



essensia
THE PURE ESSENCE
OF TASTE

WELCOME TO ESSENSIA RESTAURANT & LOUNGE!

Essensia Restaurant follows a farm-to-table philosophy, offering a seasonal selection of wholesome global cuisine with emphasis on premium local and sustainable ingredients. We work with local farmers and carefully selected purveyors to bring to you healthful and flavorful dishes made with locally sourced produce, meats and seafood, wherever possible.

We take great pride in being a conscious restaurant and place a genuine focus on the quality and purity of the ingredients utilized on each and every plate. We care about you, our community, and our environment.

Please take a moment to unwind and prepare to indulge in a delicious natural gourmet dining experience we call '*the pure essence of taste*'.

Enjoy!

YOUR ESSENSIA TEAM

SIGNATURE CHEF/CULINARY CONCEPT Julie Frans
EXECUTIVE OPERATIONS CHEF Jaime Magana
EXECUTIVE PASTRY CHEF Christopher Jennings

NOTE FROM THE CHEFS:

Menu selections are subject to change based on seasonal availability. Should a listed item become unavailable, Essensia Chefs may be required to substitute the same product from a different source, or substitute with a different item completely. You will be notified if key ingredients have been adjusted in your evening's selection when you are ordering.

Our foods are seasoned with herbs and spices, with moderate use of salt.

Please make your servers aware of any food restrictions you may have and they will be happy to assist you in selecting the best dairy free, nut free, gluten free, etc. dish to satisfy your requirements.

SEASONAL SELECTIONS

SOUPS

ROASTED CAULIFLOWER AND LEEK CREAMLESS "BISQUE"amuse \$4...bowl \$12
Lemon Oil, Shaved Truffle, Crab

CARROT GINGER LEMONGRASS PUREEamuse \$4...bowl \$10
Spiced Cashews, Coconut Milk, Cilantro Pesto, Coriander

APPETIZERS

GARDEN CRUDITE PLATE\$12
Assorted Home Grown Raw Veggies from Essensia Chef's Organic Garden,
Green Goddess Style Dressing

AHI TUNA STACK\$16
Edamame Hummus*, Tomato Avocado Salsa, Wasabi Caviar, Crispy Lotus* Chips

SALMON TARTARE WITH OSETRA CAVIAR\$20
Fava Bean Puree, Preserved Lemon, Fennel Pollen, Cayenne Creme Fraiche,
Endive Chips, Russian Blinis

SEARED DIVER SCALLOP\$12
Orange Miso* Reduction, Aromatic Panko Crusted Sushi Rice Cake,
Cilantro-Mint-Spring Onion Salad

SOUTH BEACH CEVICHE WITH LOCAL GROUPER\$14
Citrus Cured Local Grouper, Tropical Fruit, Red Bell Pepper, Jalapeño, Asian Pear
and Cilantro, Served with Plantain Chips

STUFFED SQUASH BLOSSOMS\$18
Crab, Ricotta Cheese, Preserved Lemon, Fire Roasted Pepper, Pea Tendril Salad,
Blood Orange Fennel Pollen Vinaigrette

THYME ROSEMARY CRUSTED GRILLED LAMB POPS\$16
Cherry Port Reduction

SERRANO HAM WRAPPED CHICKEN SKEWERS\$14
Hibiscus Pomegranate Gastrique

DUCK CONFIT FLATBREAD\$14
Arugula Pistachio Pesto, Dried Fig, Goat Cheese, Truffle

*Find more detail on back of menu

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Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne
illness, especially if you have certain medical conditions.

AN 18% SERVICE CHARGE AND APPLICABLE SALES TAX WILL BE ADDED TO YOUR CHECK

SALADS

HEIRLOOM TOMATO AND ROASTED BEET SALAD	\$16
Local Burrata*, Arugula, Pistachio Oil, Fig Balsamic, Basil	
TRI COLORED CITRUS SALAD	\$12
Frisee, Dates, Marcona Almonds*, Shaved Manchego, Sherry Vinaigrette	
KATAIFI* WRAPPED WARM GOAT CHEESE	\$14
Paradise Farms Baby Brasica Mix, Organic Berries, Fennel, Candied Pine Nuts, Grapefruit Tarragon Vinaigrette	
WATERMELON SALAD	\$14
Watercress, Crispy Prosciutto, Feta, Mint, Basil Oil and Balsamic	
CAESAR SALAD	\$12
Baby Green and Red Romaine, Rosemary Croutons, Shaved Parmesan, Marinated White Anchovies	
Add To Any Salad Grilled Chicken or Blackened Mahi.....	\$12
Add To Any Salad Two Giant Prawns or Grilled Amazone Paiche*.....	\$16

