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**ESSENSIA RESTAURANT & LOUNGE AT THE PALMS HOTEL & SPA  
USHERS IN EXCITING NEW CHAPTER IN NATURAL GOURMET DINING WITH INVENTIVE MENUS**

Miami Beach, FL (December 3, 2009) – Essensia Restaurant & Lounge at The Palms Hotel & Spa introduces an exciting new chapter in South Florida’s natural gourmet dining scene with the debut of an array of innovative menus and dishes that embody wholesome, fresh and tasteful cuisine by its new and highly accomplished Executive Chef Frank Jeannetti.

With an established career launching some of South Florida’s most successful dining establishments and a long track record creating exceptional green and organic dishes, Jeannetti’s new menus at Essensia and throughout the hotel’s food and beverage outlets emphasize flavor and simplicity by blending local, seasonal, and organic ingredients from local purveyors to create what has been coined as “the pure essence of taste”.

Guests will be able to choose from six new menus that include breakfast, lunch, dinner and dessert, along with unique offerings for kids and a revamped pool & beach menu. Pastry Chef Gail Goetsch, who recently joined the team, will also be incorporating her own special touch with an array of exquisite and inventive desserts.

“We are fortunate to have established relationships with local South Florida purveyors, such as Paradise Farms and Triggerfish, that allow us to have fresh and seasonal ingredients at our fingertips,” says Chef Jeannetti. “We are passionate about providing patrons with a rare opportunity to slow down and indulge in a dining experience carefully crafted for the mind, body, and soul.”

New dishes, include:

- Essensia Vital Salad - Paradise Farms organic baby greens, heirloom tomatoes, yellow peashoot sprouts, black mission figs, mandarin orange segments, toasted almonds, organic extra virgin olive oil and aged balsamic syrup. \$14

- Ahi Tuna (2 ways) – Tuna carpaccio with pickled cucumber and truffle wasabi vinaigrette. Chili spiced tuna tartar, diced avocados, chive oil and lotus root chips. \$14
- Florida Yellow Tail Snapper – Steamed baby bok choy, black Thai Sticky rice and red Thai curry sauce. \$28
- Coffee Lacquered Braised Beef Short Ribs - With whipped Yukon gold potatoes, maple glazed baby carrot and reduced natural juices. \$22
- Grilled Sweet Chili Glazed Lollipop Pork Chop - With Boniato puree and Granny Smith apple-golden raisin relish. \$22
- Coconut Tapioca Soup with Mango Sorbet and Coconut Twigs \$10

Complementing the new menus is Essensia's exclusive wine list, committed to being completely sustainable, organic, or biodynamic and an innovative *Indulgence* bar menu with interactive wine voyages where guests can experience three 2oz. pours that have something in common such as variety, region, vintage or maker and signature cocktails made from fresh ingredients and organic spirits.

In early 2010, The Palms and Essensia will follow up the launch of these new menus with a series of weekly events including Sunday Brunch and a specialty menu called *Jeannetti's Indulgent Journeys: Culinary Creations from Farm to Table*, aimed at South Florida foodies who appreciate high quality dining in an unpretentious setting. *Journeys* will be offered on Tuesday and Friday and will feature 4-course menus that pair Paradise Farms' best produce with fresh and/or locally sourced poultry, meat or fish. To keep it fresh, these menus will change bi-weekly. Sunday Brunch will also highlight locally sourced items while offering a soothing setting for your Sunday morning and afternoon in Miami Beach. Please visit [www.thepalmshotel.com](http://www.thepalmshotel.com) or [www.essensiarestaurant.com](http://www.essensiarestaurant.com) for future details and become a fan of The Palms Hotel & Spa on [Facebook.com/thepalmshotel](https://www.facebook.com/thepalmshotel) to stay up to date on our promotions.

### **About Essensia**

Essensia awakens the senses with natural gourmet cuisine and indulgent cocktails in a sensuous and relaxing ambiance. The menu offers patrons a tasteful and wholesome variety of fresh and light worldly fare with a genuine focus on utilizing local, organic, and seasonal ingredients, and a wide selection of low calorie Spa selections. Essensia's exclusive wine list is committed to being completely 100% sustainable, organic or biodynamic and has been selected for sharing Essensia's mission to be good for you and the environment. Essensia is open 7 days per week for breakfast, lunch, dinner and Sunday brunch. The Palms offers complimentary valet parking with

dinner, up to 3 hours. For restaurant reservations, please call 305.908.5458.

### **About The Palms Hotel & Spa**

Just minutes from the heart of South Beach, The Palms Hotel & Spa combines genuine service, laid-back sophistication and oceanfront serenity into a destination where complete wellness and environmental awareness are at the center of each experience. Privately owned and managed by The Krause family, who also own the boutique-style Circa 39 in Miami Beach, The Palms sits on its own stretch of beach just 12 miles from Miami International Airport. The Palms Hotel & Spa is a member of Preferred Hotels & Resorts as well as Epoque Hotels. For reservations or further information, please call 800.550.0505 or visit [www.thepalmshotel.com](http://www.thepalmshotel.com).

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