

essensia

RESTAURANT & BAR

DINNER MENU

ARTISANAL BREAD

herb butter, olive tapenade

APPETIZERS

FARMERS TOMATO SOUP 15

basil, cheese focaccia crostini

ARTICHOKE (V OPTIONAL) 24

verjus vinaigrette, lemon aioli, prosciutto or tomato jam

OCTOPUS 24

potato, honey-lemon vinaigrette, arugula pesto, watercress

SEARED SCALLOPS (GF) 30

tomato jam, peas, bacon, basil

STEAK TARTARE* 25

grass-fed filet, capers, cornichons, mustard, shallots, raw egg, crostini

YUCCA NIKKEI (GF) 17

huancaína sauce, furikake

FRIED CALAMARI 22

fried cauliflower, pickled fresno pepper, arrabiata aioli, lemon aioli

RAW BAR

YELLOWFIN TUNA CRUDO* (GF) 26

lemon vinaigrette, jalapeño jam, caviar

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

RAW BAR PLATTER* (GF) 120

jumbo shrimp, spiny lobster tail, tuna sashimi, salmon sashimi

SALADS

CLASSIC CAESAR 15

rosemary croutons, aged parmesan, anchovies, house caesar dressing

BURRATA & TOMATO (GF) 24

heirloom tomatoes, figs, prosciutto, arugula, honey white balsamic glaze

WEDGE (GF) 18

bacon lardons, tiny heirloom tomato, chives, blue cheese, cured egg yolk

HOUSEMADE PASTA

GNOCCHI + SHORT RIB

(GF OPTIONAL) 34

cacio e pepe gnocchi, short rib ragù, napa cabbage, chimichurri oil

LOBSTER CAVATAPPI 30

cheese sauce, lemon, chives

PENNE AL FORNO (GF OPTIONAL) 30

bolognese, crema di pomodoro, sausage, spinach, mozzarella, parmesan

TAGLIATELLE PESCATORE

(GF OPTIONAL) 40

fish, mussels, clams, shrimp, calamari, alla vodka sauce

FROM THE SEA

PAN SEARED STRIPED BASS 36

ancient grains, cilantro-capers sauce, cauliflower puree

ATLANTIC SALMON (GF) 35

lemon-caviar sabayon, asparagus, pistachio polenta

FROM THE FARM

MUSHROOM RISOTTO (GF) 39

aged parmesan cheese, hydroponic mushrooms, truffles, lemon, basil

CAULIFLOWER STEAK 25

farro risotto, mushrooms, arugula pesto

LAKE MEADOW NATURALS

CHICKEN BREAST 30

farro-corn ragout, pickled green beans, shallot confit, sage butter

FROM THE GRILL

choice of 1 side, choice of sauce

16 OZ HANGER STEAK (GF) 49

22 OZ DRY-AGED COWBOY

RIBEYE (GF) 90

8 OZ GRASS-FED

FILET MIGNON (GF) 54

ENHANCEMENTS

JUMBO SHRIMP 22

TRUFFLE BUTTER 15

SPINY LOBSTER TAIL MKP

SAUCES

BÉARNAISE (GF)

CHIMICHURRI (GF, V)

CREAMY HORSE RADISH (GF)

GREEN PEPPERCORN

7

SIDES

GRILLED BROCCOLINI lemon vinaigrette (GF, V) 12 | ROASTED BEETS verjus, fresh horseradish, chives (GF, V) 13

GRILLED ASPARAGUS béarnaise (GF) 15 | BRUSSEL SPROUTS furikake, honey-miso glaze (GF, V) 15

ANSON MILLS POLENTA corn, goat cheese (GF) 10 | POTATO PUREE (GF) 13

TRUFFLE FRIES aged parmesan (GF) 16 | MAC & CHEESE 10

(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.*



SEASONALLY INSPIRED

*We invite you to experience some of
Florida's distinctive flavors of this season,
highlighting locally-grown ingredients from
some of South Florida's best natural
farmers, paired with all-natural meats and
the freshest seafood.*

SEASONAL APPETIZERS

SPINY LOBSTER BISQUE (GF) 22
lemon crème fraîche, chives

STRAWBERRY FIELD SALAD (GF, N) 15
plant city strawberries, baby greens,
candied pecans, goat cheese, pickled
red onions, balsamic vinaigrette

ATLANTIC SALMON CRUDO* 25
indian river grapefruit ponzu,
finger lime, scallions, ikura

SEASONAL MAINS

HEIRLOOM CARROTS (GF, V, N) 29
curried butternut squash, cashew
cheese, pistachios

CARIBBEAN SNAPPER (GF) 40
indian river fennel-citrus salad, yucca
croquette, romesco sauce

VALENCIA DUCK PAELLA (GF) 30
crispy organic duck, bomba rice, tomato
sofrito, mushrooms, radishes, truffle

SEASONAL DESSERT

ALMOND MILK PANNA COTTA (GF, V, N) 9
strawberry gelee, florida berries

DESSERTS

HAZELNUT POT DE CRÈME (N) 10
caramel popcorn

FLOURLESS CHOCOLATE CAKE (GF) 10
chocolate soil, strawberry sorbet, caramel sauce

PISTACHIO CRÈME BRULEE (N) 9
blueberry, hard caramel

GUAVA BREAD PUDDING 9
guava, dulce de leche cream

MIAMI GELATO & SORBETS 8
selections of the day

COFFEE & TEA

JULIUS MEINL SUSTAINABLE COFFEE 5
CAPPUCCINO | LATTE 6
ESPRESSO 4
ORGANIC TEA 5

ESSENTIAL SOURCES

*We proudly feature the following all-natural
farmers and seafood purveyors:*

BRASSTOWN BEEF, NC
humanely raised, grass-fed beef, free
of all antibiotics and growth hormones

FRESH POINT, SOUTH FL
plant city strawberries

HARPKE FARMS, DAVIE, FL
finger lime, edible flowers

IMAGINE FARMS, MIAMI
green leaves, arugula, pea tendrils,
hydroponic mushrooms, red veined sorrel

J&J PRODUCE, LOXAHATCHEE, FL
heirloom tomatoes, squash

LAKE MEADOW NATURALS, CENTRAL FL
clean and humanely raised natural
chicken and duck

NORTH STAR SEAFOOD, SOUTH FL
yellowfin tuna, key west pink shrimp,
scallops, striped bass, yellowtail snapper

PORT ROYALE TRADING CO., MIAMI
salmon, mussels, clams, spiny lobster



**OCEAN FRIENDLY
RESTAURANTS**