

WINES BY THE GLASS

Essensia takes great pride in being a conscious restaurant, with a genuine focus on supporting sustainable farming methods. In addition to the purity and superior taste of their wines, most of our winemakers have been selected for adopting environmentally and socially responsible production practices. Enjoy with a good conscience!

BLUSH & WHITES

ROSÉ, B&G, Côtes de Provence, France 14

SAUVIGNON BLANC, WHITEHAVEN
Marlborough, New Zealand **12**

SAUVIGNON BLANC, CUIVAISON, Carneros, California 14

PINOT GRIGIO, LIVIO FELLUGA, Venezia, Italy 14

CHARDONNAY, MER SOLEIL
Santa Lucia Highlands, California **14**

GEWÜRZTRAMINER, TRIMBACH, Alsace, France 14

RIESLING, SAINT M, Pfalz, Germany 14

WHITE BLEND, CONUNDRUM, Napa Valley, California 14

ICE WINE, INNISKILLIN, Ontario, Canada 35

CHAMPAGNE & SPARKLING

CHAMPAGNE, MOËT CHANDON, BRUT IMPERIAL, France, NV 20

PROSECCO, MIONETTO, Veneto, Italy 12

SPARKLING, ETOILE ROSÉ, Carneros, California, NV 18

FINE WHITES PRESERVED BY CORAVIN

CHARDONNAY, FAR NIENTE, Napa Valley, California 2012 24

REDS

MALBEC, TERRAZAS RESERVE, Mendoza, Argentina 14

PINOT NOIR, TALBOT KALI HART, Monterey, California 15

RED BLEND, PRIMUS, Veramonte, Chile 16

MERLOT, DECOY, Sonoma County, California 15

CABERNET SAUVIGNON, SIMI, Alexander Valley, California 16

CABERNET SAUVIGNON, FRANCISCAN, Napa Valley, California 17

RARE REDS PRESERVED BY CORAVIN

RED BLEND, PRISONER, Napa Valley, California 2014 25

CABERNET SAUVIGNON, GROTH RESERVE
Napa Valley, California 2012 **35**

WINES BY THE BOTTLE

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BLUSH & WHITES

- 200 **ROSÉ**, VILLA PEREIRE, Côtes de Provence, France **42**
- 202 **ROSÉ**, FRANCIS FORD COPPOLA “SOFIA”
Monterey County, California **48**
- 204 **ROSÉ**, B&G, Côtes de Provence, France **55**
- 206 **SAUVIGNON BLANC**, WHITEHAVEN
Marlborough, New Zealand **46**
- 208 **SAUVIGNON BLANC**, HONIG, Napa Valley, California **50**
- 210 **SAUVIGNON BLANC**, CUVAISON, Carneros, California **45**
- 212 **SAUVIGNON BLANC**, GEYSER PEAK
Sonoma County, California **59**
- 214 **SAUVIGNON BLANC**, DUCKHORN
Napa Valley, California 2013 **70**
- 216 **FUME BLANC**, FERRARI, Sonoma County, California **49**
- 218 **PINOT GRIS**, LANGE, Willamette Valley, Oregon **52**
- 220 **PINOT GRIGIO**, LIVIO FELLUGA, Venezia, Italy **45**
- 222 **PINOT GRIGIO**, JERMANN, Venezia, Italy **75**
- 224 **CHARDONNAY**, JORDAN, Russian River, California **60**
- 226 **CHARDONNAY**, SONOMA CUTRER
Russian River, California **55**
- 228 **CHARDONNAY**, LAPOSTOLLE, CUVÉE ALEXANDRE
Casablanca Valley, Chile **45**
- 230 **CHARDONNAY**, CAKEBREAD, Napa Valley, California **90**
- 232 **CHARDONNAY**, GRGICH HILLS, Napa Valley, California **105**
- 234 **CHARDONNAY**, GROTH, Napa Valley, California **70**
- 236 **CHARDONNAY**, NATURA, Casablanca Valley, Chile **40**
- 238 **CHARDONNAY**, FAR NIENTE, Napa Valley, California **125**
- 240 **CHARDONNAY**, NEWTON “UNFILTERED”
Napa Valley, California **120**
- 242 **CHARDONNAY**, CHATEAU MONTELENA
Napa Valley, California **90**
- 244 **CHARDONNAY**, MER SOLEIL
Santa Lucia Highlands, California **55**

