



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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