



**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 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

### SOUP

**GINGER PUMPKIN SOUP** ..... \$ 9

Dried cranberries and toasted pepitas complement the dish which is finished with pumpkin seed oil.

### SALADS

 **ESSENSIA VITAL SALAD** ..... \$ 14


Paradise Farms organic baby greens, heirloom tomatoes, yellow pea shoot sprouts, black mission figs, mandarin orange segments, toasted almonds, organic extra virgin olive oil and aged balsamic syrup.

 **SEEDLESS WATERMELON AND FETA CHEESE SALAD** ..... \$ 10

Organic arugula, toasted pepitas and lemon basil vinaigrette.

**CAESAR SALAD** ..... \$ 10

Baby romaine hearts, herb Parmesan crostini and Parmigiano-Reggiano cheese. Add grilled chicken (\$6) or shrimp (\$9).

 **HYDROPONIC ARUGULA SALAD WITH ROASTED RED BEETS** ..... \$ 12

Candied walnuts, crumbled goat cheese and Sherry vinaigrette.

**MAINE LOBSTER COBB SALAD** ..... \$ 16


Deconstructed with avocado, Applesmoked bacon, hard boiled organic egg, green onion, diced heirloom tomato and blue cheese dressing.

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

# DINNER MENU

## APPETIZERS

**PAN ROASTED SEAFOOD CAKE**.....\$ 12  
Citrus cabbage slaw, sweet red pepper relish and lemon caper aioli.

 **AHI TUNA (2 WAYS)**.....\$ 14  
Tuna carpaccio with pickled cucumber and truffle wasabi vinaigrette. Chili spiced tuna tartar, diced avocados, chive oil and lotus root chips.

**CURRY SPICE DUCK CONFIT**.....\$ 13  
Sweet corn puree, arugula and pear black currant chutney.

 **STEAMED PRINCE EDWARD ISLAND MUSSELS**.....\$ 12  
Roma tomatoes, roasted garlic and Harissa wine broth.

**WAYGU BEEF CARPACCIO**.....\$ 14  
Micro arugula and shaved Parmigiano-Reggiano.

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

 **CITRUS JUMBO LUMP CRAB COCKTAIL**.....\$ 15  
Fresh mint, citrus and sea-salt flatbread.

## PASTA

**SPAGHETTI POMODORO**.....\$ 12  
Vine ripened tomato sauce, shaved garlic and garden fresh herbs.

**ORECCHIETTE VEGETARIAN PASTA**.....\$ 16  
Wild mushrooms, sundried tomatoes, petit ratatouille, fresh herbs, imported olive oil and grated Pecorino cheese.

**MAINE LOBSTER RISOTTO**.....\$ 29  
Lobster, spinach and wild mushroom risotto finished with truffle essence.



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### ESSENTIAL FACT

*LOTUS ROOT is the root of the Lotus flower, a water lily which is often used in Asian cooking. A good source of Dietary Fiber, Thiamin, Vitamin B6, Phosphorus, Potassium, Copper and Manganese, and a very good source of Vitamin C.*

### ESSENTIAL FACT

*MISO (naturally fermented soybeans) is a treasure trove of digestible amino and fatty acids which aid digestion accentuate flavors and support metabolic balance.*





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**ESSENTIAL FACT**

*HALIBUT is the largest flatfish living on the bottom of the ocean. Its firm, succulent flesh is extremely good for you, with a high protein to fat ratio and Omega-3s which will help promote overall wellness.*

**ESSENTIAL FACT**

*BROCCOLI RABE also referred to as rapini, is a leafy green vegetable frequently eaten in Southern Italy and is a very good source of Protein, Vitamins A, C, E, K, B6, Thiamin, Riboflavin, Niacin, Folate, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.*

# DINNER MENU

## ENTREES FROM THE SEA

-  **CELERY DUSTED MAINE DIVER SCALLOPS**.....\$26  
Saffron parsnip puree, sautéed Brussels sprout leaves and organic tomato confit.
-  **PAN-ROASTED WILD HALIBUT**.....\$26  
Fingerling potatoes, braised fennel, French green beans and Tarragon wine sauce.
-  **FLORIDA YELLOW TAIL SNAPPER**.....\$28  
Steamed baby bok choy, black Thai sticky rice and red Thai curry sauce.
- TANDORI SEARED WILD SALMON**.....\$24  
Lentil sauté, fire roasted vegetables, baby spinach and purple basil essence.
- SUSHI GRADE TUNA AU POIVRE**.....\$27  
Chick pea stir fry, broccoli rabe and ginger ponzu.



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# DINNER MENU

## ENTREES FROM THE LAND

**GRILLED SWEET CHILI GLAZED LOLLIPOP PORK CHOP** .....\$ 22  
Boniato puree and Granny Smith apple-golden raisin relish.

**PEPPER CRUSTED ANGUS BEEF TENDERLOIN** .....\$ 34  
Root vegetable hash browns, grilled pencil asparagus, and Portobello mushrooms accompanied by port wine sauce.

 **FREE RANGE BONELESS CHICKEN BREAST** .....\$ 19  
Sweet potato cashew salad, sugar snap peas and sun dried apricots.

**COFFEE LAGUERED BRAISED BEEF SHORT RIBS** .....\$ 22  
Whipped Yukon gold potatoes, maple glazed baby carrots and reduced natural juices.

**MINT AND DIJON ENCRUSTED RACK OF COLORADO LAMB** .....\$ 29  
Wild and brown rice pilaf, sun dried fruits and Provencal relish.

## SIDES

**GRILLED PENCIL ASPARAGUS WITH SEA SALT** .....\$ 4

**ROASTED FINGERLING POTATOES** .....\$ 4  
Chive sour cream

**STEAMED BABY BOK CHOY** .....\$ 4

**GARLIC SPINACH** .....\$ 4

**EXECUTIVE CHEF: FRANK JEANNETTI**



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### ESSENTIAL FACT

*ASPARAGUS* is one of the most nutritionally well-balanced vegetables in existence. Among vegetables it is the leading supplier of Folic Acid, it is low in calories, contains no fat or cholesterol and is one of the richest sources of Rutin, which strengthens capillary walls.

### ESSENTIAL FACT

*BOK CHOY*, like cabbage is rich in Vitamin C. A cup of bok choy has the same amount of Calcium and as a cup of milk and nearly the entire RDA for beta-carotene. It also contains significant amounts of indoles which are believed to hinder the growth of tumors.



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