



**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 an 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.*

*Our menus, prepared simply but elegantly, will refresh your senses, nourish your body and enrich your spirit.*

*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


# LUNCH MENU

## APPETIZERS AND LITTLE PLATES

 **WHITE GAZPACHO** ..... \$8  
Organic cucumber, celery, lemon, dill yogurt and toasted almonds.

**COCONUT SHRIMP** ..... \$15  
Crunchy coconut shrimp served with tropical Florida mango salsa.

 **CITRUS JUMBO LUMP CRAB COCKTAIL** ..... \$16  
With fresh mint and citrus.

 **ASIAN CHICKEN SALAD WRAP** ..... \$14  
Miso grilled chicken, bibb lettuce, Napa cabbage-watercress salad, sliced cucumber, wonton strips and ginger-sesame soy vinaigrette.

**TASTE OF THE MEDITERRANEAN PLATE** ..... \$14  
Grilled bruschetta with heirloom tomatoes and fresh organic herbs, thinly sliced Prosciutto di Parma with seasonal sweet melon, fresh organic tomato, mozzarella and basil, imported olives, grilled Portobello mushroom, radicchio and asparagus with orange balsamic dressing.

## FROM THE OVEN

**PIZZA MARGARITA** ..... \$10  
Roma tomatoes, buffalo mozzarella and fresh basil.

**SMOKED SCOTTISH SALMON PIZZA** ..... \$14  
Fresh dill, cream cheese, capers, red onion and lemon.

**TASTE OF LITTLE ITALY PIZZA** ..... \$15  
Sliced prosciutto di Parma, sopressatta, fontina cheese, sliced Calamata olives, organic arugula and extra virgin olive oil.

**GRILLED MEDITERRANEAN FLATBREAD** ..... \$10  
Marinated sweet pepper, organic baby arugula and creamy goat cheese.

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

# LUNCH MENU

## SALADS

 **ESSENSIA VITAL SALAD** ..... \$12

Organic mizuna greens, yellow peashoot sprouts, heirloom tomatoes, mandarin orange segments and fresh organic figs tossed with toasted almonds and aged balsamic syrup.

 **SEEDLESS WATERMELON AND FETA CHEESE SALAD**.... \$12

Complemented by organic arugula, toasted pepitas and lemon basil vinaigrette.

**CAESAR SALAD** ..... \$9

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

 **PROTEIN SALAD** ..... \$12

Mixed organic greens, sliced carrots, Granny Smith apples, avocado, hard boiled egg, green lentil compote, Manchego cheese, toasted walnuts and grilled flat bread.

**HOMEMADE MOZZARELLA CAPRESE SALAD**..... \$10

With beef steak tomatoes, slivered red onion, and organic basil.

 **CHOPPED SALAD**..... \$12

Hand chopped assorted greens with vine ripe tomatoes, red bell peppers, sweet corn, chickpeas, avocado, golden raisins, toasted pine nuts and Sherry vinaigrette.



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**ESSENTIAL FACT**

**Watermelon** is a good source of vitamin A, beta carotene and lycopene (potentially assisting with the prevention of some types of cancer). The watermelon rind can also be consumed and enjoyed stir fried or pickled.

**ESSENTIAL FACT**

**Chickpeas**, also known as Garbanzo beans, have a delicious nutlike taste and buttery texture. They provide a good source of protein as well as fiber – essential in lowering cholesterol and preventing blood sugar levels from rising too rapidly after a meal.



# LUNCH MENU

## BURGERS AND SANDWICHES

OUR FRESHLY PREPARED BURGERS AND SANDWICHES ARE SERVED WITH GUEST'S SELECTION OF ESSENSIA SLAW OR STEAK FRIES.

- PALMS BURGER**..... \$11  
 Certified Angus beef patty grilled to your specifications on a toasted Kaiser roll served all American style with pickle, organic lettuce, tomato, and your choice of Swiss, cheddar or Monterey jack cheese.
- BISTRO BURGER**..... \$13  
 Certified Angus beef Patty grilled to your specifications with caramelized onion, melted Brie cheese, sweet chutney and Dijon mayonnaise on brioche roll.
- ASIAN TUNA BURGER**..... \$15  
 Sushi grade tuna steak blended with scallions, soy, ginger and Asian spices, lightly coated with panko crumbs, grilled and served with wasabi mayonnaise.
- GRILLED CHICKEN BREAST SANDWICH**..... \$12  
 Free range chicken breast grilled and served on ciabatta bread with Fontina cheese and pesto vinaigrette.
- ORGANIC VEGGIE WRAP**..... \$10  
 Grilled squash, asparagus, organic spinach, bell peppers, onions, Portobello mushrooms and fresh mozzarella with chipotle aioli in a whole wheat tortilla.
- HERB ROASTED PORTOBELLO MUSHROOM STEAK**..... \$11  
 Caramelized red onion, roasted sweet red pepper, Manchego cheese on Brioche with aged balsamic mayonnaise.
- QUESADILLA**..... \$9  
 Sautéed peppers, organic tomatoes, onion and jack cheese, grilled in a whole wheat tortilla served with guacamole, sour cream and salsa picante.  
 Add grilled chicken (\$13) or shrimp (\$15).
- PANINI**..... \$12  
 This crunchy focaccia sandwich is filled with Italian prosciutto, Fontina cheese, caramelized onion with fresh basil and sundried tomato pressed on our Panini grill.
- LOBSTER BLT CLUB**..... \$16  
 Sliced Maine lobster with bibb lettuce, beefsteak tomatoes, apple, smoked bacon, and avocado on Texas toast with lemon dill mayonnaise.

### ESSENTIAL FACT

**Portobello mushrooms** are extremely large dark brown mushrooms that can easily measure 6 inches in diameter. Low in moisture, they have a concentrated flavor, dense, meaty texture and are a good source of Dietary Fiber, Protein, Vitamin B6 and Folate.

# LUNCH MENU

## ENTREES

 **PAN SEARED TUNA TATAKI**.....\$17  
With sesame sushi rice cake, seaweed salad, micro sprouts and sweet soy.

**TANDORI SEARED WILD SALMON**.....\$18  
With lentil sauté, fire roasted vegetables, baby spinach and purple basil essence.

**GRILLED ANGUS CHURRASCO STEAK**.....\$18  
Jasmine rice, spicy black beans and citrus cilantro chimichurri sauce.

**CARRIBEAN CHICKEN STIR FRY**.....\$14  
Peppers, Bermuda onion and organic tomatoes served with jasmine rice, sweet plantains, grilled pineapple and sweet & sour chili garlic sauce.

**ORECCHIETTE VEGETARIAN PASTA**.....\$15  
Wild mushrooms, sundried tomatoes, petit ratatouille, fresh herbs, imported olive oil and grated Pecorino cheese.

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

## SIDES

**HOMEMADE STEAK FRIES**.....\$4

**ORGANIC MIXED GREENS WITH BALSAMIC VINAIGRETTE**.....\$4

EXECUTIVE CHEF: FRANK JEANNETTI



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### ESSENTIAL FACT

*Wild salmon is far better than farm raised salmon because it is better for the environment and more nutritious in terms of fat and protein content as it is an important source of Omega 3s, protein and Vitamin D. Its flavor and texture is praised and preferred by chefs.*

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