

BREAKFAST Tuesday to Friday 7-2pm Sat 8-1.30pm

CREAMY OATS - \$14.90

Creamy oats served w seasonal fruits & maple

FRUIT TOAST (2) - \$9.90 served with butter

BREAKFAST WAFFLE - \$19.90 w butterscotch & banana, & maple bacon

EGGS: (GF on request)

BENEDICT - \$18.90 Poached w champagne ham, hollandaise.

FLORENTINE - \$16.90 Poached w baby spinach, hollandaise.

ROYALE – \$19.90 Poached w smoked salmon, dill hollandaise

LOADED AVOCADO - \$21.90

crumbed & served on sourdough w heirloom tomatoes, roquette, Meredith’s goat’s cheese & a poached egg.

VEGAN PATTIE STACK (GF, V, VE) - \$21.90

Sweet potato rosti, chickpea patty, topped w pickled beetroot & carrot, smashed avocado, roquette & sticky balsamic served w vegan mayo.

Add poached egg \$2.90

MAKE YOUR OWN – eggs on toast \$12,

Sides – Bacon, Hash browns, Champagne ham, Smoked salmon \$4

Mushrooms, Spinach, Tomato, Avocado \$3

Tomato relish, Tomato or BBQ sauce, Hollandaise \$1

LUNCH Tuesday to Friday 10-2.00pm Saturday 12-2pm

CURRY OF THE DAY - \$23.90 (GF on request)

Our Chef’s own spice blends served w coconut rice & yoghurt. Ask our waiter for today’s selection.

HOUSE PASTA - \$23.90

Freshly cooked pasta w chargrilled vegetables tossed through a tomato Napoli sauce & finished w Meredith’s goats’ cheese & roquette – add chicken for an extra \$6

CLASSIC TOASTED CLUB SANDWICH - \$12.90 (GF on request)

Grilled bacon, tomato, tasty cheese, chicken breast, avocado, toasted & finished w lettuce & mayo
Add chips \$17.40

NOURISH BOWL - \$21.90 (GF)

Thai Chicken marinated in coconut & chilli served w a salad of julienne veg, shredded cabbage & bean shoots finished w a hint of fresh coriander.

SOUTHERN FRIED CHICKEN BURGER- \$22.90 Our ever-popular Southern fried crispy chicken w bacon, grilled pineapple, fresh cos lettuce finished w chipotle sauce & chips (can be GF, just ask)

TOASTED TURKISH – \$12.90 Ask our waiter for today’s varieties freshly toasted. *Add chips \$17.90*

BETROOT & GOATS CHEESE TART – \$16.90 served w a pear, parmesan & roquette salad w sticky balsamic drizzle.

ESSENCE PIES - \$19 beef & shiraz or chicken & creamed leek served w tomato relish, chips & salad

CHUNKY SAUSAGE ROLL - \$16 – served w chips & salad & Essence tomato relish

SOUP OF THE DAY - \$12.9 served w hot toast & Tatura butter

ESSENCE HIGH TEA

Tuesday to Saturday 10am to 1pm

Traditional English high tea

A selection of our finest hand-crafted petite sweets, freshly made scones w jam & cream & finger sandwiches.

Served w teapot tea, coffee or fruit mocktail

French charcuterie style high tea

A selection of our finest cured meats, local cheeses w fresh fruit, marinated & char-grilled vegetables, Chef’s selection of petite savoury tarts & sweet potato fries w aioli

Drinks - teapot teas, coffee or fruit cocktail

Half & Half

A selection of both styles English & French to be shared between minimum of 4 people.

Served w teas, coffee or fruit mocktails

Tuesday to Friday \$45 per person

Saturday \$55 per person with a complimentary glass of wine on arrival.

Please note all bookings for high tea require 24hours notice & if you have dietary needs you must book 48hours in advance to allow our chefs to specially prepare your food.

DRINKS

Coffee: All the usual Small - \$5 Medium -\$5.6 Large - \$6.2 Soy, Almond, Oat & lactose free - 60c Syrups: Caramel, Vanilla & Hazelnut - 60c Extra shot 60c

Hot Choc: Our great choc syrup with marshmallows – mug \$5.6 White Hot Chocolate – mug \$5.6 **Chai:** Latte in a glass - \$5 Latte in a mug - \$5.6

Teas: Tea drop & Tea Associates local tea served in a pot: English breakfast, Earl Grey, Chai, Peppermint, Green, Lemongrass & ginger, Sassy, Bendigo Billy, Parisian grey. \$5

Milkshakes: Chocolate, Strawberry, Vanilla, Caramel, Banana, Lime, Coffee Lrg \$6.9 **Iced Drinks:** Iced Coffee, Iced Chocolate or Iced Mocha Lrg \$6.9

Smoothies: Strawberry w house made yoghurt, skim milk, ice cream & frozen strawberries for extra chill OR Banana & honey with house made yoghurt, ice cream & nutmeg \$7.9

Fruit Crushes: Tropo w pineapple, watermelon, raspberries, orange & lemon ice OR Berry nice - strawberries, raspberries, blueberries raspberry sorbet & ice \$7.9

Wines by the glass: **Sparkling:** Belvoir Park Sparkling antique white \$13, Ellis Sparkling Moscato \$13, **Rose:** Ellis rose \$15, Killicrankie Rose \$15

Whites: Killicrankie Pearl (Marsanne Viognier) \$15, Belvoir Park Semillon Sauvignon blanc \$13

Reds: Belvoir Park Estate Shiraz \$15, Belvoir Park Estate single vineyard Merlot \$15, Ninth Island Pinot noir \$13

Beers: Great Northern Crisp lager \$7, Cascade light \$6, Carlton Dry \$7, Little creatures Pale Ale \$8 Local Pale Ale (Heathcote) \$8 **CIDER** Harcourt Pear or Apple \$9