



# ESSENCE BAKERY CAFE

## BREAKFAST MENU

We are proud to serve organic and local as much as possible! We serve organic eggs, and dairy products. Sub organic egg whites +\$1.95. We compost and recycle.

### ENTREES

<b>*Signature Sausage Turnover and Eggs</b> Signature Puff Pastry Turnover filled with Local Sausage, Mushrooms & Gruyere Cheese with 2 Organic Eggs & Baked Tomato Provençale .....	<b>\$11.95</b>
<b>*The Big Breakfast</b> 2 Organic Eggs served with Mashed Potato Cake, Breakfast Sausage, Sautéed Mushrooms, Homemade Buttered Toast with Jam (available Vegetarian).....	<b>\$11.95</b>
<b>Individual Quiche Lorraine</b> with Bacon, Organic Spinach, Green Onions and Gruyere Cheese, served with Fresh Fruit (available Vegetarian) .....	<b>\$10.95</b>
<b>*Classic Egg Sandwich</b> Organic Egg Sandwich with Melted Dubliner Cheese on Toasted Brioche with Tomato (Ham +\$1.25, Bacon +\$2.80, Avocado +\$.95, Wilted Organic Spinach +\$1.15, on Butter Croissant +2.25).....	<b>\$6.95</b>
<b>*Huevos Frenchos</b> French Style Scrambled Organic Eggs Topped with Avocado and Fresh Tomato Salsa, served with Roasted Fingerling Potatoes (Add Bacon or Sausage +\$2.80).....	<b>\$9.50</b>
<b>*Essence French Scrambled Eggs</b> Slow Cooked Scrambled Organic Eggs with Chives, Dijon Mustard, Cream & Parmesan Cheese. Served with Toast & Jam or Seasoned Tomatoes. (Add Bacon or Sausage +\$2.80).....	<b>\$8.95</b>
Served with both Toast & Jam and Seasoned Tomatoes. (Add Bacon or Sausage +\$2.80).....	<b>\$9.95</b>
<b>*Jalapeño Croque-Monsieur</b> Baked Ham, Gruyere Cheese and Jalapeno Sandwich topped with Béchamel, and Organic Fried Egg .....	<b>\$10.95</b>
<b>Signature Brioche French Toast</b>	
Served with Rich Banana-Caramel Sauce with Toasted Hazelnuts (Add Bacon or Sausage +\$2.80).....	<b>\$9.75</b>
Served with Seasonal Organic Fresh Fruit Compote and Creme Chantilly (Add Bacon or Sausage +\$2.80).....	<b>\$11.25</b>
<b>Buttermilk and Organic Oat Pancakes</b>	
Served with Organic Maple Syrup and Salted Butter (Add Bacon or Sausage +\$2.80) .....	<b>\$9.75</b>
Served with Seasonal Organic Fresh Fruit Compote and Creme Chantilly (Add Bacon or Sausage +\$2.80).....	<b>\$11.25</b>
<b>Eugenia's Hot Breakfast Cereal</b> Organic Oat, Wheat Bran, Flax Meal, Wheat Germ, Raw Sugar and Organic Almond Milk, Topped with Organic Yogurt & Toasted Pecans (Add Fresh Fruit +\$2.65) .....	<b>\$7.25</b>
<b>Essence Organic Granola</b> Our Blend of Organic Oats, Barley Flakes, Wheat Flakes, Walnuts, Sunflower Seeds, Pumpkin Seeds and Organic Honey. Served with Organic Almond Milk and Organic Dates. (Add Fresh Fruit +\$2.65).....	<b>\$7.75</b>
Served with Organic Homemade Yogurt and Organic Dates. (Add Fresh Fruit +\$2.65) .....	<b>\$8.65</b>

### SIDES

<b>Homemade Buttered Toast and Jam</b> .....	<b>\$4.75</b>
<b>Mashed Avocado with Lemon &amp; Sea Salt on Grain Toast</b> ...	<b>\$5.25</b>
<b>Side of Homemade Organic Yogurt</b> .....	<b>\$4.25</b>
<b>Schreiner's Breakfast Sausages (2)</b> .....	<b>\$5.65</b>
<b>Warm Pepper Bacon (4)</b> .....	<b>\$5.65</b>
<b>Mashed Potato Cake</b> .....	<b>\$4.95</b>
<b>Roasted Fingerling Potatoes</b> .....	<b>\$4.95</b>
<b>Sautéed Fresh Mushrooms</b> .....	<b>\$4.95</b>
<b>Baked Tomato Provençale</b> .....	<b>\$4.95</b>
<b>Bowl of Fresh Seasonal Fruit</b> .....	<b>\$7.50</b>
<b>Fresh Tomato Salsa</b> .....	<b>\$0.85</b>

ASK ABOUT OUR VEGAN AND GLUTEN-FREE OPTIONS

\*These items may contain raw or undercooked ingredients. Consuming raw or undercooked meats or eggs may increase your risk of food borne 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