



## **BREAKFAST**

### **CHIA SEED PUDDING 9 VEGAN**

Coconut Milk, Golden Girl Dates, Toasted Almonds

### **LOCAL FARMERS' MARKET FRESH FRUIT PLATE 9 N | GF | V**

Honey Vanilla Greek Yogurt

### **OVERNIGHT OATMEAL 9 V**

Dried Fruit, Toasted Nuts & Seeds, Mini Green Smoothie

### **TRADITIONAL OATMEAL 8 VEGAN**

Fresh Blueberries, Walnuts

### **BEET CURED LOX 16 N**

Arugula, Tomatoes, Egg, Cucumber, Baby Spring Radish, Herb Cream Cheese, Toasted Rye

### **FRESH BAKED CINNAMON PASTRY 6 VEGAN**

Vanilla Glaze, Candied Nuts

### **BREAKFAST BOWL 14 N | V**

Poached Kamut, Red Lentil, Sautéed Rainbow Swiss Chard, Roasted Tomato, English Cucumber, Avocado, Finished with Soft Poached Organic Chino Valley Egg & Harissa Yogurt

### **SoCAL SCRAMBLE 14 N | GF | V**

Two Organic Chino Valley Eggs, Roasted Poblano Peppers, Onions, Fresh Fresno Chile, Spinach, Avocado, Queso Fresco, Tomatillo-Chia Salsa, Papas Bravas, Seasonal Fruit

### **HUEVOS RANCHERO 15 N | GF | V**

Crisp Corn Tortilla, Queso, Braised Beans, Cilantro, Ranchero Sauce, Avocado, Organic Chino Valley Egg

### **VEGGIE OMELET 14 N | GF | V**

Jerusalem Artichoke, Grilled Asparagus, Blistered Heirloom Tomatoes, Boursin Cheese, Papas Bravas, Seasonal Fruit

### **WHOLE GRAIN QUINOA MACA PANCAKES 15 VEGAN**

Blueberry Citrus Marmalade

### **GRILLED STEAK & EGGS 20**

Chimichurri Skirt Steak, Papas Bravas, Sautéed Swiss Chard

### **REFRESH CLASSIC BREAKFAST 12 N | GF**

Two Organic Chino Valley Eggs, Papas Bravas, Seasonal Fruit  
Served with Choice of Chicken Apple Sausage or Pecanwood Smoked Bacon

### **SPRING HASH 14 GF | N**

Chicken Apple Sausage, Snap Beans, Sweet Potato, Roasted Cauliflower, Spring Onion, Blistered Tomatoes, Topped with Two Organic Chino Valley Eggs

## HAND-CRAFTED HEALING DRINKS

### GINGER TEA 7

Mineral H<sub>2</sub>O, Organic Honey, Fresh Ginger

### BODY CLEANSE 8

Carrots, Beets, Cucumber, Ginger, Kale, Celery, Lemon Juice, Parsley, Spinach, Red Apple

### GREEN TONIC 9

Spinach, Kale, Celery, Lemon, Orange

### SUZANNE'S ORANGE GINGER ELIXIR 3oz. 7

Ginger, Orange, Carrot

### PAPAYA MANGO SMOOTHIE 8

Greek Yogurt, Papaya, Mango, Bee Pollen, Organic Honey

### DAILY FRESH FRUIT SMOOTHIE 8

Greek Yogurt

## SIDES & BEVERAGES

Two Organic Chino Valley Eggs 5 **GF**

Chicken Apple Sausage 5 **GF**

Pecanwood Smoked Bacon 5 **GF**

Papas Bravas 5 **GF | VEGAN**

Individual Yogurt 5 **GF | V**

Half Grapefruit 4 **N | GF | VEGAN**

Cottage Cheese 4 **N | GF | V**

Bagel & Herb Schmear 6 **V**

Croissant 6 **V**

## BEVERAGES

Fresh Local Orange Juice 6

Tomato or Cranberry Juice 4

Freshly Brewed illy Regular or Decaf 4

illy Café Espresso 3.5

illy Cappuccino or Café Latte 5.5

Assorted DAMMANN Teas 4

Almond Milk 5

## NOURISHMENT

Nourishment menu items are conscious cuisine that is sustainable, local, seasonal & organic when possible...and always healthful. Free of hormones, synthetic preservatives, hydrogenated fats, artificial colors, artificial sweeteners, high-fructose corn syrup and genetically modified ingredients. Extending a balanced range of menu choices from vegetarian, vegan, gluten free and nutritional whole foods. Menu selection with carefully balanced calorie counts, typically low in starch, plant based and nutrient dense, including a wholesome ratio of carbohydrates, protein and fat content.

Essense restaurant utilizes the freshest organic produce from our own property, local indigenous farms and local markets - helping support the community while promoting a healthy and sustainable lifestyle. For what we cannot harvest from our own property, here are the current farms we are sourcing organic produce from:

- Citrus - Coastal Farms, Santa Paula (North of Oxnard, CA, 181 miles)
- Herbs, Greens, Produce - Coleman Farms (Carpinteria, CA, 193 miles), Flora Bella Farm (Camarillo, CA, 164 miles)
- Dates - Golden Girl Dates (Coachella, CA, 30 miles)
- Tomatoes - Garcia Family Farms, Fallbrook (Orange, CA, 92 miles)
- Heirloom Tomatoes - (Indio, CA, 27 miles)
- Lettuce, Micro Greens, Carrots - County Line Harvest (Thermal, CA, 35 miles)

**N** - Nourishment | **GF** - Gluten Friendly | **V** - Vegetarian | **VEGAN** - Vegan

A 20% gratuity will be added for parties of 6 or more.

Consuming raw or uncooked meats, poultry, seafood, shellfish or eggs may increase your chance of foodborne illness.