



essensia
THE PURE ESSENCE
OF TASTE

Welcome to our celebration of taste – Essensia – a joyful culinary experience combining natural, wholesome cuisine with a sensuous and relaxing ambiance, completely inspired by nature.

Essensia was created to give guests an opportunity to slow down from life's fast pace and indulge in a relaxing dining experience, carefully crafted for the mind, body and soul. Pure, fresh and flavorful elements serve as the core of Essensia's dishes. We take special care to source and use local, carefully grown organic and seasonal ingredients whenever possible while our spa cuisine selections are designed to be low in calories and high in nutritional value.

We hope you enjoy our interpretation of the pure essence of taste as much as we enjoy having you here!

YOUR ESSENSIA TEAM



SPA SELECTIONS

DINNER MENU SUMMER 2010

BEGINNINGS

SOUPS

ROASTED RED PEPPER POTATO BISQUE.....cup 5.....bowl 9
Jumbo lump crab, avocado crème fraîche

 **CHILLED VINE RIPENED TOMATO SOUP**.....cup 5.....bowl 9
Fresh basil, cracked black pepper (Also available hot)

SALADS

 **ESSENSIA'S ORGANIC ORCHID PETAL SALAD**.....9
Organic nasturtium leaves, orchid petals, mamey, petit tomatoes, popped hominy, blackberries and key-lime lavender honey vinaigrette

CLASSIC CAESAR SALAD.....10
Organic baby red and green romaine hearts, parmesan herb crostini and marinated Spanish white anchovies
Add grilled shrimp.....8
Add grilled free range chicken breast.....6

 **ORGANIC ARUGULA SALAD**.....11
Prosciutto di Parma, grilled local peaches, crumbled farm raised goat cheese and fig balsamic vinaigrette

MANDARIN SMOKED DUCK SALAD.....12
Napa cabbage, organic baby spinach, crisp rice noodles, mandarin orange segments, Mirin soaked dried apricots & mandarin-hoisin vinaigrette

CLOVE SPICED RED WINE POACHED ASIAN PEAR SALAD...12
Organic baby greens, endive, Roquefort cheese, candied walnuts and Port wine syrup

 **ASIAN CHICKEN SALAD WRAP**.....12
Miso grilled chicken, Bibb lettuce, Napa cabbage, watercress salad, sliced cucumber, wonton strips and ginger-sesame-soy vinaigrette


DINNER MENU SUMMER 2010



essensia
THE PURE ESSENCE
OF TASTE

MORE BEGINNINGS

AHI TUNA (2 WAYS)14
Tuna carpaccio, pickled cucumber, lemon wasabi, truffle vinaigrette and chili spiced tuna tartar, California avocado, chive oil and lotus root chips

 **MIDDLE EASTERN SPICED SEARED FRESH SARDINES.....22**
Half serving14
Antipasti vegetables, parsley gratin, roasted garlic, organic lemon infused extra virgin olive oil and tomato olive compote

 **STEAMED WHITEWATER CLAMS.....14**
Shaved fennel, sun-dried tomatoes, capers, tarragon, garlic chips and Pernod-white wine broth

 **FIVE SPICED CHARRED & CHILLED DOMESTIC LAMB LOIN...14**
Lemon hummus, garbanzo beans, Greek olive tepanade, pita wedges & paprika oil

**BAKED FARM RAISED GOAT CHEESE STUFFED
ARTICHOKE BOTTOMS.....14**
Organic baby spinach, grilled Japanese eggplant and Sriracha-red pepper coulis

JUMBO MARYLAND LUMP CRAB & SWEET CORN SALAD....14
Hearts of romaine, organic Beefsteak tomatoes, toasted French bread and lemon basil vinaigrette

GRILLED GIANTS PRAWNS WITH MANGO RICE.....18
Chili spiced grilled giant prawns, local organic mangos, Basmati rice, hand-picked herbs and ginger lime chipotle aioli

ESSENTIAL FACT

SARDINES are probably the healthiest fish around. Ounce for ounce they provide more calcium and phosphorus than milk, more protein than steak, more potassium than bananas, and more iron than cooked spinach. Probably the greatest nutritional value of sardines resides in their high concentration of omega-3-fatty acids, which play a significant role in preventing dangerous heart abnormalities.

ESSENTIAL FACT

MANGOS are Florida's Summer fruit and are available from June on. They are high in fiber and low in calories, providing Vitamins A and C, potassium and beta carotene.





essensia
THE PURE ESSENCE
OF TASTE

ESSENTIAL FACT

GUAVA is a tropical fruit shaped like a pear, with green rind and pinkish or white flesh and small seeds. Some people say Guava is better than orange because it contains more Vitamin C than citrus and it contains appreciable amounts of Vitamin A as well. The benefits of guava include controlling blood pressure, lowering cholesterol, battling diabetes and combating cancer.

