

# essensia

RESTAURANT & BAR

## WELLNESS WEDNESDAY

Living the lighter life on Wednesdays with our veggie-forward and gluten-free specials as well as handcrafted gin cocktails, mocktails and gluten-free beers every Wednesday at Essensia Bar & Lounge.

### BITES 10

CHOICE OF

#### HOMEMADE SPREADS & ARTISANAL BREAD

(V, GF OPTIONAL) Kalamata olive tapenade, beet hummus, roasted eggplant spread

#### CRISPY CAULIFLOWER BITES (V, GF)

lightly battered cauliflower, smoked-paprika glaze, citrus aioli

#### ARUGULA CITRUS SALAD (V, GF, N)

arugula, blood orange, roasted beets, avocado, pistachios, citrus vinaigrette

### SPECIALS 20

CHOICE OF

#### CAPRI ORGANIC BURRATA (GF, N)

Florida heirloom tomatoes, figs, basil gremolata, blood orange vinaigrette

#### TROPICAL SHRIMP CEVICHE (GF)

Florida Gulf shrimp, mango, avocado, leche de tigre, cilantro

#### TUNA TARTARE (GF)

yellowfin tuna, candied ginger, Fresno pepper, Asian pickled pear, avocado, ponzu dressing, taro chips

#### ROASTED WINTER VEGGIES FLATBREAD

(GF crust optional)

eggplant, zucchini, mushrooms, bell peppers, spicy house-made tomato sauce, fresh mozzarella

### GRAY WHALE GIN SPECIALS 10

CHOICE OF

#### COASTAL TIDES

Gray Whale Gin, coconut water, lavender, fresh lemon juice

#### OCEANSIDE

Gray Whale Gin, fresh lime juice, soda water, mint

#### BEACHSIDE

Gray Whale Gin, pineapple, cream of coconut, fresh lemon juice, mint

### LYRE'S MOCKTAIL SPECIALS 10

CHOICE OF

#### LYRE'S PALOMA

Lyre's Agave Blanco Spirit, fresh lime juice, agave syrup, pink grapefruit soda

#### LYRE'S JUNGLE BIRD

Lyre's Italian Orange, Lyre's Dark Cane Spirit, pineapple juice, fresh lime juice, lemon

### DAURA BEER SPECIALS 5

CHOICE OF

#### DAURA LAGER

DAURA ALCOHOL FREE



(GF) GLUTEN FREE, (V) VEGAN, (N) CONTAINS NUTS

\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. All desserts may have been prepared in a facility that also processes nuts.

A 20% SERVICE CHARGE AND APPLICABLE SALES TAX WILL BE ADDED TO YOUR CHECK