

LUNCH/ DINNER MENU



www.essencecafe.co.za

LUNCH/ DINNER MENU

essence

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

-115-

-118-

-110-

-125-

SERVED FROM 11:30AM EVERYDAY

APPETISERS

S - seasonal - vegetarian

Crispy Calamari Crispy calamari heads and tubes, served with lemon

Crispy calamari heads and tubes, served with lemon herbs and mild harrisa mayo

Crumbed Button Mushrooms 49 -85-

Deep fried mushrooms served with our creamy cheese sauce

Crumbed Halloumi ₩ -85-

Deep fried halloumi served with pesto mayo

Crispy Chicken Strips -65-

Deep fried chicken strips in our fresh herb seasoning served with mild harissa mayo

Chicken Wings -93Basted in your choice of honey and sova sauce topped

Basted in your choice of honey and soya sauce topped with sesame seeds or peri peri sauce (8 pieces)

Trinchado -95-

Steak strips fried in butter, garlic, Napolitana and cream sauce with a hint of chilli. Served with toasted sour dough

Grilled Calamari -105-

Baby calamari heads and tubes panned in lemon, garlic, butter, white wine, herbs and cream or creamy peri peri sauce. Served with toasted sour dough

Falafel 🕶 -75-

Four Falafel balls served on a bed of tomato and onion salsa topped with tzatziki sauce. Served with hummus and toasted sour dough bread

Tempura Prawns -110-

Four queen prawns tempura battered, crumded and fried served with sweet chilli mayo





-115-

WRAPS

Halloumi Wrap 🚺

Served with your choice of chips or salad

Sriracha Chicken Wrap Chicken strips and onion grilled in a garlic, ginger, sriracha

sauce, with lettuce, spring onion, cucumber, carrots, avo and feta

grated carrots, herbs and lettuce

Cajun Chicken Wrap
Cajun chicken strips, avo, roasted peppers, feta cheese,
Cajun Mayo and mixed lettuce

Crumbed halloumi, roasted tomatoes, hummus.

Crunchy Beef Wrap -119-

Beef strips grilled in honey, ginger and garlic sauce, shredded cabbage, carrots, cucumber, toasted peanuts, coriander and crispy onion rings

Falafel Wrap 🕶 -105-

Falafel, hummus, tzatziki, red onion, roasted tomatoes, cucumber and mixed lettuce

TRAMEZZINI

Served with your choice of chips or salad

Cajun Chicken and Bacon 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

Steak Tram -130-Steak strips in our secret basting sauce, grilled caramelised

onion, feta, grilled tomatoes and mozzarella

Pulled Pork 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 mavo

IOPEN SANDWICH

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

Cajun Chicken -118-

Cajun chicken strips, mozzarella, roasted peppers, Cajun mayo and avo

Smashed Avo and Halloumi S ► Grilled halloumi smashed avo hummus topped

Grilled halloumi, smashed avo, hummus topped with herbs

Sriracha Chicken

Sriracha Chicken strips, carrots, spring onion, feta, herbs topped with crumbed onion and peri mayo

Chicken and Bacon Caesar ${\mathcal S}$

Grilled lemon chicken strips, bacon, avo, tomatoes, parmesan shavings, lettuce and cajun mayo

Honey and Mustard Beef -130-

Your choice of bread topped with honey and mustard cream cheese, steak strips and red onions grilled in garlic butter, glazed with honey and Dijon mustard. Topped with grilled tomatoes, dill pickles and rocket

LUNCH/ DINNER MENU

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■GOURMET BURGER

Choose between a **Beef Burger** or **Chicken Breast**

Served with your choice of chips or salad

-99-Classic Burger

Tomato, dill cucumber, lettuce, crispy onion rings and burger sauce

-139-Jalapeño Cheese Burger 🌙

Topped with cheddar cheese sauce, feta, grilled jalapeño, grilled red onion, tomato, lettuce and burger sauce

Gourmet Burger -145-

Bacon, onion rings, avo and homemade chutnev Ask for your choice of blue cheese mozzarella or cheddar

Peri Chicken Burger -99-

Your choice of chicken breast either flame grilled in peri peri or deep fried in our special crumb on a bed of peri-slaw topped with tomato and peri-mayo

Pulled Rib Burger -95-

Shredded pork rib meat grilled with red onions in honey and soy sauce, on a bed of slaw topped with coriander, sesame seeds and crispy onions

-139-Spicy Bacon and Cheese Burger

Our classic burger topped with bacon, cheddar cheese and spicy peri mayo

STEAK

Grilled in our secret basting and served with your choice of chips, rice, salad, roasted mixed veg or mash

