

salads

CAESAR SALAD GF O 19 | 23
fresh cos lettuce with crispy bacon, poached egg, croûtons, shaved parmesan, and caesar dressing

ROAST VEGETABLE GF V 19 | 23
marinated roast vegetables with quinoa, roasted pine nuts, baby spinach, feta and a balsamic glaze

ASIAN SALAD GF O 19 | 23
an aromatic asian salad with rice crispy noodles, capsicum, cucumber, onion, and tomato tossed in a ginger, lemongrass and coriander dressing

+add grilled chicken 150G \$4 +add chicken schnitzel 150G\$4 +add beef 150G \$4
+add salt and pepper calamari (6) \$4

juniors

(only available for children aged 12yo and under)

HAWAIIAN PIZZA 6-INCH 14 | 17
pizza base topped with ham, pineapple, and mozzarella, served with chips and sauce

CHICKEN NUGGETS (8) 14 | 17
golden-fried chicken nuggets served with chips and tomato sauce

FISH FINGERS (8) 14 | 17
golden-fried fish fingers served with chips and tomato sauce

LINGUINE BOLOGNESE 14 | 17
linguine pasta tossed in a bolognese sauce topped with aged parmesan

BANGER & MASH GF 14 | 17
traditional grilled sausage (1) served with creamy mash, vegetables and gravy

seniors

(seniors cards must be shown when placing an order)

ROAST OF THE DAY GF O 15 | 18
ask our staff for today's roast
slow-roasted and served with roast potato, pumpkin, steamed vegetables and gravy

GRILLED BARRAMUNDI FILLET GF 18 | 22
served on bed of creamy mashed potato with steamed vegetables and garlic butter sauce

LINGUINE À LA PESTO V 13 | 16
linguine pasta tossed in a creamy pesto sauce and aged parmesan

CHICKEN SCHINITZEL 150G 17 | 20
golden-fried crumbed chicken breast served with sauce and two sides of your choice

SMALL FISH & CHIPS 18 | 22
beer battered fillet served with chips, garden salad, lemon wedges, and tartare sauce

sides & sauces

SAUCES GF 2 | 2.4

gravy
diane
mushroom
creamy garlic
herb and garlic butter
green peppercorn
hollandaise
tartare

SIDES 4 | 6

hot chips
creamy mashed potato GF
potato gratin GF
steamed vegetables GF
fresh garden salad GF
coleslaw GF

CONDIMENTS

(free of charge)
sweet chilli
hot english mustard
dijon mustard
seeded mustard
sour cream
worchestershire
bbq
tomato

GF - gluten free | GFO - gluten free option | V - vegetarian | VO - vegetarian option

Food allergies : Please be aware that all care is taken when catering for special requirements. It must be noted that within the premises we handle nut, seafood, shellfish, sesame seeds, wheat flour, eggs, fungi, and dairy products. Customer requests will be catared for to the best of our ability, but the decision to consume a meal is the responsibility of the diner.

MEMBER | GUEST

ESSENCE

RESTAURANT

menu

BREAD ROLL 2 | 2.4

BREAD (4) 8 | 10

garlic and herb
+add cheese \$1 + add bacon \$1

BRUSCHETTA (4) 9 | 11

vine-ripened tomato, red onion, olive oil, basil salsa on sourdough baguete with a balsamic reduction

SOUP OF THE DAY 11 | 13

with fresh bread and butter

SOUTH COAST OYSTERS

NATURAL GF

1/2 dozen 20 | 24
dozen 35 | 42

KILPATRICK GF

1/2 dozen 21 | 25
dozen 36 | 43

MORNAY GF

1/2 dozen 21 | 25
dozen 36 | 43

CHICKEN WINGS

1/2kg 9 | 11 1kg 18 | 22
with spicy sauce or smokey bbq sauce

SALT & PEPPER CALAMARI (6) 16 | 17

with chilli aioli and a wedge of lemon

MEMBER | GUEST

schnitzel

REGULAR SCHNITZEL 320G 23| 28
freshly crumbed golden-fried succulent chicken breast

LEGENDARY SCHNITZEL 500G 24| 29
freshly crumbed golden-fried succulent chicken breast

