

Salads

	Sm.	Lg.
Alaskan Shrimp Mixture of romaine and baby spinach tossed with blue cheese dressing Roma tomatoes cucumbers, fresh avocado slices, Danish bleu cheese crumbs and pan seared shrimps.	\$7.50	\$9.50
Cobb Salad A mixture of baby spinach, romaine, Roma tomatoes, avocado slices, apple wood smoked bacon, feta cheese, hard boil egg, smoked turkey breast, tossed in our homemade avocado dressing.	\$7.50	\$9.50
House Salad Hearts of romaine with Roma tomatoes, avocado slices, red onion, parmesan cheese tossed with our homemade avocado dressing.	\$6.50	\$8.50
Grill Chicken Caesar Salad Hearts of romaine tossed in our homemade caesar dressing, parmesan cheese and grill chicken breast.	\$6.50	\$8.50
Tuna Albacore Baby spinach and hearts of romaine, alfalfa sprouts, red onion, Roma tomatoes, hard boil egg, tossed in balsamic vinaigrette with our homemade tuna albacore salad.	\$6.50	\$8.50
Greek Salad Hearts of romaine and baby spinach mixed with sliced kalamata olives, red onion, roasted bell peppers, Roma tomatoes, cucumbers, feta cheese, and tossed with balsamic vinaigrette.	\$6.50	\$8.50
Spinach Salad Baby spinach, red onion, hard boiled egg, red onion, apple wood smoked bacon, fresh avocado slices, tossed with our homemade balsamic vinaigrette.	\$6.50	\$8.50
Texas Farmer A mixture of harts of romaine and baby spinach, Roma tomatoes, cucumbers, alfalfa sprouts, chicken salad, tossed with out homemade balsamic vinaigrette.	\$6.50	\$8.50
Garden Salad Hearts of romaine, baby spinach, roasted bell peppers, red onion, Roma tomatoes, apple slices, fresh avocado slices, alfalfa sprouts and cucumbers tossed with our homemade balsamic vinaigrette.	\$6.50	\$8.50

Kids Zone (Only 10 and under)

Lucy Sandwich Turkey, avocado, Roma tomato, cheddar and ranch dressing, lightly toasted on wheat.	\$5.00
Nini Sandwich Two eggs scrambled, Roma tomatoes, cheddar cheese and mayo on toasted wheat bread.	\$4.50
Kids Panini Ham or turkey with cheddar cheese or provolone cheese on wheat.	\$4.50
PBJ Creamy peanut butter and jelly	\$3.75
Grilled Cheese Wheat bread with cheddar cheese.	
Quesadilla Turkey and melted cheddar cheese in between two flower tortillas.	\$3.25
<small>(All sandwiches available with either <i>cheetos</i>, <i>classic lays</i> or <i>apple slices</i>.) No exceptions.</small>	
Ceo Box Sandwich, chips, cookie & drink. (Essential Sandwiches not available with CEO BOX.)	\$10.15
Combos <i>(Pick Two)</i> (Side caesar salad, quiche, half sandwich or soup.) <small>(Essential Sandwiches not available with combos.)</small>	\$10.15
Quiche \$4.25	
Side Caesar \$3.99	
Cup of Soup \$3.99	

Waters

- Vitamin Water \$1.90
- Metro Mint \$2.20
- Pellegrino \$1.99
- Ozarka \$1.00
- Fuze \$2.05
- Gatorade \$1.99

Smoothies

\$4.25 - 20 oz.

- Strawberry • Banana
- Piña Colada • Mango
- Peach
- White Chocolate
- Wildberry Blast

Juices

\$2.00

- Orange Juice
- Apple Juice
- Cranberry Juice
- Grapefruit Juice

**** Complementary Refills**

Drinks

Frappuccino's

\$4.25 - 20 oz.