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OCEAN & RIVER

AMAZONE PAICHE*	\$36
Tomato-Olive Relish, Truffled Mushroom Risotto, Grilled Aubergine, Fire Roasted Pepper Pistou	
MACADAMIA CRUSTED LOCAL GROUPER	\$32
Coconut Saffron Sauce, Tropical Fruit Salsa, Black Thai Rice*, Gingered Carrots	
SEAFOOD PAELLA	\$32
Traditional Saffron Rice, Spanish Chorizo, Clams, Mussels, Giant Prawns, Garlic Aioli, Spanish Olive Oil	
WHOLE YELLOWTAIL SNAPPER	\$42
Guava Chile Cilantro Puree, Macadamia Coconut Pineapple Bamboo Rice, Sauteed Zucchini Ribbons	
SEARED DIVER SCALLOPS	\$28
Orange Miso* Reduction, Black Thai Rice, Sugar Snap Peas in Spicy Sambal*, Pickled Radish Salsa	
BLACK AND WHITE SESAME CRUSTED SEARED AHI TUNA	\$34
Soba Noodles*, Asian Greens, Scallions, Mushrooms, Sesame-Ginger-Sweet Chile Vinaigrette	
ZAHTAR SPICED LOCH DUART SALMON*	\$34
Farro* with Preserved Lemon, Feta, Mint, and Hazelnuts, Grilled Baby Peppers, Sauteed Greens, Cucumber Yogurt Sauce	

PASTA

TRI COLOR FETTUCINI	\$22
Artichoke, Asparagus, Capers, Basil, and Lemon, Grilled Chicken	
LOBSTER RAVIOLI	\$28
Sauteed Oyster Mushrooms, Caramelized Shallots, Sage, Sherry, Truffle	
SPAGHETTI POMODORO	\$16
Add Grilled Chicken Breast.....	\$26
Add Two Giant Prawns or Grilled Amazone Paiche*.....	\$30

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FIELD & FARM

- ALL NATURAL 8 OZ FILET MIGNON**.....\$46
 Maytag Blue Cheese, Port Peppercorn Demi, Truffled Wild Mushroom Risotto,
 Roasted Broccolini
- LOCAL GRASS FED BRAISED BEEF SHORT RIBS**.....\$42
 Fig Ancho Chile Chocolate Demi, Celery Root-Leek Puree, Cumin Roasted
 Baby Carrots, Fried Leeks
- FLAME ROASTED FLORIDA GRASS FED 10 OZ NEW YORK STRIP**.....\$44
 New York Strip with Spicy Soy Demi, Wasabi Mashed Potatoes, Sambal* Wok
 Fried Sugar Snap Peas
- MOROCCAN MARINATED RACK OF LAMB**.....\$39
 Cilantro Mint Mojo, Saffron Risotto, Spring Peas and Pea Tendrils
- SEARED HERB CRUSTED ASHLEY FARMS AIRLINE CHICKEN BREAST**.....\$26
 Sour Cherry Port Reduction, Citrus Honey Herb Drizzle, Spinach Ricotta,
 Gnocchi, Shaved Brussels Sprouts and Wild Mushroom Ragout

VEGETARIAN

- WILD MUSHROOM AND GOAT CHEESE LASAGNA**.....\$22
 Sauteed Greens
- MOROCCAN BRAISED VEGGIES**.....\$22
 Mediterranean Hazelnut-Feta Farro*
- GREEN COCONUT CURRY TOFU**.....\$24
 Eggplant, Peppers, and Other Organic Garden Vegetables, Quinoa*
 and Cinnamon Basil

*Find more detail on back of menu

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CHEESE PLATES

SPANISH TAPAS PLATE.....\$22

Aged Manchego, Valdeon, Mahon, Serrano Ham, Spicy Chorizo, Dates, Marcona Almonds*, Olives, Seedy Flatbread Crackers

CHEESE AND FRUIT PLATE.....\$22

Brillat Savarin, Mimolette, Roquefort, Fresh and Dried Fruits, Caramelized Walnuts, Honey Comb, Crackers

SIDES.....\$7

ARTICHOKE HEART FRIES

MACADAMIA PINEAPPLE BAMBOO RICE

BLACK THAI RICE*

MUSHROOM RISOTTO

MASHED POTATOES

ORANGE AND BASIL SCENTED QUINOA*

SPINACH RICOTTA GNOCCHI IN BROWN SAGE BUTTER

SHAVED BRUSSELS SPROUTS AND SHITAKE MUSHROOM RAGOUT

ROASTED BROCCOLINI WITH MAYTAG BLUE CHEESE

SAUTEED MIXED LOCAL ORGANIC GREENS

MIXED GRILLED VEGETABLES WITH OLIVE OIL-BALSAMIC VINAIGRETTE

*Find more detail on back of menu

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ESSENTIAL SOURCES

At Essensia, we are conscientious and specific about the ingredients we use. We source ingredients from local farms and specialty purveyors to ensure that our guests can enjoy the best products we can offer. We choose products that are locally grown, organic when available, always natural, and sustainably produced. Our finished product speaks for itself; when food is grown with respect, picked at its peak, served close to its source, and prepared with care, the finished plate is a culinary experience that nourishes and satisfies on many levels.