CHICKEN SCHNITZEL WITH TOPPING
choose your schnitzel size, topping and two sides

REGULAR 320G 28| 34
LEGENDARY 500G 29| 35

MEXICAN tomato salsa, jalapeños, mozzarella, guacamole, and sour cream

MEATLOVERS tomato sauce, pepperoni, chorizo, salami, and mozzarella

PARMEGIANA napolitana sauce, ham, and mozzarella

AUSSIE bbq sauce, bacon, fried egg, and mozzarella

HAWAIIAN napolitana sauce, ham, pineapple and mozzarella

NEPTUNE’S atpolitana sauce, garlic prawns, and mozzarella

steaks

RIB-EYE 500G GF 45| 48
Rib eye steak is the cut from the eye of forefront rib area. It is a large, round steak which tends to be marbled with fat. It is very flavoursome and best eaten rare or medium-rare

SIRLON 300G GF 31| 37
Sirlon is a large cut usually taken from the loin of the animal; It is one of our popular cuts

SCOTCH FILLET 300G GF 32| 38
This primal cut of beef is considered to be one of the highest quality of meats

RUMP GF 200G 19| 23 400G 30| 35
Rump steak is renowned for its flavour; it should have almost no presence of fat or marbling

ADD SURF N TURF GF 5| 6
your steak topped with creamy garlic prawns (4)

HOW YOU WOULD LIKE
YOUR STEAK TO BE COOKED?

rare, medium-rare, medium,
medium-well, or well done

favourites

ROAST OF THE DAY GFO 20| 24
ask our staff for today’s roast
slow-roasted and served with roast potato, pumpkin, steamed vegetables and gravy

LAMB SHANKS GF
SMALL 23| 28 LARGE 28| 34
slow-braised lamb shanks served with creamy mash, steamed vegetables, and gravy sauce

LAMBS FRY GF 20| 24
traditional lambs fry and bacon served on bed of creamy mash, steamed vegetables with onion gravy

GRILLED CHICKEN BREAST GF 20| 24
grilled chicken breast served on a bed of saffron risotto, steamed vegetables with herb butter

TWICE COOKED PORK BELLY 29| 35
marinated pork belly served with creamy mash, garden salad, and a garlic chilli infused soy sauce

BANGERS & MASH GF 20| 24
traditional grilled gourmet sausages (3) served with creamy mash and onion gravy

COTTAGE PIE GF 21| 25
lean beef mince cookedwith onion, garlic, tomato, and gravy topped with mashed potato and cheese served with a fresh garden salad

MIXED GRILL GF 29| 35
minute steak, chicken, gourmet sausage, bacon, and fried egg served with chips, fresh garden salad and your choice of sauce

seafood

GRILLED SALMON 200G GF 31| 35
grilled salmon served on bed of soft pollenta with asparagus and tomato salsa

GARLIC PRAWNS WITH CHORIZO 22| 30
garlic marinated pan-fried prawns with chorizo tossed in napolitana sauce with toasted sourdough baguette and fresh garden salad

SEAFOOD BASKET 25| 30
beer-battered fish fillet, prawn citlets, crumbed squid rings, salt and pepper calamari, prawn twisters, served with chips, garden salad, and tartare sauce

FISH & CHIPS 23| 28
beer battered fish fillet served with chips, garden salad, lemon wedges, and tartare sauce

GRILLED BARRAMUNDI FILLET GF 18| 22
served on bed of creamy mashed potato with steamed vegetables and garlic butter sauce

pastas and risotto

PRAWN CHILLI PASTA 23| 28
linguine pasta with prawns, baby spinach, olives, semi-dried tomato, chilli, and aged parmesan

WILD MUSHROOM RISOTTO GF V 24| 29
classic creamy risotto cooked in white wine celery, carrot, baby spinach, and aged parmesan
+add chicken \$4

LINGUINE À LA PESTO v 13| 16
linguine pasta tossed in a creamy pesto sauce and aged parmesan

LINGUINE BOLOGNESE 14| 17
linguine pasta tossed in a bolognese sauce topped with aged parmesan

ALL SERVED WITH SAUCE & TWO SIDES

SIDES
hot chips
creamy mashed potato GF
potato gratin GF
steamed vegetables GF
fresh garden salad GF
coleslaw GF

SAUCES GF
gravy
diane
mushroom
creamy garlic
herb and garlic butter
green peppercorn
hollandaise
tartare