- Mocha • Caramel
- Vanilla
- White Chocolate
- Vanilla & Caramel
- Mocha & Caramel
- Ying Yang:
(Dark Chocolate w/
white Chocolate)

Espresso Bar

- Cappuccino ~Latte
- Mocha ~Americano
- Ole ~Macchiato
- Espresso con Panna
- Espresso Single/Double

Italian Danesi

Cup \$2.20

- **Bottom Less \$3.00**
- Regular/Decaffeinated

Ask about our Flavoring Syrups

Sodas

- Mexican Coke
(Imported)
- Coca Cola \$1.50
- Diet Coke \$1.50
- Sprite \$1.50
- Dr. Pepper \$1.50
- Diet Dr. Pepper \$1.50
- Root Beer \$1.50
- Sangria \$1.50
- Jarritos \$1.50
- Monster \$2.50
- Diesel \$2.50

Tea

- **Brewed House Tea**
- Beach-Berry Tea
- Diet Lipton Green Tea
- Hot Mighty Leaf Tea

On The Rocks

- Iced Chai • Iced Latte
- Iced Cappuccinos
- Iced Mochas
- Iced Coffee



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www.EssenceHouseCafe.com

Hours:

Monday – Friday

6:00 a.m – 9:00 p.m

Saturday

7:00 a.m – 9:00 p.m

Sunday

7:00 a.m – 8:00 p.m

Omelets

Western Steak	\$8.50
Three eggs omelet with mushrooms, Roma tomatoes, red onion, tenderloin steak, melted mozzarella and parmesan cheese.	
Mayan Chicken	\$8.50
Three eggs omelet with red & green bell peppers, mushrooms, cilantro, onion, mozzarella cheese and grilled chicken.	
Asparagus Omelet	\$7.99
Three eggs omelet with steam asparagus, bacon, red onion, Roma tomatoes, bell peppers, bacon sauce, mozzarella and parmesan cheese.	
Meat Lover Omelet	\$7.99
Three eggs, apple wood smoked bacon, ham, turkey, pork sausage and English cheddar.	
Deluxe Omelet	\$7.25
Three eggs, baby spinach, Roma tomatoes, mushrooms, bell peppers, spinach, zucchini squash mixed with truffle oil and Swiss cheese.	
Mexican Omelet	\$7.50
Three eggs, chorizo, roma tomatoes, cilantro, fresh jalapenos and Monterrey cheese.	
Red Omelet	\$7.35
Three eggs, diced ham, roasted red bell, peppers, red tomato, red onion and English cheddar cheese.	
Garden Omelet	\$6.99
Three eggs, fresh baby spinach, mushrooms, zucchini squash, purple onion and smoked Italian provolone cheese.	
Greek Omelet	\$6.99
three eggs, garden fresh basil, purple onion, Roma tomatoes, baby spinach and feta cheese.	
Your Choice Omelet	\$5.95
Two eggs one meat (ham, turkey, sausage, bacon) and one cheese (cheddar, swiss, provolone.)	

Morning Favorites

Huevos a la Mexicana	\$7.25
Three eggs, onion, Roma tomatoes cilantro fresh jalapeno, avocado slices pan seared potatoes and white bread on the side.	
Over Easy	\$6.50
Two eggs over easy with pan seared potatoes and your choice of bacon or sausage on the side; wheat toast butter and jelly.	
Double SS	\$4.95
Two eggs bacon English cheddar cheese mayonnaise and spicy sauce on sourdough bread.	
Croissant Sandwich	\$4.00
Two eggs scrambled and your choice of cheese (cheddar, swiss and provolone.)	
Toast and Eggs	\$3.95
Served with your choice of toasted bread butter and jelly.	
Toast and Jelly	\$2.75
Your choice of bread with butter and jelly.	

Morning Favorites

Breakfast Taco	\$1.99
One egg, one meat and one cheese on a soft flour tortilla.	
Extreme Taco	\$2.50
Egg with your choice of three ingredients made to order and served on a soft flour tortilla.	
Sohosando Taco	\$3.00
Sautéed asparagus, mushrooms, bell peppers, onion, spinach, carrots, served on a soft flour tortilla.	

