

ESSENCE CAFE 47 DONALD ST NELSON BAY

★ **SANDWICH BAR** ★

FROM 11.30AM

14.9



SOURDOUGH MELT

HAWAIIAN

smoked ham cheese and pineapple

CHICKEN AVO

chicken, avocado and cheese

THE T&D

ham cheese tomato and dijon mustard

GOURMET WRAP

Tandoori - chicken, cucumber and baby spinach, dressed with a yoghurt mint sauce

Cesar - chicken, crunchy cos lettuce, crispy bacon, parmesan and creamy cesar dressing

Porky - double smoked ham, salami, cheese, house made relish, mustard and lettuce



13.5

TURKISH TOASTIE

CBM - chicken, bacon, mushrooms with cheese, sour cream & sweet chilli

BLAT - bacon, baby spinach, avocado and tomato with aioli



13.5

SANDWICH

HAM CHEESE 9.5

CHICKEN 10.9

HAM/CHICKEN SALAD 11.9

CHICKEN CHEESE AVO 11.9

EGG & LETTUCE 11.5

BACON SANDWICH 11.9

customisation available

call 4981 5646 to place your order - subject to availability
gluten free available +2.5
surcharge 10% Sundays 20% public holidays

★ MENU ★

BREAKFAST ***7-11.30AM***

CORN AND ZUCCHINI FRITTERS GF, DF, VEG

Old school style, served with grilled haloumi, avocado, bacon, a side of house made relish, rocket and a wedge of lemon. Swap the bacon with baby spinach for vegetarian option or swap out the bacon for smoked salmon +3.9

24.9

EGGS HOW YOU LIKE

Two free range eggs on toasted sourdough, add a side of bacon +6 or avocado +4

12.5

THE ELVIS WAFFLE

A classic waffle with peanut butter sauce and jam compote, topped with bacon, ice cream and berries

24.9

EGGS BENNY

Two poached free range eggs on sour dough, drizzled with hollandaise sauce and served with your choice of avocado or bacon or punch up to smoked salmon +3.9

18.9

BACON & EGG ROLL

Hickory bacon and a free range egg served with signature Essence sauce. Feeling hungry? Upgrade to the bigger

B&E with a hashbrown, avocado, cheddar cheese and baby spinach for just +6

12.9

ALL DAY

THE ESSENCE REUBEN

Layers of savory slow cooked corned beef, tangy pickles, and gooey cheese, all smothered in our special Essence sauce on crunchy sourdough

17.9

TOKUNO CURRY

Thick flavourful curry made Tokunoshima style, served on a bed of rice

17.9

AVO FETA SMASH VEG

Smashed avo served with feta, rocket and a wedge of lemon on a thick cut of sourdough, add side of bacon* or smoked salmon +6 or poached eggs* +5 (*available til 11.30)

16.9

QUINOA SALAD GF,DF,VEG,V

Quinoa, cucumber, red onion, capsicum, chickpeas and parsley tossed and served over baby spinach with a zesty lemon vinaigrette. Add a side of halloumi or chicken +6

16.9



OPEN HOURS

6-3 MON-FRI

7-12 SAT-SUN

bacon, chicken, salmon, chorizo, halloumi, mushrooms +6
avocado, wilted spinach, two eggs as you like, grilled tomato +5
hashbrown +3.5

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