

Breakfast

ESSENCE BREAKFAST BUFFET | 28

Fuel your morning with a hearty breakfast. Our Farmer's Market Breakfast Buffet offers a delicious local selection of pastries, cereals, seasonal fruits, eggs, meats, and more. Freshly brewed coffee, teas, & juices.

HEALTHY START

GRANOLA PARFAIT | 12

Greek & Fruit Yogurt, Kare® Organic Granola, Seasonal Berries

CHIA SEED PUDDING | 14

Toasted Almonds, Coconut, Melon

FRUIT PLATE | 16

Seasonal Fruit & Berries

AVOCADO TOAST | 18

Multigrain Toast, Smashed Avocado, Poached Egg

EGG-STRAVAGANZA

THE CLASSIC | 21

Two Eggs Any Style, Crispy Potatoes, Toast
One Choice of Maple Bacon, Banger Sausage, or Chicken & Apple Sausage

THREE EGG OMELETTE | 22

Made to your preference.
Provençal Tomatoes, Crispy Potatoes

ESSENCE OMELETTE | 23

Egg White, Baby Kale, Braised Mushroom, Locally Sourced Cheese, Crispy Potatoes

BENEDICT BLISS | 22

Poached Egg, Provençal Tomatoes, Crispy Potatoes, Hollandaise

CLASSIC BACK BACON

ATLANTIC SMOKED SALMON

CARAMELIZED ONION & MUSHROOM

CHEF'S FAVOURITES

HEALTHY BREAKFAST BOWL | 23

Brown Rice & Quinoa, Soft Poached Egg, Cauliflower, Cherry Tomato, Squash, Pesto

SMOKED SALMON BAGEL | 14

Red Onions, Capers, Cream Cheese

FRENCH TOAST | 21

Housemade Banana Bread, Candied Walnut, Seasonal Berries

SWEET TREATS

FRESHLY BAKED PASTRIES | 12

Croissant, Danish, Muffin

WAFFLE | 19

Housemade Waffle, Vanilla Whipped Cream, Chocolate Sauce

BEVERAGES

FRESHLY BREWED COFFEE | 5

HOT CHOCOLATE | 5

ESPRESSO | 5/7

CAPPUCCINO/LATTE | 6

TEA | 5

FRUIT JUICE | 6

Orange, Apple, Cranberry, Grapefruit, or Tomato

SMOOTHIE | 9

SIDES

CHICKEN & APPLE SAUSAGE | 7

MAPLE BANGER SAUSAGE | 6

BACON | 8

CRISPY POTATOES | 6 

FRUIT BOWL | 6 

BERRY BOWL | 9 

Gluten-free options available, please ask your server for more details.

 CHEF'S SIGNATURE DISH

 VEGETARIAN

 VEGAN

 GLUTEN-FREE

Essence of
UNIONVILLE

Executive Chef – Jitin Gaba