WINES BY THE BOTTLE

CHAMPAGNE & SPARKLING

- 10 **SPARKLING**, ANTOINE MULLER, BLANC DE BLANCS BRUT, Alsace, France NV **40**
- 20 **PROSECCO**, MIONETTO, Veneto, Italy **46**
- 30 **SPARKLING**, ETOILE ROSÉ, Carneros, California NV **95**
- 40 **CHAMPAGNE**, NICOLAS FEUILLATTE, BRUT ROSÉ, France **120**
- 50 **CHAMPAGNE**, MOËT CHANDON BRUT IMPERIAL, France NV **115**
- 60 **CHAMPAGNE**, PERRIER JOUET, GRAND BRUT, France **140**
- 70 **CHAMPAGNE**, VEUVE CLICQUOT, BRUT, France NV **125**
- 80 **CHAMPAGNE**, TAITTINGER, PRÉLUDE GRANDS CRUS, France NV **165**
- 90 **CHAMPAGNE**, PALMES D'OR BY NICOLAS FEUILLATTE BRUT, France **220**
- 100 **CHAMPAGNE**, VEUVE CLICQUOT LA GRANDE DAME BRUT, France 2004 **278**

UNIQUE WHITE VARIETALS

- 246 **VIOGNIER**, CALERA, Central Coast, California **49**
- 248 **ALBARIÑO**, MARTIN CODAX, Rias Baixas, Spain **42**
- 250 **WHITE BLEND**, CONUNDRUM, Napa Valley, California **49**
- 252 **GEWURZTRAMINER**, TRIMBACH, Alsace, France **49**
- 254 **RIESLING**, PACIFIC RIM, Columbia Valley, Washington **49**
- 256 **RIESLING**, SAINT M, Pfalz, Germany **54**
- 258 **POUILLY FUME**, DOMAINE DU BOUCHOT, Loire, France **45**
- 260 **SANCERRE**, GRANDE ROCHE, Loire, France **55**
- 262 **CHABLIS**, SEGUINOT BORDET, France **49**
- 264 **POUILLY FUISSÉ**, LATOUR, Mâconnais, France **50**
- 266 **CHARDONNAY**, LES URSULINES, Bourgogne, France **60**

WINES BY THE BOTTLE**REDS**

- 268 **CABERNET SAUVIGNON**, LOUIS MARTINI
Napa Valley, California **65**
- 270 **CABERNET SAUVIGNON**, FRANCISCAN
Napa Valley, California **60**
- 272 **CABERNET SAUVIGNON**, GROTH
Napa Valley, California **120**
- 274 **CABERNET SAUVIGNON**, JORDAN
Russian River, California **120**
- 276 **CABERNET SAUVIGNON**, BERINGER KNIGHTS VALLEY
Sonoma County, California **70**
- 278 **CABERNET SAUVIGNON**, SIMI
Alexander Valley, California **57**
- 280 **CABERNET SAUVIGNON**, SILVER OAK
Alexander Valley, California **145**
- 282 **CABERNET SAUVIGNON**, SILVERADO
Napa Valley, California **85**
- 284 **CABERNET SAUVIGNON**, STAGS' LEAP ARTEMIS
Napa Valley, California **130**
- 286 **CABERNET SAUVIGNON**, QUINTESSA
Napa Valley, California **265**
- 288 **CABERNET SAUVIGNON**, CAYMUS
Napa Valley, California **160**
- 290 **CABERNET SAUVIGNON**, STAGS' LEAP
Napa Valley, California **95**
- 292 **PINOT NOIR**, ARTESA, Carneros, California **65**
- 294 **PINOT NOIR**, LAETITIA, Paso Grande, California **45**
- 296 **PINOT NOIR**, CAMBRIA, Central Coast, California **48**
- 298 **PINOT NOIR**, PATZ & HALL, Russian River, California **115**
- 300 **PINOT NOIR**, TALBOTT, Monterey County, California **50**
- 302 **PINOT NOIR**, FLOWERS, Sonoma Coast, California **125**
- 304 **PINOT NOIR**, ETUDE, Napa Valley, California **90**
- 306 **PINOT NOIR**, ZD, Napa Valley California **95**
- 308 **PINOT NOIR**, KISTLER, Sonoma Coast, California **145**
- 310 **PINOT NOIR**, KEN WRIGHT "GUADALUPE"
Dundee Hills, Oregon, **120**
- 312 **MERLOT**, PARADIGM, Napa Valley, California **98**
- 314 **MERLOT**, CASA LAPOSTOLLE CUVÉE, Apalta, Chile **55**
- 316 **MERLOT**, DUCKHORN, Napa Valley, California **105**