ASHLEY FARMS

Ashley Farms is dedicated to providing all-natural poultry and game that have superior culinary qualities. Their products are consistently rated tender, juicy and flavorful because of their extraordinary high standards. The meticulous care taken at every step of the growth, processing, and distribution process makes Ashley Farms products the most nutritious, healthful foods we can offer at Essensia. ashleyfarms.com

ESSENSIA CHEF'S ORGANIC GARDEN

Our Signature Chef, Julie Frans, has worked with a local, organic gardening firm to build a vegetable garden for the restaurant in our very own backyard! We are growing many of our featured items like heirloom tomatoes, Asian greens, arugula, herbs, and watercress and are incorporating our own home grown ingredients into our dishes as they become available through the season. Essensia is proud to be one of the leading restaurants in the farm-to-table mission in Miami Beach, and one of the first hotels to have our own restaurant garden.

JACKMAN FLORIDA NATURAL WAGYU BEEF

Most of our beef comes from Jackman Ranch, and is raised locally in Clewistan Florida on a grass-sugar cane based diet. The cattle are Wagyu breed, and raised with no antibiotics, hormones, or growth stimulants that could compromise the quality of the beef. The cows are finished on a special grain diet, and harvested in the Midwest. This gives the beef the marbling, texture, and flavor that Americans have come to prefer. Through this process, the cattle are raised naturally on grass, the way that it was intended. jackmanwagyubeef.com

LITTLE HAITI COMMUNITY GARDEN

The Little Haiti Community Garden is a not-for-profit organization dedicated to growing fruits and vegetables using traditional farming techniques. Founded in 2009 by Tamara Hendershot and Gary Feinberg this garden has transformed a derelict, urban lot in Little Haiti (often considered to be one of the poorest districts in the nation) into a dynamic and prosperous garden. By teaching hands-on gardening, healthy nutrition and retail skills, the garden confronts poverty of the district by bringing additional dollars and healthy foods into households that struggle to exist. It has also created educational opportunities for students, encourages volunteerism from the local residents, and has developed jobs for the local community. Currently their product mix includes collard greens, okra, kale, callaloo, cabbage, cilantro, tomatoes, lettuces, spinach, eggplant, calabaza, broccoli & cucumbers.

MORE ESSENTIAL SOURCES

MOTE AQUACULTURE

Now, more than ever before, society is aware of the need to develop innovative technologies that promote natural resource conservation. Caviar is one product that has taken its toll on the environment and the numbers of some fish species. Mote Aquaculture has developed sustainable practices for farming high quality caviar and other products. The species produced at Mote are all regulated species with declining populations. By growing sturgeon and pompano for food production, Mote is able to reduce pressure on wild stocks. A very eco-responsible company, Mote is also using fish waste and wastewater to grow plants for wetlands restoration projects – the plants, in turn, help eliminate excess nitrogen.

PARADISE FARMS

Paradise Farms Organic incorporates Biodynamic principles, which, among other things, encourages an intimate relationship with the land based on the energies of the earth, sun, moon and cosmos. The farm design supports its intention to work with nature's energy. This idea produces a higher vibrating food enriching its flavor. Paradise Farms is certified organic by Quality Certification Services from Gainesville. Their ingredients are simple: natural organic matter, love and care. Everything at the farm is done by hand and with extraordinary care. The farm offers monthly brunches, farm tours, and chef's dinners. www.paradisefarms.net

SWANK FARMS

Swank Specialty Produce is a hydroponic farm owned and operated by Darrin and Jodi Swank since 2002. Growing over 200 varieties of produce consisting of leaf lettuces, specialty greens, cooking greens, baby veggies, edible flowers, herbs, tomatoes and micro greens, their products are grown naturally. No fungicide, no herbicide, no pesticide. They deliver their produce living – still attached to their soil and roots, so the freshness is astounding.

