

BREAKFAST

BREAKFAST ESSENTIALS

PASTRY BASKET <i>House made morning pastries and jams</i>	9
TOAST <i>White, whole grain and mixed seeds, with butter and house made jams, local honey</i>	6
SEASONAL FRUIT BOWL	9
GREEK YOGURT BOWL Served with a choice of fresh or stewed fruit <i>Topped with homemade granola</i>	10
HOMEMADE GRANOLA Served with a choice of milk or greek yogurt <i>Organic oats, mixed dried fruit, nuts and seeds</i>	10
ORGANIC OATMEAL Served with your choice of milk <i>Oatmeal porridge, dark Mexican sugar, raisins</i>	9
QUINOA PORRIDGE <i>Almond milk, stewed fruit, toasted almonds</i>	11
DEEP DISH PANCAKE <i>With banana salted 'piloncillo' butter</i>	14
FRENCH TOAST <i>Brioche bread, homemade fruit jams</i>	13
AVOCADO TOAST <i>Black bread, smashed avocado, cherry tomato, watermelon radish</i>	15

..... *FROM OUR JUICE BAR*

HEALTH BLAST SUPERFOOD BOWL <i>A creamy blend of avocado, banana, green apple, hemp protein and soy milk, topped with oats, grated coconut, banana, hemp hearts, granola and amaranth</i>	16
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EL CONTINENTAL 20

Fruit bowl, pastry basket, juice, coffee or tea

EL ESENCIAL 30

Fruit bowl, choice of hot entrée, toast, juice, coffee or tea

EGGS

EGGS ANY STYLE Scrambled, sunny-side up, hard-boiled <i>Served with green salad and homemade toast</i>	15	
OMELETTE 3 Egg - Regular or Egg white <i>Served with breakfast potatoes w/bell peppers or green salad -with your choice of:</i>	15	
Chaya Spinach	Oaxaca Cheese	Mushrooms
Chorizo Argentino	Chihuahua Cheese	Cherry Tomato
FRITTATA <i>Served with organic cherry tomato salad</i>	15	
Mushroom, Caramelized Onions & Parmesan Cheese or Veggie: Asparagus, Fava, Green Peas, Zucchini & Feta Cheese		
EGGS BENEDICT ON OUR HOUSE CROISSANT <i>2 poached eggs, seared turkey ham, chipotle hollandaise</i>	15	
EGG SANDWICH <i>Maple Sausage, soft scrambled eggs, Chihuahua cheese, tomato jam, brioche bun</i>	15	

SIDES 5

Breakfast Potatoes	Bacon	Seared Turkey Ham	Chorizo	Green Salad
Sliced Avocado	Mixed Mushrooms	Organic Cherry Tomato Salad		
Seared Fresco Cheese	Refried Black Beans	Guacamole	Tortillas	Berries

OUR MEXICAN HOUSE SPECIALS

HUEVOS MOTULEÑOS	15		
<i>2 eggs sunny side up, tortilla, smashed black beans, seared ham, salsa motuleña, green peas, fried plantain</i>			
HUEVOS RANCHEROS	15		
<i>2 eggs sunny side up, tortilla, smashed beans, salsa ranchera, avocado, breakfast potatoes w/bell peppers</i>			
HUEVOS A LA MEXICANA	15		
<i>Soft scrambled eggs with tomato, onion, jalapeño pepper, served with warm tortillas</i>			
HUEVOS AHOGADOS	15		
<i>2 poached eggs in salsa ranchera, topped with cheese</i>			
HUEVOS AL SARTÉN	15		
<i>Skillet-baked eggs in tomato sauce with sautéed bell & poblano peppers</i>			
CHILAQUILES	15		
<i>Tomatillo or tomato sauce Crispy tortilla, fried egg, shredded chicken, crumbled fresco cheese, sour cream, onions, avocado</i>			
QUESADILLAS	15		
<i>Wheat tortilla filled with Oaxaca string cheese and served with guacamole, pico de gallo and your choice of:</i>			
Mushrooms	Roasted Peppers	Grilled Chicken	Chorizo Argentino
BREAKFAST BURRITOS	15		
<i>Longaniza - Local Chorizo, Potato, Oaxaca Cheese, Soft Scrambled Egg, Black Beans, wrapped in a flour tortilla and grilled</i>			
<i>Veggie - Local Grilled Squash, Purslane, Hoja Santa, Peanut Salsa Macha, Soft Scrambled Eggs and Black Beans, wrapped in a flour tortilla and grilled</i>			

BEVERAGES

COFFEE 5

*Espresso · Cappuccino · Americano
Latte · Iced coffee*

ARTISAN WHOLE LEAF TEA BY MIGHTY LEAF 6

*Organic Breakfast · Organic Earl Grey
Organic Mint Melange · Organic Hojicha Green Tea
Organic Detox Infusion · Bombay Chai
Chamomile Citrus · Orange Dulce · Ginger Twist*

FRESHLY MADE JUICES 5

*Orange · Grapefruit · Seasonal Fruit
Chaya, Pineapple & Orange*

NON-DAIRY MILK OPTIONS: SOY, ALMOND, RICE

MORNING PICK ME UP

*Bloody Mary - Our house recipe
16*

*Champagne Mimosa
20*

**PLEASE ADVISE YOUR SERVER OF ANY SPECIAL DIETARY REQUIREMENTS.
PRICES ARE IN US DOLLARS AND DO NOT INCLUDE 15% SERVICE CHARGE.**

