

essensia  
RESTAURANT & BAR

LUNCH MENU

RAW BAR

SHRIMP CEVICHE\* (GF) 25

key west pink shrimp, mango relish, avocado crema, “leche de tigre”

YELLOWFIN TUNA CRUDO\* (GF) 26

lemon vinaigrette, jalapeño jam, caviar

TUNA TARTARE\* (GF) 20

soy marinade, scallions, avocado puree, cured egg yolk, pickled green apple, radish

APPETIZERS

FARMERS TOMATO SOUP 15

basil, cheese focaccia crostini

CHICKEN WINGS (GF) 18

sweet thai chili, gochujang, or buffalo

LOADED HUMMUS 16

tomatoes, goat cheese, thyme,  
lavash bread

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

HANDHELDS

choice of 1 side

PALMS BURGER 24

certified angus beef, cheddar,  
lettuce, tomato, onion, brioche bun

GROUPE SANDWICH 22

lettuce, tomato, red onion, mango  
salsa, cilantro mayo, brioche bun

CUBAN SANDWICH 21

ham, roasted mojo pork, dijonnaise,  
house-made pickles, swiss cheese

BRICK OVEN PIZZA

gluten-free crust available +3

BUTCHER’S BLOCK 25

bacon, pepperoni, steak, chicken  
sausage, mozzarella

FENNEL & SAUSAGE 22

chicken sausage, burrata, roasted  
fennel, red onion

ARUGULA & PROSCIUTTO 22

burrata, prosciutto, balsamic  
reduction

MARGHERITA 22

mozzarella, pomodoro, confit garlic,  
blistered tomatoes, basil

SALADS

CLASSIC CAESAR 15

rosemary croutons, aged parmesan,  
anchovies, house caesar dressing

PURPLE & BLACK KALE 14

shaved vegetables, avocado,  
ricotta salata, sherry vinaigrette

ENHANCEMENTS

GRILLED CHICKEN 12

GRILLED SHRIMP 14

HANGER STEAK 16

SEARED SALMON 20

SPINY LOBSTER TAIL MKP

FROM THE SEA

PAN SEARED STRIPED BASS 36

ancient grains, cilantro-capers  
sauce, cauliflower puree

LOBSTER MAC & CHEESE 30

lemon, chives

FROM THE GRILL

choice of 1 side, choice of sauce

16 OZ HANGER STEAK (GF) 49

8 OZ GRASS-FED

FILET MIGNON (GF) 54

SAUCES

CHIMICHURRI

CREAMY HORSERADISH

7

SIDES

GRILLED BROCCOLINI

lemon vinaigrette (GF, V) 12

MIXED SALAD GREENS 10

MIXED FRUIT

honeydew, cantaloupe, pineapple,  
berries (GF, V) 12

SWEET POTATO FRIES 12

TRUFFLE FRIES

aged parmesan 16

(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**