BAR BITES

NIBBLES

TURKEY PICADILLO EMPANADAS 11

Green Harissa Dipping Sauce

CONCH BITES 14

Creole Dipping Sauce

JERK CHICKEN WINGS 14

Guava Habanero Rum Sauce

YUCCA FRIES WITH DIPPING SAUCES 10

Guava Habanero Rum Sauce, Chimichurri

BAHAMIAN STYLE SHRIMP & CONCH "CEVICHE" (GF, DF) 15

Red and Green Bell Pepper, Passion Fruit Marinade, Crispy Plantains

OYSTER MUSHROOM CEVICHE (GF, DF, VV) 11

Green Papaya, Watermelon Radish, Red Pepper, Coconut Milk, Fried Plantains

PERUVIAN MIXED SEAFOOD 14

Rice Flour Breaded and Fried Seafood, Grilled Pepper
Grilled Pineapple, Red Onion, Citrus Marinade

TUNA POKE 18

Marinated Pacific Yellowfin Tuna, Avocado, Cucumber
Scallion, Chili, Ginger and Soy

GRILLED OCTOPUS 15

Green Bean and Fingerling Potato Salad, Lemon, Olive Oil, Fresh Herbs

FISH TACOS 20

Avocado, Chayote Squash and Jicama Slaw, Chipotle Crema
Jalapeno-Cilantro Charred Corn

"PROPER SAUSAGE" HABANERO CHILI PORK SLIDERS 16

Chayote Squash and Jicama Slaw, Tamarind Chutney Yogurt,
Brioche Bun

CHEESE & MEATS TAPAS PLATE 18

Chef's Selection of Cheeses, Spanish Chorizo, Aged Salami, Cured Olives, Marcona Almonds, Fig Jam, Seedy Flatbread Crackers

BAR BITES

SALAD

Add Grilled Chicken **7**, Shrimp **9** or Fish **12**

SHAVED VEGETABLE & GARDEN HERB SALAD (V) **9**

Rainbow Carrots, Beets, Radish, Fennel, Home Grown Baby Greens, Tarragon, Dill, Goat Cheese, Pistachio Dust, Champagne Vinaigrette

BLACK BEAN & GRILLED CORN SALAD (V) **13**

Frisee, Quinoa, Cherry Tomato, Queso Fresco, Cilantro Vinaigrette

FRESH HEARTS OF PALM SALAD (VV) **14**

Heirloom Cherry Tomatoes, Local Avocado, Capers, Parsley, Toasted Pine Nuts, Lemon, and Extra Virgin Olive Oil

SIGNATURE KALE CAESAR **13**

Local Kale, Shaved Parmesan, Toasted Pepitas, House Croutons, Anchovy Vinaigrette

SANDWICHES, BURGERS, & MORE

Served with choice of Mixed Greens, French Fries, Sweet Potato Fries, Coleslaw

GRILLED ISLAND FISH SANDWICH **20**

Grilled Pineapple, Chayote Squash and Jicama Slaw, Green Harissa Sauce

GRILLED WEST INDIES SPICED CHICKEN SANDWICH **14**

Roasted Garlic Aioli, Tamarind Chutney Yogurt, Lettuce, Tomato, Caramelized Onion

