



# 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** Local Whole 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..... **\$9.75**
- 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 (*Add Chicken +\$3.25, Add Bacon +\$2.50*) ..... **\$8.75**
- Jalapeño Croque-Monsieur** Baked Ham, Gruyere Cheese and Jalapeno Sandwich Topped with Béchamel (*Add Organic Fried Egg +\$1.50*) ..... **\$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, Add Bacon +\$2.50, Add Organic Fried Egg +\$1.50*) ..... **\$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 (*Add Chicken +\$3.25, Add Bacon +\$2.50*) ..... **\$9.25**
- Lemon & Basil Chicken Salad** Local Whole 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, Organic Radishes, Heirloom Carrots, Jicama, Red Wine Vinaigrette and 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**
- Kids Special Grilled Cheese with Hummus or Cucumbers** ..... **\$6.95**

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. Monday-Sunday  
Phoenix, Arizona 85018 6:30am to 3:00pm  
Ph 602-296-4958