ESSENTIAL FACT

FENNEL is closely related to parsley, carrots, dill and coriander. It can be eaten cooked or raw and is a basis for anise as well as one of the ingredients of licorice. The bulb is an excellent source of Vitamin C one of the body's primary water-soluble anti-oxidants. It is also a very good source of dietary fiber, potassium, manganese, folate, and molybdenum.



SPA SELECTIONS

DINNER MENU SUMMER 2010

MAINS

FIELD & FARM

-  **ROSEMARY ROASTED FREE RANGE CHICKEN**.....24
Gigante-fava bean cassoulet, garlic wilted organic spinach and watermelon-jalapeno salsa
- GUAVA & STOUT BRAISED ANGUS BEEF SHORT RIBS**....32
Walnut-butternut squash mash, cipollini onions and organic baby carrots
- PISTACHIO CRUSTED DOMESTIC RACK OF LAMB**.....34
Half serving.....19
Cauliflower puree, petit Summer vegetables and plum wine huckleberry sauce
- SWEET & SOUR GRILLED LOLI POP PORK CHOP**.....24
Granny Smith apple puree, organic spaghetti squash and sundried fruit chutney
- THREE PEPPER CRUSTED NATURAL ANGUS BEEF TENDERLION**.....34
Three potato salad, grilled white asparagus and local blueberry Maytag blue cheese

OCEAN & RIVER

- PAN ROASTED WILD ALASKAN HALIBUT**.....29
Lobster-Yukon gold potato hash browns, grilled organic baby fennel and fire-roasted vine ripened tomato ragout
-  **MISO GLAZED WILD NORTH ATLANTIC BLACK COD**.....29
Celery root puree and shaved organic radish salad
-  **GRILLED SCOTTISH WILD KING SALMON**.....25
Chive whipped tomatoes, honey glazed pearl onions and roasted sweet corn relish
-  **PAN SEARED AHI TUNA**.....29
Half serving.....17
Stir fried crisp Asian vegetables, pickled ginger sushi rice ball and sweet soy-kim chee BBQ glaze
- CILANTRO CRUSTED MAINE DIVER SCALLOPS**.....29
Half serving.....17
Unfried green tomatoes, Summer squash ribbons and Bermuda onion jam
-  **FLORIDA YELLOW TAIL SNAPPER**.....28
Steamed baby bok choy, black Thai sticky rice and red Thai curry sauce

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

DINNER MENU SUMMER 2010

MAINS

PASTA & RICE

MAINE LOBSTER RISOTTO	32
Half serving.....	18
Fresh Maine lobster, organic spinach and wild mushroom risotto, finished with white truffle essence	
CLASSIC SPAGHETTI POMODORO	15
Half serving.....	9
Crushed San Marzano tomatoes, grape tomatoes, shaved garlic, organic basil and pecorino Romano cheese	
BUCATINI PUTANESCA	21
Half serving.....	12
Black olives, capers, Roma tomatoes, sundried tomatoes, roasted sweet peppers and marinated Spanish white anchovies with organic extra virgin olive oil-tomato basil marinara	

SIDES

 GRILLED WHITE ASPARAGUS WITH SEA SALT	8
ROASTED FINGERLING POTATOES	6
 STEAMED ORGANIC BABY BOK CHOY	6
 GARLIC WILTED ORGANIC SPINACH	7
LOBSTER-YUKON GOLD HASH BROWN	12
GRANNY SMITH APPLE PUREE	6
CHIVE WHIPPED POTATOES	6

PLEASE ASK FOR OUR DAILY SPECIALS AND PRIX-FIXE MENUS

EXECUTIVE CHEF: FRANK JEANNETTI



essensia
THE PURE ESSENCE
OF TASTE

ESSENTIAL FACT

Calorie for calorie, SPINACH with its delicate texture and jade green color provides more nutrients than any other food. Known in the nutrition world as a "power" food, spinach is packed to the brim with essential nutrients. Eating spinach will help you protect yourself against osteoporosis, heart disease, arthritis, and other diseases.

ESSENTIAL FACT

Known to be cleansing and healing, nutrition studies have shown that ASPARAGUS is a low-calorie source of folate and potassium. Its stalks are high in anti-oxidants and it provides essential nutrients: six spears contain some 135 micrograms of folate, almost half the adult RDI.

