



ESSENCE CAFE

Choose from our selection of platters - we can have them ready for you to pick up on the day

BAGUETTES & WRAPS

(Baguettes cut into thirds, wraps into halves)

CAESAR 12.5

Lettuce, pancetta, parmesan & caesar mayo + chicken breast +2.0

VEGGIE 12.5

Pesto, baby spinach, fetta, roasted capsicum & pumpkin

HAM 13.0

Pesto, baby spinach, sundried tomato, avocado, brie, smoked ham

OCEAN TROUT 13.5

Lemon aioli, lettuce, onion, capers, cucumber, smoked ocean trout

TURKEY 13.0

Cranberry sauce, baby spinach, brie, aldinga smoked turkey

CHICKEN AVOCADO 12.5

Pepper mayo, baby spinach, avocado, chicken breast

BLT 12.5

Lemon aioli, lettuce, tomato, Barossa bacon

SEASONAL FRUIT PLATTER

A selection of seasonal fruits

10 PPL 70.0

20 PPL 110.0

MORNING TEA PLATTER

A selection of muffins, cookies, banana bread, chocolate brownie and seasonal fruit

10 PPL 75.0

20 PPL 125.0

INDIVIDUAL SALAD PACKS

Choose from our selection of tasty options!

\$10 PP

ROAST VEG SALAD

Brown rice, roasted pumpkin & cauliflower, baby spinach, fetta, toasted almonds with balsamic dressing

CREAMY POTATO SALAD

Potato, bacon, red onion, lemon & dill mayonnaise

ASIAN NOODLE SALAD

Rice noodles, cabbage, carrot, mint, spring onions, toasted peanuts with japanese dressing

THAI QUINOA SALAD

Quinoa, carrot, chickpeas, cabbage, coriander, capsicum, spring onions with satay dressing

Add a protein to your salad +5.0 per salad

Choose from one of these options:

Grilled chicken, haloumi, salt & pepper tofu or chorizo

*Any orders required for after hours, needing delivery or onsite staff will require an extra fee. All items are subject to seasonal availability and changes. Talk to our friendly team about any allergies and dietary requirements. We are happy to help!