



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 14.0

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

VEGGIE 13.5

*Pesto, baby spinach, fetta, roasted capsicum &
pumpkin*

HAM 15.0

*Pesto, baby spinach, roasted capsicum, avocado,
swiss, smoked ham*

OCEAN TROUT 15.0

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

TURKEY 14.5

*Cranberry sauce, baby spinach, brie, aldinga
smoked turkey*

CHICKEN AVOCADO 14.0

*Pepper mayo, baby spinach, avocado, chicken
breast*

BLT 15.0

Lemon aioli, lettuce, tomato, double bacon

SEASONAL FRUIT PLATTER

A selection of seasonal fruits

10 PPL 80.0

20 PPL 130.0

MORNING TEA PLATTER

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

10 PPL 90.0

20 PPL 150.0

INDIVIDUAL SALAD PACKS

Choose from our selection of tasty options!

\$15 PP

CAESAR SALAD

*Lettuce, parmesan, bacon, croutons with caesar
dressing*

ASIAN SALAD

*Lettuce, cucumber, mango, chilli, herbs,
beansprouts, carrot with Japanese dressing*

QUINOA SALAD

*Quinoa, carrot, roasted pumpkin, baby spinach,
fetta, toasted almonds with balsamic dressing*

Add a protein to your salad +8.0 per salad

Choose from one of these options:

*Grilled chicken, haloumi, salt & pepper tofu or salt
and pepper squid*

**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!*