



# • FOOD MENU •



## WEEKDAYS

### HOT BREAKFAST

*Until 11.30am*

**EGGS HOW YOU LIKE** 15

*Served on toasted cottage loaf, poached or fried, or scrambled +2*

**AVO FETA SMASH** 22

*Served on sourdough, with pickled onion, balsalmic glaze and feta. Add poached eggs +6*

**BACON & EGG ROLL** 14

*Crispy bacon & fried egg, topped with caramlised onion and housemade relish on a toasted sesame seed bun.*

**DOUBLE SAUSAGE EGG MUFFIN** 20

*double Italian sausage patty from our local butcher with fried egg, melted cheddar and wholegrain mustard, served on an English muffin with a hashbrown*

### ADD ONS

**Bacon, two hashbrowns, avocado, mushrooms, halloumi, 6 EACH**  
**wilted spinach, locally made Italian sausage**

**grilled tomato, baked beans** 5 EACH

*All food prepared with care in our kitchen. We use gluten, nuts, dairy and egg extensively. Please advise staff of any allergies when ordering.*

***Weekend surcharge 10% and public holiday 20%.** We may close early when we aren't busy to manage costs for the benefit of our customers. Thank you for your understanding and ongoing support. All feedback welcome in store*

### LUNCH

**ASSORTED SANDWICHES** from 11 ~

*Freshly made assorted sandwiches served on white or multigrain cottage loaf*

**GOURMET WRAPS** from 14 ~

*Gourmet wraps including chicken caesar, house roasted veg w baby spinach, tandoori chicken w yoghurt sauce*

**DELI FRIDGE** from 13 ~

*Daily assorted items in our fridge including frittata, quiche, salads*

**ESSENCE HOUSE BEAN BRUNCH** 20

*Rustic saute of tomatoes, onion and garlic, simmered with hearty beans, topped with feta and served with toasted cottage loaf*

**THE ESSENCE RUEBEN** 18

*Slow cooked corned beef, pickles, mustard, cheese and special sauce*

**CHIPOTLE CHICKEN** 18

*SD toastie w caramelised onions, cheddar cheese, jalapenos, mayo*

**THE RISSOLE SANGA** 17

*Handmade 200gm rissole patty, served on cottage loaf with cheese, baby spinach, pickles and Essence tonkatsu sauce and mayo*

**RAMEN** 22

*Chashu pork, marinated egg and ramen noodles served in a pork broth with nori*

**OPENING HOURS**  
**6AM - 2PM WEEKDAYS**  
**7AM - 12PM SAT SUN**

02 4981 5591



# • DRINKS •



## AND SNACKS

### HOT DRINKS

<i>Latte, cappuccino, flat white, long black</i>	<b>S5 L6</b>
<i>Bondi chai latte</i>	<b>S5 L6</b>
<i>Mocha, dirty chai latte</i>	<b>S6 L7</b>
<i>Hot choc, add marshmallow +30c</i>	<b>S5 L6</b>
<i>Tigersnake espresso</i>	<b>3.7</b>
<i>Piccolo, macchiato</i>	<b>4</b>
<b>LEAF TEA</b>	
<i>Early grey, english breakfast, green, peppermint, chai masala</i>	<b>L6</b>
<b>EXTRAS</b>	
<i>Mylks - almond, oat, soy, lactose free</i>	<b>+1 +2</b>
<i>Shots, syrups, other extras</i>	<b>+1</b>

### DAILY BAKE

<i>Banana bread, raisin toast, cottage loaf toast</i>	<b>8</b>
<i>Danishes, muffins, cruffins</i>	<i>from</i> <b>6~</b>
<i>Housemade almond croissant</i>	<b>10</b>

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### GOLD DRINKS

<i>Iced coffee w cream and ice cream</i>	<b>9</b>
<i>Iced latte, matcha latte, chai latte, long black</i>	<b>S6 L8</b>
<i>Iced strawberry matcha latte w housemade coulis</i>	<b>10</b>
<i>Iced choc with cream</i>	<b>9</b>
<i>Iced mocha with cream</i>	<b>9</b>
<i>Iced tea, ask staff about today's tea</i>	<b>8</b>
<b>COLD BREW ENERGY DRINK</b>	<b>8</b>
<b>SMOOTHIES</b>	
<i>Berry bliss, mango summer delight</i>	<b>11</b>
<b>MILK SHAKES</b>	
<i>Chocolate, coffee, vanilla, strawberry, caramel</i>	<b>S7 L9</b>
<i>Make it a thickshake</i>	<b>+2</b>

### GRAB & GO

<i>Brekky wrap</i>	<b>15</b>
<i>Ham &amp; cheese toastie on cottage loaf</i>	<b>11</b>
<i>Tomato cheese &amp; onion toastie on cottage loaf</i>	<b>11</b>
<i>Assorted quiche, frittata, salads</i>	<i>from</i> <b>13~</b>
<i>Croissant w smoked ham, brie, signature relish</i>	<b>14</b>