TEENA'S PRIDE

Teena's Pride provides heirloom tomatoes of the highest possible quality, as well as peppers, eggplants, greens, herbs, and other interesting produce, giving our Chefs at Essensia a colorful array of beautiful organic ingredients to work with in creating our dishes. The farm is located within 35 miles of Essensia, and our produce is picked the day it is delivered. This ensures not only the best tasting product, but ingredients that are packed with nutrients and nourishment. Teena's Pride offers locals a CSA, or community supported agriculture program, so that Miami residents can enjoy this incredible produce each week at home. Visit their site for more information. www.teenaspride.com

ESSENTIAL INGREDIENTS

AMAZONE PAICHE

Known as the “King of the Amazon,” this Peruvian tropical freshwater species is a real superfood with firm white meat and a subtle, elegant flavor. Packing an amazing 20 grams of protein per 100 grams of fish, Peruvian Rainforest Paiche is high in Omega-3s, low in fat, and free of antibiotics or mercury. In the wild this fish is endangered from drastic overfishing, but a team of innovators has learned to raise the fish in freshwater earthen ponds in Northeast Peru where they can grow in their natural habitat while allowing surrounding wild rivers and lagoons to remain protected. In this way, a sustainable commercial operation is built and income is brought into one of the poorest economies in the world. The taste of Paiche is a combination of all the best elements of Chilean sea bass, black cod, john dory and Atlantic cod.

BURRATA

A fresh Italian cheese, made from mozzarella and cream. The outer shell is solid mozzarella while the inside contains both mozzarella and cream, giving it an unusually soft texture. It is usually served fresh, at room temperature. The name "burrata" means "battered" in Italian. The burrata we serve at Essensia is made locally, in Pompano Beach.

EDAMAME HUMMUS

We use edamame, or soybeans, pureed with sesame oil, pickled ginger, and sambal to create a unique version of the traditional Mediterranean style hummus.

FARRO

Grano Farro has a long and glorious history: it is the original grain from which all others derive, and fed the Mediterranean and Near Eastern populations for thousands of years; somewhat more recently it was the standard ration of the Roman Legions that expanded throughout the Western World. The grain enjoys popularity among health-conscious cooks.

KATAIFI

Kataifi is a popular Middle Eastern pastry made with a special form of shredded phyllo dough. We wrap our goat cheese with Kataifi and cook it till crispy, making it an extraordinary topping on our baby brassica salad.

LOCH DUART SALMON

Loch Duart is a very different Salmon Company. The difference begins with their approach to rearing salmon and ends with a product which is consistently judged superior in taste, quality, color and overall perception, as evidenced by the number of leading international chefs and restaurants which serve this farmed salmon by name. At every stage of rearing, harvesting and supply a sustainable and environmentally-responsible approach is applied. This approach defines a long-term role for aquaculture as an essential and viable part of the food supply chain of the future.

MORE ESSENTIAL INGREDIENTS

LOTUS

Chips are made by slicing and frying the root of the lotus flower. Much used and relished in Chinese cooking, the root has a mild flavor and a crisp texture, is rich in vitamins B and C, and is packed with iron.

MARCONA ALMONDS

Marcona almonds, the "Queen of Almonds," are imported from Spain. They are shorter, rounder, softer, and sweeter than the California variety.

MISO

A staple in Japanese cuisine, miso is a fermented soybean paste used in soups and sauces, and for pickling. Miso is considered to be a health food. Research shows that supplementing our diet with fermented foods can help reduce high cholesterol levels in our blood and can strengthen and support our digestive and immune systems, thereby helping our bodies to fight off and prevent diseases.

QUINOA

If there were such thing as a perfect food, quinoa might be it. Contrary to popular belief, quinoa is not a grain, but a seed, related to beets and spinach in the grass family. Originally grown in the Andean region of South America, it has gained great popularity with its rich, nutty flavor and immense health benefits. It is high in magnesium and folate, which are lacking in many America diets. It contains all nine essential amino acids, making it a perfect protein, as well as minerals and antioxidants. It also provides prebiotics, making it easy to digest and helping the body to absorb other nutrients, and it is gluten free.

SAMBAL

A chili based spicy condiment sauce. Sambals are popular in many Asian countries.

SOBA NOODLES

Soba is the Japanese name for buckwheat. It is synonymous with a type of thin noodle made from buckwheat flour, and in Japan can refer to any thin noodle.

THAI BLACK RICE

Black sticky rice (or black glutinous rice) is a naturally sweet, dark rice (dark purple more than black) that has both fiber and antioxidants. The grain has a similar amount of fiber to brown rice and like brown rice, has a mild, nutty taste. It is high in other nutritional value as it contains 18 amino acids, iron, zinc, copper, carotene, anthocyanin and several important vitamins. In China, black rice is claimed to be good for kidney, stomach and liver.