-199-Fillet Steak 250g

Rump Steak 300g -185-

T-Bone Steak 500g -255-

Add a sauce of your choice -25-

Cheese Sauce/ Creamy Mushroom Sauce/ Pepper Sauce/ Jalapeño Cheese Sauce/ Blue Cheese Sauce

Blue Cheese Steak

Steak smothered in a creamy garlic butter, blue cheese sauce topped with balsamic glazed caramelised onions, roasted cherry tomatoes

Fillet Steak 250g -235-**Rump Steak 300g** -215-



HICKEN

Served with your choice of chips, rice, salad, roasted mixed veg or mash

Flame-Grilled Chicken

Flame-grilled chicken prepared in our secret marinade and finished off with your choice of lemon and herb or a mild peri-peri sauce

Quarter -29-Half -123-Full -210-

-185-

Chicken Wings Main

Basted in honey and soy sauce topped with sesame seeds or peri peri sauce (16 pieces)

Chicken Schnitzel -129-

Chicken breast in our special crumb topped with creamy cheese sauce served with coleslaw

Blue Cheese Chicken -119-

Chicken breast topped with blue cheese sauce topped with balsamic glazed caramelised onions and grilled tomatoes

Salsa Chicken -115-

Flame-grilled chicken breast basted in your choice of lemon and herb or peri peri sauce topped with avo, tomato and onion salsa and grilled corn

Served with your choice of chips, rice, salad, roasted mixed veg or mash

Pork Ribs 400g -179-600g

> 800g -319-

Grilled and basted in our sweet sticky basting



-249-

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 alergic 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.

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PASTAS

All pastas served with a choice of penne or fettucine

-115-**Bacon Alfredo** Bacon, mushrooms, garlic, parsley and cream sauce

Replace bacon with chicken strips -125-

-120-**Basil Chicken Pasta**

Chicken strips, tomatoes, basil pesto and a hint of cream topped with parmesan shavings

-150-Lemon Calamari

Baby calamari tubes and tentacles panned in lemon, white wine, herbs and cream topped with parmesan shavings

-115-**Carbonara Pasta**

Diced back bacon, herbs, onion, garlic, egg, a touch of cream topped with parmesan shavings (served with fettucine only)

-125-Pork Ragu Pasta

Slow cooked pulled pork, garlic, red wine, Napolitana and a touch of cream topped with parmesan shavings

Thai Veg Pasta 🐃 🗤 -130-

Baby Marrow, mushrooms, red onion, red pepper, garlic, red curry paste, peanut butter, coconut milk and parmesan

Cheesy Steak Pasta -140-

Steak strips, sauteed honey red onions, cheddar cheese sauce with a hint of dijon mustard topped with feta

Creamy Prawn Pasta -185-

5 Queen prawns, onions, pan fried in lemon, white wine. herbs and cream topped with parmesan shavings



HEALTHY APPETITE

Honey and Soy Chicken Stir fry

-109-

Grilled chicken strips stir-fried with crunchy mixed yea. honey and soy sauce, ginger, garlic and basil. Topped with sesame seeds and served with jasmine rice Veg Option -99-

Red Chicken Curry

-119-

Grilled chicken strips stir-fried with crunchy mixed veg, thai red curry paste, garlic, ginger and coconut milk. Served with jasmine rice

Vegan Option -109-

Sriracha Noodle 🐷

-115-

Noodles fired in sriracha sauce, garlic, ginger, chicken, cabbage, onion, carrots, green beans topped with spring

Vegan Coconut Curry 🚺

-110-

Chickpeas, onion, zucchini, mushrooms, carrots and butternut in a coconut curry sauce. Served with jasmine rice

Beef Curry

-155-

Our delicious Beef Curry a Harvest table favourite. Hearty beef cubes, onion and carrots in a mild curry sauce. Served with jasmine rice, sambals and chutney

Chicken Coconut Curry

-110-

Tender chicken breast, onions in a coconut curry sauce. Served with jasmine rice, sambals and tzatziki sauce Zucchini and Halloumi Option -119-

Chicken and Prawn Option -189-





DESSERTS

Assorted Cakes

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

Spanish dough fried pastry strips coated in cinnamon

sugar. Served with a lemon cream cheese sauce and

ice cream, drizzled with chocolate sauce

CinnaChurro

-75-

oozing chocolate center Malva Pudding

-85-

-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

A warm rich souffle made with fine chocolate and an

Deep Fried Five Star

Chocolate Volcano

-79-

Chocolate Brownies Our Brownies are famous. Try one and find out why. Served with cream or ice cream