LUNCH & DINNER

Café Esencia

APPETIZERS & SNACKS

AGUACATE CRUJIENTE^v 14

Crispy avocado wedges, local tomato sauce

GUACAMOLE^v 13

Xnipec sauce, pico de gallo, served with topos, plantain & taro chips, or cucumber, jicama & carrot sticks

NACHOS^v 16

Cheese sauce, refried beans, guacamole, pico de gallo, pickled jalapeños with chicken 21 with beef 23

CALAMARES FRITOS 20

Lemon aioli, rustic tomato salsa, cilantro

PULPO AL MOJO DE AJO 22

Grilled octopus, roasted cherry tomatoes, baby potatoes, garlic-chile pasilla dressing

EMPANADILLAS 24

Steamed dumplings, kimchi bolognese, parmesan cheese, black garlic

TARTARE DE ATÚN 24

Tuna tartare, avocado purée, grilled pineapple, sesame seed oil, serrano pepper

CEVICHE CLÁSICO 28

Citrus-marinated local white fish, octopus & shrimp, tomato, red onion, cilantro

TACOS DE PESCADO 21

Grilled white fish, guacamole, red cabbage, cilantro, homemade corn tortillas

COCKTAIL DE CAMARONES 26

Rock shrimp, clamato, tomato, garlic, orange

DIP DE BERENJENA^v 13

Roasted eggplant dip, whipped tahini, crunchy pine nuts, golden raisins

GAZPACHO ROJO^v 14

Tomato, red pepper, cucumber

SANDWICHES

SANDWICH DE ATÚN SELLADO 26

Seared yellowfin tuna fillet, tomato and arugula on house-baked focaccia, morita chile aioli

ESENCIA CLUB 20

Slow roasted turkey breast, crispy bacon, tomato, lettuce, mayonnaise

HAMBURGUESA ANGUS 225gr. 20

Angus beef, Chihuahua cheese, tomato, lettuce, red onion, house made brioche, pickles

B.L.T 18

Our take on the American classic - Roasted tomato, avocado, tomatillo, chipotle aioli

ALL SERVED WITH GREEN SALAD OR FRENCH FRIES

Café Esencia

SALADS

ENSALADA DE SANDÍA ^V 17

Watermelon, watercress, purslane sprouts, crumbled feta cheese, jícama, roasted peanuts, tamarind dressing

LA CLÁSICA ENSALADA CÉSAR 20

Romaine lettuce, Caesar dressing, shaved parmesan, garlic crouton
w/chicken skewer 23 w/shrimp skewer 26

ENSALADA DE GRANOS Y VEGETALES ^V 20

Farro, purslane, asparagus, fava beans, baby zucchini, mint, greek yogurt dressing, roasted tomato, feta cheese
w/chicken skewer 23 w/shrimp skewer 26

ENSALADA DEL CHEF ^V 18

Arugula, organic cherry tomatoes, golden beets, pickled red onion, avocado oil, parmesan

MAINS

PESCA DEL DÍA A LA PARRILLA 32

Simply grilled whole fish, lemon and olive oil

FAJITAS DE POLLO 20

Chicken, red and yellow peppers, zucchini, red onions, watercress salad

CAMARONES Y AGUACATE ASADOS 24

Grilled shrimp & charred avocado salad, chipotle aioli, frissé, cherry tomato

MEDALLÓN DE RES ANGUS 38

Grilled angus beef tenderloin with rustic mashed potatoes, roasted baby carrots, asparagus, and mushroom sauce

BOL DE VEGETALES ASADOS ^V 20

Spinach rice, toasted almonds, grilled vegetables, roasted tomato, whipped tahini

VEGGIE SPAGHETTI ^V 19

Zucchini, carrot, and chayote spaghetti noodles, rustic tomato sauce, pine nuts

PENNE POMODORO ^V 20

Penne rigate, our house tomato sauce, mozzarella di bufala, shaved parmesan

ASK YOUR SERVER FOR OUR DAILY SPECIALS!

V = VEGETARIAN

PLEASE ADVISE YOUR SERVER IF YOU HAVE ANY SPECIAL DIETARY REQUIREMENTS.

PRICES ARE IN US DOLLARS AND DO NOT INCLUDE 15% SERVICE CHARGE.

OUR DISHES ARE PREPARED TO ORDER IN OUR OWN KITCHEN FROM FRESH, SEASONAL AND LOCALLY SOURCED INGREDIENTS. ALL BREADS ARE BAKED ON PREMISES FRESH DAILY.

WE USE EXTRA VIRGIN OLIVE OILS FROM BAJA CALIFORNIA, MEXICO.

DESSERTS

Tiramisú 12
Special recipe from the Duchess

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Bomba de Chocolate 12
*Warm dark chocolate fondant bomb
served with vanilla ice cream*

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Pastel de Tres Leches 12
*Traditional Mexican cake
moistened with 3 kinds of milk*

—

Chocolate Elástico 14
*Elastic chocolate, avocado foam,
cacao nibs, passion fruit ice cream*

—

Pastel de Queso 12
*Cheesecake, coconut crumble,
seasonal berries*

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Churros Mexicanos 12
*Served with chocolate, hazelnut,
and cajeta sauces*

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Helados y Sorbetes Hechos en Casa 10
*Homemade ice cream and sorbets:
Dark chocolate, vanilla, cinnamon,
Mayan honey & brown butter,
coconut sorbet, mango-passion fruit
sorbet*

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Frutas de Temporada 10
Seasonal fruit plate

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