



BREAKFAST MENU



www.essencecafe.co.za



BREAKFAST MENU

BREAKFAST SERVED UNTIL 11:30AM EVERYDAY



TRAMEZZINI

Served with your choice of chips or salad

- Cajun Chicken and Bacon** -120-
Cajun Chicken strips, bacon, mozzarella and Cajun mayo
- Bacon, Avo and Feta S** -120-
Bacon, avo, feta, mozzarella and chutney
- Chicken and Mayo** -99-
Our special chicken and mayonnaise served with mozzarella **Add Bacon -22-**
- Steak Tram** -130-
Steak strips in our secret basting sauce, grilled caramelised onion, feta, grilled tomatoes and mozzarella
- Pulled Pork** -120-
Pulled pork, crispy crumbed onion, feta, mozzarella and sweet chilli sauce
- Veggie** -105-
Grilled mushrooms, mozzarella, chickpeas, grilled zucchini, onions and peri mayo
- Chicken and Avo S** -115-
Lemon chicken strips, avo, tomato, mozzarella and harissa mayo



Bacon, Avo and Feta Tramezzini

TOASTED SANDWICHES

Served with your choice of White, Brown, Low GI or Sour Dough Toast
Rye Bread - extra - 3 -

Served with your choice of chips or salad

- Cheese and Tomato** -56-
- Cheese and Mushroom** -65-
- Chicken and Mayo** -68-
- Bacon and Egg** -66-
- Bacon, Egg and Cheddar** -80-
- Bacon, Avo and Cheddar S** -80-
- Club - A triple layer sarmie with chicken strips and club sauce on a BLT** -110-

DESSERTS

Assorted Cakes

Ask your waiter what freshly home baked cakes we have available today

- CinnaChurro** -75-
Spanish dough fired pastry strips coated in cinnamon sugar. Served with a lemon cream cheese sauce and ice cream, drizzled with chocolate sauce
- Chocolate Brownies** -49-
Our Brownies are famous. Try one and find out why. Served with cream or ice cream
- Chocolate Volcano** -85-
A warm rich souffle made with fine chocolate and an oozing chocolate center
- Malva Pudding** -69-
Malva pudding made the traditional way using butter, fresh cream, apricot jam and a rich toffee sauce. Served with ice cream or cream and salted caramel sauce
- Deep Fried Five Star** -79-
Five Star chocolate, tempura battered and crumbed, deep fried served with ice cream and chocolate sauce

LIGHT BREAKFAST

- Scone** -55-
Served with jam, cream and cheddar cheese
- Breakfast Bun** -75-
Two eggs, back bacon, club sauce on a brioche bun. Served with fries
- Breakfast Muffin** -75-
English muffin topped with an egg, bacon, balsamic caramelised onion, tomato, cheddar cheese and topped with herbs



It is the client/s responsibility to notify your waitrons and/or Management about any allergens and/or special dietary needs and/or foods that you are allergic to- should you consume any. Should you also not consume any item due to religious beliefs and/or any other reason, the duty is not only to ordering accordance thereof but also to notify the manager on duty of any special dietary requirements. Should you fail to do so we will not be held liable for any damages arising out of any reason whatsoever, consequential or otherwise. Burger extras may be priced differently from other extra portions as portion sizes may differ.

BREAKFAST MENU

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OPEN EVERY DAY

MON	8:00AM - 6:00PM
TUES- THURS	8:00AM - 8:00PM
FRI- SAT	8:00AM - 9:00PM
SUN	8:00AM - 6:00PM

CLASSIC BREAKFAST

Served with your choice of White, Brown, Low GI or Sour Dough Toast
Rye Bread - extra - 3 -

S - seasonal V - vegetarian

Smashed Avo Toast S V

Two slices of toast topped with smashed avo, feta, cucumber and topped with herbs **Add Extra Egg -10-**

-59-

Daybreaker

Two eggs, bacon and balsamic roasted tomatoes

-58-

Essence

Two eggs, bacon, one pork sausage, grilled mushrooms and balsamic roasted tomatoes

-99-

Wors Breakfast

Two eggs, grilled borewors, beans, tomato and onion relish and fries

-125-

Burger Breakfast

Two eggs, back bacon, balsamic roasted tomatoes, fries, 100g beef burger patty topped with grilled onions and Napolitana sauce

-120-

Avo and Halloumi V S

Two slice of toast topped with hummus, sliced avo, two poached eggs, crumbed halloumi pieces, basil pesto and herbs

-96-

Forresters V

Creamy mushrooms on toast topped with two poached eggs, rocket and parmesan shavings. One of our signature dishes!
Add bacon **-22-**

-95-

Moroccan Lamb Breakfast

Two eggs, lamb sausage, tomato and onion salsa, hummus, grilled mushrooms

-105-

Welsh Rarebit V

Toast topped with your choice of bacon or mushroom, creamy cheddar cheese sauce, roasted tomatoes and spring onion