-49-

Five Star chocolate, tempura battered and crumbed, deep fried served with ice cream and chocolate sauce

LUNCH/ DINNER **MENU**

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COMBOS

Served with your choice of chips, rice, salad, roasted mixed veg or mash

Half Chicken and Ribs*	-210-
Half chicken and 200g pork ribs	

Quarter Chicken and Calamari* -189-Quarter chicken served with calamari head and tubes

served crispy or grilled in either our lemon, garlic butter cream sauce or creamy peri peri

Change to half chicken - Add 65-

Quarter Chicken and Prawns* -195-Quarter Chicken and 4 queen prawns pan fried in your choice

of lemon, garlic butter, white wine and cream sauce or creamy peri peri sauce

Change to half chicken - Add 65-

-195-**Mighty Combo** Quarter chicken, borewors and 200g pork ribs

*Chicken basted in either lemon and herb or peri peri sauce

Rump and Wings -265-

300g Rump steak and chicken wings (8 pieces) basted in honey and soy sauce topped with sesame seeds or peri peri

Ribs and Wings -265-

400g Pork ribs and chicken wings (8 pieces) basted in honey and soy sauce topped with sesame seeds or peri peri

Mixed Grill -235-

200g Pork Ribs, borewors, chicken wings basted in honey and soy sauce topped with sesame seeds or peri peri sauce

Wors and Ribs 🐺 -220-

400g Pork Ribs and borewors

-155-Crispy Chicken and Calamari Combo

Crispy chicken strips and calamari heads and tubes crumbed and fried served with harissa mayo

-155-**Crispy Chicken and Sticky Wings**

Crispy chicken strips and chicken wings (8 pieces) basted in honey and soy sauce topped with sesame seeds or peri peri sauce







FISH & SEAFOOD

Served with your choice of chips, rice, salad, roasted mixed veg or mash

Grilled Calamari Main

Baby calamari heads and tubes panned in lemon, garlic, butter, white wine, herbs and cream or creamy peri peri sauce

-180-Crispy Calamari Main

Crispy calamari heads and tubes, served with lemon, herbs and mild harrisa mayo

-119-

Deep fried in batter or pan fried in a lemon, garlic butter sauce. Served with coleslaw and mild harrisa mayo

Calamari & Hake -195-

Baby calamari heads and tubes served either grilled in lemon, garlic, butter or crumbed and fried, with a fillet of hake deep fried in batter or pan fried in a lemon, garlic butter sauce. Served with coleslaw and mild harrisa mayo

Prawns

Queen prawns in your choice of lemon, garlic butter, white wine, herbs and cream sauce or creamy peri peri

8 Queen Prawns	-199-
12 Queen Prawns	-279-

Calamari & Prawns -225-

Crispy or grilled calamari head and tubes in a sauce of your choice served with four queen prawns in your choice of lemon, garlic butter, white wine, herbs and cream sauce or creamy peri peri

Cheesy Hake & Prawn -240-

Grilled hake topped with four queen prawns in a garlic and cheese sauce



SALADS

Chopped Thai Beef

Beef strips grilled in honey, ginger, garlic and soy sauce, shredded cabbage, carrots, cucumber, spring onion, sesame seeds, toasted peanuts, coriander and topped with crispy onion rings

Replace beef with chicken strips -99-

Crispy Calamari Salad

Crispy calamari heads and tubes, roasted tomatoes, cucumbers, red onion, feta, topped with smashed chimichurri avo and rocket

Cajun Chicken -110-

Cajun chicken strips on a bed of greens, avo, cucumbers, red onion, sprinkled with pecan nuts

Chicken and Bacon Caesar Salad

Chicken, back bacon bits, tomatoes, croutons on a bed of greens topped with parmesan shavings

-130-

Vegan Cobb Salad Falafel balls, grilled cumin chick peas, tomato and onion salsa, avo, cucumber, grilled corn, carrots on a bed of greens

-99-

-199-

-110-

-115-

DRINKS MENU

BREAKFAST SERVED UNTIL 11:30AM EVERYDAY



■ HOT BEVERAGES

COFFEE

Double Espresso	-32-
Americano Coffee (DBL Shot)	-32-
Cortado (DBL Shot)	-35-
Cappuccino	-35-
Large Cappuccino (DBL Shot)	-40-
Flat White (DBL Shot)	-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 -26Rooibos -26Earl Grey -29Green Tea -29-



HOT DRINKS

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



■ COLD BEVERAGES

Soda Drinks Coca Cola Schweppes 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	

SMOOTHIES

Made with yoghurt



and pieces of decadent brownies)



SPECIALTY DRINKS

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

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-