



## Essence Café & Sandwich Bar

From 6am weekdays

47 Donald St Nelson Bay 4981 5646

### Sourdough Toasties \$17.9

#### The Essence Rueben

One of our most popular items, slow cooked corned beef, pickles, mustard, special sauce and cheese on sourdough

#### Chipotle Chick

House roasted chipotle chicken with house chipotle sauce  
caramelized onions, cheese and jalapenos

#### Roast Pumpkin & Haloumi

House roasted pumpkin with grilled haloumi, pesto, caramelized onion,  
baby spinach and balsamic vinaigrette

### Tandoori Chicken Wrap \$13.9

House roasted tandoori chicken on a bed of baby spinach with cucumber,  
topped with a house made mint yoghurt sauce

### Chicken Ceasar Wrap \$13.9

House roasted chicken on a bed of cos lettuce with crispy bacon,  
topped Caesar dressing and parmesan cheese

### Build your own sandwich on white or multigrain

*+2 each: cheddar cheese, avocado, feta, roast capsicum, sourdough/turkish bread*

#### Basic \$10.5

Ham, cheese, and/or tomato, and/or red onion or sliced mushrooms

#### Classic \$12.5

Chicken, ham or tuna with salad (tomato, lettuce, carrot, cucumber, beetroot, red onion)

#### Gourmet \$15.9

Chicken schnitzel, bacon, halloumi, rissole with your choice of salad

### The Essence Rissolle Sanga \$15.9

This will have you coming back again and again! Our 200gm house made patty, served on white or multigrain, with pickles, lettuce, cheese and our special sauce

### Classic Sourdough Cheese Melts \$15.9

Ham & pineapple // Tuna, red onion & mayo // Chicken & avo // Ham, tomato & Dijon  
(Ask about doubling your melt for just +\$5!)

**\*\*Daily rotating specials – check our boards or ask our friendly staff\*\***

*All items are prepared in our kitchen which uses gluten, nuts, dairy and eggs extensively.  
Please alert staff to any allergies when ordering.*

10% weekend and 20% public holiday surcharge applies.

Thank you for supporting us in being a good employer.

# GRIND AND GO



*Thank you for visiting Essence Café today! We use Fish River Roaster coffee beans, hand selected and roasted in Bathurst and available for purchase – ask our friendly staff.*

| <b>COFFEE</b>                       | <b>Regular</b> | <b>Large</b> |
|-------------------------------------|----------------|--------------|
| Flat white / Cappuccino / Latte     | 5              | 5.9          |
| Mocha                               | 5.9            | 6.8          |
| Chai latte                          | 5              | 5.9          |
| Dirty Chai Latte                    | 5.9            | 5.8          |
| Hot chocolate, add marshmallow +30c | 5              | 5.9          |
| Long black (2 shots in both sizes)  | 5              | 5.9          |
| Brightside/ Tiger snake Espresso    | 3.7            |              |
| Piccolo/Macchiato (1 shot)          | 3.9            |              |

## **COLD DRINKS**

|  |  |     |
|--|--|-----|
| Iced coffee  |  | 9   |
| (with cream & ice cream)                             |  |     |
| Iced latte / Iced matcha latte                       |  | 8   |
| Iced strawberry matcha latte                         |  | 9.9 |
| (w house made strawberry coulis                      |  |     |
| Chai latte   |  | 8.2 |
| Iced chocolate with cream                            |  | 8.9 |
| Iced long black                                      |  | 7.9 |
| Iced mocha with cream                                |  | 9.7 |
| Iced tea, lemon or peach                             |  | 7.9 |
| Smoothie, berry or mango                             |  | 9.9 |
| Milkshake, kids size available                       |  | 8.9 |
| Refreshing House made                                |  | 8.9 |
| Lemonade or  |  | 9.9 |
| Options Pineapple & passionfruit / Strawberry coulis |  |     |

## **Leaf tea**

|                                  |  |   |
|----------------------------------|--|---|
| Early grey / English breakfast / |  | 6 |
| Green / Peppermint / Chai        |  |   |
| Masala                           |  |   |

## **Mylks**

|                              |     |     |
|------------------------------|-----|-----|
| Almond / Oat / Soy / Lactose | .90 | 1.1 |
| Free                         |     |     |

Additional shot, syrups, other extras +90cents

See our boards for today's specials! Enjoy fresh, in-house baked cakes—gluten-free and dairy-free options available—until they're gone. Favorites include zesty Lemon Meringue, classic Carrot Cake, delicate Friands (GF), and our rich Chocolate Brownie (GF)

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