

GOLDEN HOUR AT ESSENSIA

SUNDAY TO THURSDAY | 4:00PM - 7:00PM

BOTANICAL MOCKTAILS, ORGANIC WINES,
HANDCRAFTED SPRITZES, LOCAL BREWS AND
NOURISHING BITES DESIGNED TO HELP YOU
UNWIND NATURALLY.

BOTANICAL MOCKTAILS 9

LAVENDER G&T

Lyre's Zero-Proof Gin, Lavender Tea,
Lavender Syrup, Lime, Tonic

MINT CUCUMBER SPRITZ

Lyre's Zero-Proof Gin, Cucumber, Mint,
Lime, Elderflower Tonic

PASSIONFRUIT MOJITO

Lyre's Zero-Proof White Rum, Passion-
fruit Liqueur, Lime, Mint, Q Soda

HIBISCUS MARGARITA

Lyre's Zero-Proof Tequila, Lime &
Pineapple Juice, Hibiscus Tea

ORGANIC WINES 10 GL / 35 BTL

ORGANIC PROSECCO, SYLTBAR, IT

SAUVIGNON BLANC, LOVEBLOCK, NZ

CABERNET SAUVIGNON, NATURAE, FR

PINOT NOIR, LOVEBLOCK, NZ

CHARDONNAY, TERRAZAS, AR

GARDEN SPRITZES 12

NO MODIFICATIONS ALLOWED

SUNSHINE SPRITZ

Organic Prosecco, Gray Whale Gin,
Chinola Passionfruit Liqueur,
Q Soda

EMERALD GLOW

Organic Prosecco, St-Germain
Elderflower Liqueur, Q Soda

LAVENDER SUNSET

Organic Prosecco, Gray Whale
Vodka, Lavender Syrup, Lemon,
Q Soda

MIAMI LOCAL BREWS 7

LA RUBIA BLONDE, LA PLAYITA LARGER,
LA TROPICAL IPA

NOURISHING BITES 15

BEETROOT HUMMUS (V)

Za'atar Pita Bread, Market Vegetables

CAPRI ORGANIC BURRATA & HEIRLOOM TOMATOES (GF, N)

Heirloom Tomatoes, Arugula, Basil,
Toasted Pistachios, Aged Balsamic

COCONUT & LEMONGRASS MUSSELS

P.E.I. Mussels, Lemongrass Broth, Micro
Cilantro, Baguette (GF Bread Optional)

SHRIMP CEVICHE* (GF)

Key West Shrimp, Mango Relish, Avocado
Crema, Leche De Tigre, Plantain Chips *

YELLOWFIN TUNA TARTARE*

Ponzu Dressing, Candied Ginger, Avocado,
Asian Pear, Jalapeño, Fresno Pepper, Taro
Chips, Flatbread

FLORIDA FISH TACOS (GF)

Grilled Local Catch, Pickled Cabbage Slaw,
Pico De Gallo, Avocado Crema, Warm Corn
Tortillas, Cilantro

GRILLED MUSHROOM FLATBREAD

Gratitude Garden Mushrooms, Florida
Heirloom Tomatoes, Crème Fraiche,
Fragrant Herbs

FLORIDA TOMATO & BURRATA FLATBREAD

Heirloom Tomatoes, Capri Organic Burrata,
Fennel Pollen

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

*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. 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