, melon, cucumber, kale, lime

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 sausage,
chicken-apple sausage or applewood smoked
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, shrimp,
cheddar, goat, or feta cheese

EGGS BENEDICT 21
poached eggs, hollandaise sauce, smoked ham,
tomato, avocado

BREAKFAST BURRITO 18
spinach tortilla, scrambled eggs, cheddar
cheese, green onions, bell peppers, guacamole,
pico de gallo

CHORIZO SKILLET 20
breakfast potatoes, spanish chorizo, avocado,
eggs any style

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
PLAIN GREEK OR VANILLA YOGURT 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