



## ALL DAY BREAKFAST

### FULL BREAKFAST

Toast, eggs, bacon, sausage, mushrooms, tomato with baked beans and hash brown. Served with tea or coffee.

26.5

### VEGETARIAN BREAKFAST

Toast, eggs, mushrooms, spinach, tomato with baked beans and hash brown. Served with tea or coffee.

23.5

### SMALL BREAKFAST

Bacon on toast with egg and roasted tomato.

13

### EGGS ON TOAST

Your choice of scrambled, poached or fried.

12

### AMERICAN BREAKFAST

Two pancakes, poached egg, bacon and maple syrup.

17.5

### FRENCH TOAST

With maple syrup and bacon.

15.5

### ESSENCE STACK

Toasted Turkish bread, hash brown, bacon, poached egg and hollandaise sauce (Vegetarian option - remove bacon and add mushroom)

16.5

### BREAKFAST WRAP

Scrambled eggs, bacon and spinach in a toasted wrap with blistered cherry tomatoes.

16.5

### OMELETTE

Choice of two fillings - ham, cheese, onion, mushroom, tomato or spinach.

15.5

### BACON AND EGG TOASTED SANDWICH

12

### EGGS BENEDICT

Poached eggs and ham on a toasted English muffin, topped with hollandaise sauce.

Replace ham with bacon. 3.5

Replace ham with salmon. 5

15.9

### BLT

Served with a side of chips.

13

### BLAT ON TOASTED TURKISH

15

### TOASTED HAM AND CHEESE CROISSANT

9.5

### TOAST

Two slices.

4

### FRUIT TOAST

Two slices.

5.5

### BEANS ON TOAST

Topped with melted cheese.

10.5

### PANCAKES

Served with bananas, berries, maple syrup and ice-cream.

16.5

## ADD AN EXTRA

.....  
**BEANS, HASH BROWN, TOMATO, EGG**

2.5

**BLACK PUDDING, BACON, POTATO SCONE,  
SAUSAGE, MUSHROOMS**

3.5

**SALMON**

6



## LUNCH

### FISH AND CHIPS

Beer battered fish served with salad and fries.  
17.5

### ESSENCE STEAK SANDWICH

Scotch fillet steak with lettuce, tomato, fried onion and chips. 18.5

### BEEF BURGER

Lean minced beef, lettuce, tomato, beetroot and cheese. Served with chips.  
17

### CHICKEN BURGER

Spiced cajun chicken breast, cheese, lettuce and tomato chutney.  
14.5

### SHANTY BURGER

Fillet of fish, lettuce, tomato and mayonnaise.  
14.5

### BELT BURGER

Bacon, egg, lettuce and tomato.  
13.5

### SEAFOOD PLATE

Beer battered fish, prawns, scallop, squid rings and salad.  
16

### CHICKEN SCHNITZEL

With salad and chips.  
17.5

### NACHOS

Corn chips and spicy sauce, topped with cheese and sour cream. Add meat 3.5  
11

### HOT ROAST ROLL

Roast beef and gravy on a toasted roll. Served with chips.  
14

### QUICHE OF THE DAY

Served with a fresh garden salad.  
11

### BRUSCHETTA

Garlic bread topped with tomato, parmesan cheese, onion and basil.  
Add mushrooms 3.5  
Add feta 2.5  
10.5

### WARM CHICKEN SALAD

Chicken breast cooked in garlic served on a fresh salad with pine nuts, avocado and finished with Caesar dressing.  
21

### CAESAR SALAD

Lettuce, crispy bacon, egg and croutons served with Caesar dressing. Please advise if you would like anchovies.  
Add chicken or smoked salmon 6  
16

### ROAST PUMPKIN SALAD

Pumpkin, spinach leaves, feta cheese, walnuts, cherry tomatoes, beetroot and avocado with a balsamic and honey dressing. Add garlic chicken, prawns or smoked salmon 6  
16



## LUNCH

### CLUB SANDWICH

Chicken, bacon, avocado and lettuce with mayonnaise and chips.  
16.5

### PRAWN ROLL

Prawn, lettuce, tomato and seafood dressing. 15

### OPEN CHICKEN CHEESE MELT

Chicken breast with fresh avocado and melted cheese. Served with a garden salad.  
15

### OPEN TUNA CHEESE MELT

Tuna topped with red onion and melted cheese. Served with a garden salad.  
15

### CHICKEN CHILLI WRAP

Pieces of chicken breast with salad sweet chilli and mayo dressing.  
11.5

## SIDES

### BOWL OF CHIPS

Side Serve 4 Small 6.5 Large 8.5  
Gravy 1.5

### BOWL OF WEDGES

Small 8.5 Large 10.5  
Sour cream or sweet chilli sauce 1

## SANDWICHES

.....

All sandwiches include salad

### HAM OR TUNA WITH CHEESE

9

### CHICKEN, BEEF OR SMOKED SALMON

10

### EGG SANDWICH

7

### EXTRA FILLINGS

Cheese, beetroot, egg, pineapple, sundried tomato or avocado.

1

Upgrade to rolls or wraps 1

Upgrade to Turkish bread 1.5



## DRINKS

### COFFEE

Cappuccino	4.2
Flat White	4.2
Long Black	4.2
Short Black	3.5
Latte	4.2
Chai Latte	4.2
Short Macchiato	3.7
Long Macchiato	4.2
Long Macchiato (top up)	0.8
Vienna Coffee	5
Mocha	5
Affogato	5
Hot Chocolate Upgrade To a	5
Mug Coffee Flavouring	1
Hazelnut, vanilla or caramel	1

### ORGANIC TEAS

English Breakfast Earl Grey	4.2
Camomile	4.5
Green Tea Lemongrass and	4.5
Ginger Peppermint	4.5
	4.5
	4.5

### SOFT DRINKS

Small Bottled (450mL)	4
Large Bottled (600mL)	5
Small Can (250mL) Large	2.5
Can (330mL) Lemon Lime	3.5
and Bitters Ginger Beer	5
	5

### MILK DRINKS

Flavours are Chocolate, Vanilla, Banana, Spearmint, Caramel or Strawberry

Milkshake	6.5
Thickshake	7.5
Add Malt	1

### ICED MILK DRINKS

Iced Mocha	7
Iced Coffee - with ice cream and fresh cream Iced	6.5
Chocolate - with ice cream and fresh cream	6.5

### FRUIT JUICE

Orange, Apple, or Pineapple

Small	3.5
Large	5