

# 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, V) 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 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 organic meats and  
Florida's 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 BRÛLÉE (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

organic chicken and organic 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**