-79-

Hashbrown Breakfast

Two eggs, back bacon, hashbrown, balsamic roasted tomatoes

-85-

SPECIALTY BREAKFAST

Egg Benedict

Two poached eggs, back bacon and hollandaise sauce served on an English muffin topped with herbs

-99-

Veg Benedict V

Two poached eggs, spinach, mushrooms, tomatoes, hollandaise sauce served on an English muffin topped with herbs

-99-

Bacon French Toast

Two slices of toast topped with bacon, banana, roasted pecan nuts and served with ice cream or cream and maple flavoured syrup

-95-

Banting Breakfast S

A classic breakfast for our low carb fans. Creamed scrambled eggs, bacon, grilled tomatoes, avo and creamy mushroom sauce

-105-

Banting Pesto Egg Bowl S V

Two poached eggs served with grilled mushrooms, grilled spinach with a tomato and onion salsa, sliced avo topped with basil pesto and parmesan shavings.

-115-

Breakfast Quesadillas NEW

Scrambled eggs, diced back bacon, cheddar cheese in between two tortilla wraps. Served with diced jalapeño, guacamole and tomato and onion salsa

-125-

SCRAMBLED / OMELETTES

Served with your choice of White, Brown, Low GI or Sour Dough Toast
Rye Bread - extra - 3 -

Bacon and Cheese

Bacon, cheddar cheese and spring onion

-90-

Pesto Veg V

Spinach, mushrooms, feta, grilled tomato, red onion, parmesan shavings and basil pesto

-119-

The Works

Bacon, cheddar cheese, fried onions, mushrooms and roasted cherry tomatoes

-125-

Steak Omelette

Grilled steak strips and onion, grilled diced tomatoes, blue cheese, feta, rocket and grilled balsamic onions

-135-

HEALTHY BREAKFASTS

Layered Breakfast V

Muesli layered with plain Greek yoghurt, seasonal fruits, nuts drizzled with honey

-88-

Fruit & Yoghurt V

Plain Greek yoghurt with seasonal fruits

-75-

Peanut Butter, Banana & Honey Oats V

Creamy oats cooked with peanut butter, banana and honey rolled into the oats

-65-



Wors Breakfast

DRINKS MENU

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HOT BEVERAGES

COFFEE

Double Espresso (DBL Shot)	-32-
Americano Coffee (DBL Shot)	-32-
Cortado (DBL Shot)	-35-
Cappuccino	-35-
Large Cappuccino (DBL Shot)	-40-
Flat White	-39-
Cream Cappuccino	-42-
Large Cream Cappuccino (DBL Shot)	-46-
Caffe Latte	-39-
Red Cappuccino	-40-
Large Red Cappuccino (DBL Shot)	-44-
Red Latte	-45-

Decaf -5- extra

Change to Almond Milk -10- extra

Add a flavour twist of syrup to your coffee for -9-
Hazelnut/ Caramel/ Chocolate/ Vanilla

TEA

Five Roses	-26-
Rooibos	-26-
Earl Grey	-29-
Green Tea	-29-



Hot Chocolate

HOT DRINKS

Milo	-42-
Chai Latte	-42-
Hot Chocolate	-42-
White Hot Choc	-42-
Mochachino	-49-
Vegan Hot Choc	-49-



Cappuccino

COLD BEVERAGES

DRINKS

Soda Drinks



Ask about our range of soda drinks

Fruit Juices -30-

Ask about our range of fruit juices

Ice Tea -32-

Home Made Lemonade -45-

MILKSHAKES

Strawberry	-50-
Mango	-50-
Chocolate	-52-
Peppermint & Chocolate	-52-
Bar-One (topped with cream and Bar-One sauce)	-65-
Coffee	-52-
Banana & Pecan	-55-
Chocolate Brownie	-55-
Oreo & Chocolate	-60-
Salted Caramel & Peanut Butter	-60-
Deluxe Brownie milkshake	-75-

(Our Brownie milkshake topped with cream and pieces of decadent brownies)

SMOOTHIES

Made with yoghurt

Mixed Berry & Banana	-58-
Cinnamon, Honey & Mango	-58-
Peanut Butter, Banana & Honey	-58-
Blueberry, Banana & Honey	-58-



Deluxe Brownie Milkshake

SPECIALTY DRINKS

Bar-One Hot Chocolate	-55-
Bar-One hot chocolate topped with cream and Bar-One Sauce	
Peppermint Hot Chocolate	-55-
Hot chocolate flavoured with peppermint, topped with cream and drizzled with chocolate sauce	
Creme Brulee White Hot Chocolate	-55-
White hot chocolate flavoured with vanilla, topped with cream and salted caramel sauce	

CRUSHES

Mixed Berry	-52-
Lemon and Mint	-52-
Mango and Mint	-52-
Passion Fruit and Mint	-52-
Coffee (Dbl Espresso, milk and vanilla syrup)	-52-
Coffee Freezo	-52-
Bar-One Freezo	-55-
Sugar Free Coffee Freezo	-58-