ROAST CERTIFIED ANGUS BEEF SANDWICH **15**

Arugula, Red Bell Pepper Pesto Mayo, Tomato, Manchego, Ciabatta

PALMS BURGER **16**

Certified Angus Beef, Grilled Onion, Tomato, Brioche Bun
Choice of Swiss, Cheddar, or Monterrey Jack Cheese, Add Bacon **2**

BISTRO BURGER **17**

Certified Angus Beef, Melted Brie, Guava Habanero Rum Sauce, Caramelized Onions, Roasted Garlic Aioli, Add Bacon **2**

CARIBBEAN VEGGIE WRAP (VV) **14**

Quinoa, Black Beans, Plantain, Whipped Avocado, Marinated Kale, Chayote Squash and Jicama Slaw, Wheat Tortilla

FLATBREAD PIZZAS

PROPER SAUSAGE **17**

Marinara, Red Bell Pepper, Oyster Mushroom, Goat Cheese, Shaved Fennel

BURRATA (V) **16**

Herb Pesto, Heirloom Cherry Tomatoes, Fresh Arugula, Shaved Parmesan, Truffle Oil

VEGGIE TROPICAL (V) **15**

Mozzarella, Manchego, Red Bell Pepper, Red Onion, Pineapple, Plantain, Jalapeno, Cilantro

WINES BY THE BOTTLE

REDS CONTINUED

- 318 **MERLOT**, ST. SUPERY, Napa Valley, California **90**
- 320 **MERLOT**, DECOY, Sonoma County, California **65**
- 322 **MERLOT**, MONTES ALPHA, Apalta, Chile **40**
- 324 **MALBEC**, COLOMÉ, Salta, Argentina **50**
- 326 **MALBEC**, ERNESTO CATENA, Mendoza Argentina **68**
- 328 **MALBEC**, DON MIGUEL GASCON, Mendoza, Argentina **45**
- 330 **MALBEC**, TERRAZAS RESERVA, Mendoza, Argentina **40**
- 332 **MALBEC**, CONCHA Y TORO GRAN RESERVA, Mendoza, Argentina **45**
- 334 **MALBEC**, FELINO PAUL HOBBS, Mendoza, Argentina **78**
- 336 **MALBEC**, CROCODILE PAUL HOBBS, Mendoza, Argentina **90**

UNIQUE RED VARIETALS

- 338 **CARMENERE**, ERRAZURIZ, Aconcagua Valley, Chile 2013 **55**
- 340 **SYRAH**, LAPOSTOLLE, CUVÉE ALEXANDRE, Cachapoal Valley, Chile **55**
- 322 **RED BLEND**, EMILIANA COYAM, Colchagua Valley, Chile **75**
- 344 **RED BLEND**, PRISONER, Napa Valley, California **90**
- 346 **RED BLEND**, PRIMUS, Colchagua Valley, Chile **65**
- 348 **ZINFANDEL**, HARTFORD COURT, Russian River, California **95**
- 350 **ZINFANDEL**, RIDGE GEYSERVILLE, Alexander Valley, California **70**
- 352 **MERITAGE**, FRANCISCAN "THE MAGNIFICAT", Napa Valley, California **125**
- 354 **MERITAGE**, ESTANCIA, Paso Robles, California **85**
- 356 **CRianza**, MARQUES DE CACERES, Rioja, Spain **49**
- 358 **TEMPRANILLO**, NUMANTHIA TERMES, Toro, Spain **65**
- 360 **GIGONDAS**, DOMAINE DU GRAPILLON D'OR, Rhone, France 2012 **70**
- 362 **GRENACHE**, SHATTER, Languedoc-Roussillon, France 2012 **70**
- 364 **MARGAUX**, BARON DE BRANE, Bordeaux, France **78**
- 366 **MARGAUX**, CHATEAU LES CARABINS, Bordeaux, France **80**
- 368 **SARGET**, GRUAUD LAROSE, Bordeaux, France 2006 **95**
- 370 **VALPOLICELLA**, ALLEGRINI, Veneto, Italy 2013 **49**
- 372 **CHIANTI**, VILLA ANTINORI, Tuscany, Italy **45**
- 374 **SYRAH**, NERO D'AVOLA CASTELLUCCI, Sicily, Italy **50**

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