

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

SEASONAL SPECIALS

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.

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

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



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**

ESSENTIAL COCKTAILS

BLOOMING PARADISE 12
Martinelli's Sparkling Cider, Peach Puree, Grapefruit & Hibiscus Juice

STARS IN YOUR EYES 17
Villa Sandi Organic Prosecco, Pama Pomegranate Liqueur, Passionfruit Puree, Lemon Juice

BELLA CIAO 19
Barr Hill Gin, Campari, Antica Vermouth, Fresh Blood Orange Juice, Club Soda

Sur La Plage 19
Tito's Vodka, St. Germain Elderflower Liqueur, Fresh Lemon Juice, Club Soda

GARDEN MULE 18
Crop Organic Vodka, Muddled Cucumber & Basil, Fresh Lemon Juice

GIN & TROPICS 19
Empress Gin, Grapefruit Zest, Allspice Seeds, Q Tonic

YIN YANG 18
Aviation Gin, Lemongrass Pulp, Fresh Lime & Juice, House Lemongrass Syrup

Coco Y Caña 20
Rum Diplomatico, Coconut Cream, Fresh Lime Juice, Ginger Beer

RUM DIARIES 20
Brugal 1888, Chinola Passionfruit Liqueur, Pineapple Juice, Fresh Lime Juice, Ginger Beer

MOSHETO MOJITO 18
Urupan Charanda Blanco, Hiro Sake, Italicus Liqueur, House Refresher Juice Blend, Muddled Mint & Lime, Agave Syrup

SURF BREAK 19
Hamilton Beach Bumberry Overproof Rum, Ginger Puree, House Allspice & Ginger Syrup, Lemon Juice, Tonic Water

PASSION & SPICE 19
Jalapeño-Infused Cimarron Blanco Tequila, Chinola Passionfruit Liqueur, House Passionfruit Syrup, Pineapple & Lime Juice, Hellfire Bitters

BEET THE CLOCK 19
Del Maguey Vida Mezcal, House Detox Juice Blend, House Allspice and Ginger Syrup, Fresh Lemon Juice, Ginger Beer

PALMS DERBY 18
Bulleit Bourbon, House Earl Grey Tea Honey Syrup, Fresh Lemon Juice

MIDNIGHT BLOSSOM 18
Jameson Irish Whisky, Luxardo Maraschino Liqueur, Averna Amaro Liqueur

WINES BY THE GLASS

CHAMPAGNE & SPARKLING
Champagne, Piper Heidsieck Brut, Reims, Fr 22
Organic Prosecco, Villa Sandi, Venezia, It 14
Sparkling Rosé, Syltbar, Friuli, It 14

WHITE & ROSE
Sauvignon Blanc, Whitehaven, Marlborough, Nz 16
Pinot Grigio, Villa Sandi, Venezia, Italy 14
Chardonnay, Mer Soleil, Santa Lucia Highlands, Ca 16
Albariño, Blanquito, Rias Baixas, Sp 14
Rosé, Manon, Côtes De Provence, Fr 14

RED
Malbec, Terrazas Reserva, Mendoza, Ar 15
Malbec, Benmarco, Mendoza, Ar 15
Pinot Noir, Lyric By Etude, Santa Barbara, Ca 16
Merlot, Decoy, Sonoma County, Ca 16
Cabernet Sauvignon, Simi, Alexander Valley, Ca 17
Chianti, Rocca Delle Macie Riserva, Tuscany, Italy 16
Red Blend, Z. Alexander Brown, North Coast, Ca 15
Super Tuscan, Jacopo Biondi Santi, Tuscany, It 25