

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

### **MUESLI - \$14.90**

Our own blend of puffed grains with dried apple & apricot, raisins & sunflower seeds, finished with house made vanilla yoghurt, banana & almond flakes.

**FRUIT TOAST (2) - \$9.90** served with butter & raw honey.

**BREAKFAST WAFFLE - \$19.90** w caramelised 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, rocket, Meredith's goat's cheese & a poached egg.

### **VEGAN PATTIE STACK (GF, V, VE) - \$18.90**

Sweet potato rosti, chickpea patty, topped w pickled beetroot & carrot, smashed avocado, rocket & 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

### **GREEK LAMB SALAD - \$23.90 (GF)**

Baby lamb rump marinated in Za'atar spices served a top fresh lettuce, Colbinabbin semi dried tomatoes, Bridgeward grove local olives, cucumber, Goat's cheese & cucumber yoghurt.

### **HOUSE PASTA - \$21.90**

Freshly cooked pasta w chargrilled vegetables tossed through a tomato Napoli sauce & finished w Meredith's goats cheese & rocket

### **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 - \$18.90 (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.

### **GRAZING PLATE – \$30 for two (GF, V available on request)**

A selection of cured meats, Gippsland shadows of blue cheese, Tasmanian brie See our specials board for today's grazing options served w toasted breads

**BURGER OF THE WEEK - \$22.90** Ask our waiter for this weeks special, served w a side of chips & aioli

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

**BEETROOT & GOATS CHEESE TART – \$16.90** served w a pear, parmesan & rocket 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

## **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 cocktail

### **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 & fritters, served w sweet potato fries & aioli

Drinks - teapot teas, coffee or fruit cocktail

Tuesday to Friday \$45 per person

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

Please note 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 - \$4 Medium - \$4.6 Large - \$5.2 Syrups: Caramel, Vanilla & Hazelnut - 60c Extra shot 60c

**Hot Choc:** Our great choc syrup with marshmallows - \$4.6 White Hot Chocolate - \$4.6 **Chai:** Latte in a glass - \$4 Latte in a mug - \$4.6

**Teas:** Tea drop & local tea served in a pot: English breakfast, Earl Grey, Chai, Peppermint, Green, Lemongrass & ginger, or local teas – Sassy, Bendigo Billy, Ginga, Parisian grey. \$4.6

**Milkshakes:** Chocolate, Strawberry, Vanilla, Caramel, Banana, Lime, Coffee Sml \$4.9 Lrg \$6.9 **Iced Drinks:** Iced Coffee, Iced Chocolate or Iced Mocha Sml \$4.9 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 \$6.9

**Smoothie bowl:** Summer berry w coconut flakes, chia seeds, granola, fresh banana, blueberries & raspberries \$12.9

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

**Fruit Mocktails:** Please see our counter for today's selection served over crushed ice \$5.9

**Wines:** Local wines- ask our wait staff for our current selection. All \$10 per glass or \$48 per bottle or House wines - Chardonnay, Sauvignon Blanc \$8per glass or \$40 per bottle.

**Beers:** Great Northern Crisp lager \$6 (Mid strength) Little creatures Pale Ale \$8