Gourmet Sandwiches

Essence Club	\$ 7.75
Lightly toasted sourdough bread with turkey breast, apple wood smoked bacon, ham, baby spinach, Roma tomatoes, provolone cheese, mayonnaise and Dijon mustard.	
Country French	\$7.75
Lightly buttered French baguette with smoked turkey breast, apple wood smoked bacon, French brie cheese and fresh avocado slices.	
Sourdough Reuben	\$7.75
A thinly corned beef brisket topped with our homemade sauerkraut, melted swiss, and our own Russian dressing, served on sourdough bread with a dill pickle on the side.	
House BLT	\$7.75
Apple wood smoked bacon, roma tomatoes, avocado slices, cheddar cheese, hearts of romaine, with our homemade avocado dressing on sourdough bread.	
Tuna Fish	\$7.75
White tuna albacore mixed with our homemade mayonnaise, red onion, accompanied with baby spinach, hard boiled egg and swiss cheese.	
Pork Loin	\$7.75
Toasted French baguette bread with caramelized onion, zucchini squash, mushrooms, pork loin, provolone cheese and mayonnaise.	
Genoa Misto	\$7.75
Salami, melted smoked provolone, tomatoes, fresh avocado, red onion, red bell peppers, basil, dijon mustard and baby spinach served on French baguette.	
Smoked Sockeye Salmon	\$7.75
Smoked Sockeye Salmon, lightly toasted seven grain bread, mascarpone cheese spread with dill and capers accompanied with baby spinach, cucumbers and <i>Granny Smith</i> apple slices.	
Chicken Salad Sandwich	\$7.75
Our chicken salad (chipotle sauce, celery, red onion and mayonnaise) with hearts of romaine, provolone cheese, alfalfa sprouts, served on healthy grain bread.	
Green Gobbler	\$7.75
Smoked turkey breast, smoked provolone cheese, alfalfa sprouts, green apple slices, and a touch of apple butter, on whole wheat.	
Sandwich Panini	\$7.75
Ham, cheddar and swiss melted, with roma tomatoes, red onion, basil and Dijon mustard on sourdough bread.	

Essential Sandwiches

Buffalo Burger	\$9.50
Lightly toasted sourdough bread with mayonnaise, hearts of romaine, Roma tomatoes, sautéed red onion, fresh avocado slices and cheddar cheese.	
Wild Shrimp	\$9.50
Pan seared shrimps, crispy bacon, romaine leaves, purple onion, avocado slices, Roma tomatoes, smoke provolone cheese and our homemade cilantro mayonnaise on lightly toasted sourdough bread.	
Roast Beef	\$8.50
Oven roasted roast beef, hearts of romaine, Roma tomatoes, purple onion, mayonnaise, Dijon mustard and smoke provolone cheese on lightly toasted sourdough bread.	
Tenderloin Steak	\$8.99
Tenderloin Steak Grilled, fresh hearts of romaine, Roma tomatoes, avocado, sautéed red onion, melted provolone cheese and avocado slices on multigrain bread.	
Italian Chicken	\$8.50
A pan seared chicken breast lightly breaded with Italian spices on a healthy grain bread toasted with mayonnaise, hearts of romaine, purple onion, avocado slices, Roma tomatoes and smoked provolone cheese.	
Sohosando	\$7.99
A wonderful combination of sautéed and raw vegetables. Hearts of romaine, tomatoes, cucumbers, green apples, alfalfa sprouts, avocado slices with sautéed asparagus, carrots, red bell peppers, zucchini, mushrooms, spinach and caramelized red onion on toasted wheat bread.	

Additional Sides Available

Potatoes	\$2.50
Bacon (3 Slices)	\$1.75
Avocado Slices	\$0.75
Bread Side	\$1.75
Sausage (3 Links)	\$1.75
Apple Slices	\$0.75
1 Hard Boiled Egg	\$0.75
1 Additional Egg	\$1.00