



essensia
THE PURE ESSENCE
OF TASTE

BEVERAGES CHOOSE 1

SMOOTHIES

ESSENTIALS SMOOTHIE

Banana, Strawberries, OJ,
Vanilla Yogurt

GREEN SMOOTHIE

Banana, Strawberries, Spinach,
Blueberries, OJ, Greek Yogurt

MIAMI SMOOTHIE

Coconut Milk, Banana, Papaya,
Mango, Pineapple Juice

ACAI SMOOTHIE

Acai, Banana, Strawberry,
Blueberry, Almond Milk

FRESH PRESSED JUICES

THE ESSENTIALS

Beet, Carrot, Ginger, Lemon

THE REFRESHER

Pineapple, Apple, Melon,
Cucumber, Kale, Lime

HOT DRINKS

LAVAZZA TIERRA

SUSTAINABLE COFFEE

ORGANIC TEA

HOT CHOCOLATE

ESPRESSO

CAPPUCCINO

LATTE

BUBBLES

BOTTOMLESS 20

Mimosa, Bellini, Bloody Mary

ZENDAYS AT THE PALMS

CHOICE OF:

2 BREAKFAST FAVORITES & APPS OR 1 MAIN
BEVERAGE & DESSERT

BREAKFAST FAVORITES & APPS CHOOSE 2

CHALLAH FRENCH TOAST (NF)

Seasonal Fresh Fruits, Pure Maple Syrup

LEMON POPPY SEED QUINOA PANCAKES (GF)

Ricotta, Blueberries, Fresh Mint, Pure Maple Syrup

BLTA BENEDICT* (SYF, NF)

Bacon, Poached Egg, Tomato, Avocado, Hollandaise, Greens,
Garden Herb Potatoes

STEAK TARTARE (GF EXCL BREAD, SYF, NF, LF)

Certified Angus Beef, Local Vegetable Tatemada Salsa, Charred Jalapeño,
Aioli, Radish, Essensia Garden Chives, Sourdough Crostini

TUNA TOSTADAS (NF, LF)

Yellow Fin Tuna, Crispy Corn Tortilla, Chipotle Tomato Sauce,
Aioli, Frizzled Leeks, Essensia Garden Cilantro

KALE CAESAR SALAD (GF EXCL CROUTONS, SYF, LF, V, AVAILABLE AS CLASSIC) 16

Chopped Kale, Pepitas, Sourdough Croutons, Parmesan,
Classic Caesar Dressing

MARKET SALAD (GF EXCL CROUTONS, NF, DF, SYF, VV)

Local Farm Greens, Heirloom Tomatoes, Carrots, Cucumbers,
Pickled Red Onions, Basil, Scallion, Mint, Fresh Baked Olive Oil Croutons,
Dijon Vinaigrette

BUTTERNUT SQUASH SOUP (GF, NF, SYF, V)

Crème Fraiche, Spiced Pumpkin Seeds, Grated, Nutmeg, Sage

OR...

(GF) GLUTEN FREE | (DF) DAIRY FREE | (LF) LACTOSE FREE
(NF) NUT FREE | (SYF) SOY FREE (V) VEGETARIAN | (VV) VEGAN
(SF) CONTAINS SHELL FISH | (CSF) CORN SYRUP FREE

AN 18% SERVICE CHARGE AND APPLICABLE SALES TAX WILL BE ADDED TO YOUR CHECK

MAINS CHOOSE 1

STEAK & EGGS (NF)

Certified Angus Beef, 2 Eggs to your specifications, Pommes Frites, Chimichurri

SMOKED SALMON (SYF, NF)

Toasted Bagel, Cream Cheese, Red Onion, Tomato, Cucumber, Capers, Arugula

THE PALMS BURGER (SYF, NF)

Certified Angus Beef, Sautéed Onion, Tomato, Little Gem Lettuce, Brioche Bun, Choice of Swiss, Cheddar, Jack or American Cheese
Add Bacon | Jalapeño | Blue Cheese | Avocado | Mushrooms | **2 each**

TURKEY CLUB (SYF, NF)

Boston Lettuce, Homestead Tomato, Applewood Smoked Bacon, Gruyere Cheese, Aioli, Sourdough

GRILLED CHICKEN WRAP (SYF, NF, AVAILABLE AS V)

All Natural Grilled Chicken Breast, Smoked Blue Cheese, Arugula, Apples, Cranberries, Aioli, Whole Wheat Tortilla

FISH TACOS (SEARED OR CRISPY, FLOUR OR GF-CORN TORTILLA)

Fresh Catch of the Day, Avocado Mash, Pico de Gallo, Picked Cilantro and Cabbage Slaw, Spicy Jalapeño and Cilantro Salsa Verde

AHI TUNA & CORN SALAD (GF, SYF, DF, NF)

Grilled Tuna Steak, Spinach, Torched Florida Corn, Canchita, Hominy, Tomato, Avocado, Essensia Garden Chives, Basil and Mint, Lime Dressing

GRILLED CHURRASCO (SYF, NF)

Certified Angus Flap Steak, Pecorino Black Truffle French Fries, Aleppo Chili, Chimichurri

AND...

DESSERTS CHOOSE 1

KEY LIME PIE (NF, SYF, CSF)

Toasted Italian Meringue, Mango Sauce

CARROT CAKE (SYF, CSF)

Cream Cheese Ice Cream, Carrot Puree, Toasted Pecan Crumble

DUTCH APPLE PIE (NF, SYF)

House Made Vanilla Ice Cream, Salted Caramel Sauce

DAILY SELECTION OF ICE CREAMS & SORBETS



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ESSENTIAL SOURCES

Following a farm-to-table philosophy, all of our dishes include locally grown produce - organically and sustainably farmed when possible - but always natural and premium. Current sources include:

BUCKHEAD BEEF

Certified Angus Beef

ESSENSIA ORGANIC CHEF'S GARDEN (by Little River Cooperative)

Herbs and Greens, Edible Flowers

FAROE ISLANDS

Sustainably Sourced Salmon

ATLANTIC & GULF COAST CAUGHT

Shrimp, Clams, Mussels, Corvina, Tuna

HARPKE FAMILY FARMS

Salad Greens, Spinach, Micro Greens

KSS FARMS

Mushrooms



Chef de Cuisine Ilde Ferrer

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