


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


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


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

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.

 CHEFS SIGNATURE DISH

 VEGETARIAN

 VEGAN

 GLUTEN-FREE

Essence of
UNIONVILLE

Executive Chef – Jitin Gaba