



ESSENCE BAKERY CAFE

LUNCH MENU

We are proud to serve local and organic as much as possible! We compost and recycle.

SPECIALTIES

- Individual Chicken Pot Pie** Free Range Chicken Simmered with Vegetables Baked in Signature Pie Crust, served with Organic Greens with Red Wine Vinaigrette **\$10.25**
- Individual Quiche Lorraine** with Bacon, Organic Spinach, Green Onions and Gruyere, served with Organic Greens with Zinfandel Vinaigrette (available Vegetarian) **\$9.75**
- Spanakopita** 3 Baked Spinach Pies served with Marinated Greek Village Salad of Cucumbers, Grape Tomatoes, Peppers, Kalamata Olives and Feta with Lemon-EVOO Dressing..... **\$9.95**
- Mediterranean Platter** Cold Grape Leaves stuffed with Rice, Pinenuts and Currants, served with Hummus and Marinated Greek Village Salad (Tomatoes, Cukes, Peppers, Olives, Feta) & Crusty Bread..... **\$9.75**

HOT SANDWICHES

With choice of salad (French Dijon Potato or Greens)

- Grilled Cheese with Mozzarella, Tomato & Basil** Toasted Signature Focaccia Bread with Fresh Mozzarella, Wilcox Grown Tomatoes & Organic Basil..... **\$8.75**
- Jalapeño Croque-Monsieur** Baked Ham, Gruyere Cheese and Jalapeno Sandwich Topped with Béchamel **\$9.95**
- *J&H Grass Fed Beef Hamburger** Grass Fed Hamburger (cooked to order) with Tomato & Arugula on Toasted Roll, served with Balsamic Mayo (Add Dubliner Cheddar +0.95, Add Avocado + \$0.90)..... **\$10.95**

COLD SANDWICHES

With choice of salad (French Dijon Potato or Greens)

- Chicken Club** Organic Chicken Breast, Warm Pepper Bacon, Tomato, Romaine and Mayo on Grain Bread..... **\$10.25**
- Roasted Vegetable and Hummus** Roasted Seasonal Vegetables, Sweet Pepper, Hummus and Organic Arugula on Rosemary Focaccia **\$9.25**
- Lemon & Basil Chicken Salad** Free Range Chicken Salad with Lemon and Basil on Brioche with Cucumber & Spinach **\$9.75**
- Essence Egg Salad with Bacon** Our Special Recipe Organic Egg Salad with Warm Pepper Bacon and Tomato on Toasted Roll (Available without Bacon, Add Avocado +\$0.90)..... **\$9.75**

SALADS

Add Organic Chicken +3.25, Add Bacon +\$2.50

- Greek Caesar** Organic Romaine, Kalamata Olives, Grape Tomatoes, Cucumber, House Croutons, Shaved Parmesan, Caesar Vinaigrette..... **\$8.95**
- Organic Spinach and Cranberry** Creamy Feta, Toasted Pecan Halves, Sun-dried Cranberries, Organic Apples, Jicama, Celery, Sherry Vinaigrette..... **\$9.50**
- Greens, Pears & Mini Blue Cheese Sammie** Mini Grilled Blue Cheese Sandwich with Caramelized Onions and Pecans over Greens with Zinfandel Vinaigrette and Warmed Pears Poached in Red Wine **\$9.50**
- Organic Arugula and Pepper Bacon** Organic Dates, Toasted Pumpkin Seeds, Heirloom Carrots, Red Wine Vinaigrette & Warm Gruyere Cheese Croissant (available Vegetarian) **\$10.25**

SIDES

- Fresh Soup of the Day** Cup **\$4.50** Bowl **\$5.95**
- Spanakopita** (2 pieces) **\$4.95**
- Hummus with Crusty Bread or Cukes** **\$4.95**

ASK ABOUT OUR VEGAN AND GLUTEN-FREE OPTIONS

*Consuming raw or undercooked meats, or eggs may increase your risk of foodborne illness.

Buy local. Eat well. Preserve the Planet.

ARCADIA

3830 E. Indian School Rd. Tuesday-Sunday
 Phoenix, Arizona 85018 6:30am to 3:00pm
 Ph 602-296-4958 Closed Monday

TEMPE

825 W. University Dr. Tuesday-Saturday
 Tempe, Arizona 85281 7:00am to 3:00pm
 Ph 480-966-2745 Closed Sunday & Monday