



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 **\$11.95**
- Individual Quiche Lorraine** with Bacon, Organic Spinach, Green Onions and Gruyere, served with Organic Greens with Cabernet Vinaigrette (*available Vegetarian*) **\$10.95**
- Spanakopita** 3 Baked Spinach Pies served with Marinated Greek Village Salad of Cucumbers, Grape Tomatoes, Peppers, Kalamata Olives and Feta with Lemon-EVOO Dressing..... **\$11.25**
- Mediterranean Platter** Cold Grape Leaves stuffed with Rice, Pinenuts and Currants, served with Hummus and Marinated Greek Village Salad (Tomatoes, Cukes, Peppers, Olives, Feta) and Crusty Bread **\$11.25**

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 and Organic Basil (*Add Chicken +\$3.50, Add Bacon +\$2.80*) **\$9.75**
- *Jalapeño Croque-Monsieur** Baked Ham, Gruyere Cheese and Jalapeno Sandwich topped with Béchamel (*Add Organic Fried Egg +\$1.50*) **\$10.95**
- *J&H Ranch Grass Fed/Grass Finished Hamburger**
1/3 lb. Hamburger with Tomato, Arugula and Balsamic Aioli on Toasted Roll **\$11.95**
1/3 lb. Hamburger with Roasted Chilies, Gruyere Cheese..... **\$12.50**
(*Add Dubliner Cheddar +\$0.95, Add Avocado +\$0.95, Add Bacon +\$2.80*)

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..... **\$10.95**
- Lemon & Basil Chicken Salad** Local Whole Chicken Salad with Lemon and Basil on Brioche with Cucumber and Spinach..... **\$11.25**
- 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 +\$0.95*) **\$10.95**

SALADS

Add Organic Chicken +\$3.50, Add Bacon +\$2.80

- Greek Caesar** Organic Romaine, Kalamata Olives, Grape Tomatoes, Cucumber, House Croutons, Shaved Parmesan and Caesar Vinaigrette **\$10.50**
- Organic Spinach and Cranberry** Creamy Feta, Toasted Pecan Halves, Sun-dried Cranberries, Organic Apples, Radishes, Celery and Sherry Vinaigrette **\$10.95**
- Organic Arugula and Pepper Bacon** Organic Dates, Toasted Pumpkin Seeds, Organic Radishes, Heirloom Carrots, Red Wine Vinaigrette and Warm Gruyere Cheese Croissant (*available Vegetarian*) **\$11.95**
- Chopped Chicken BLT** Organic Romaine, Cheddar, Avocado, Warm Pepper Bacon, Grape Tomatoes, Roasted Organic Seasonal Vegetables, Cucumber and Creamy Buttermilk Basil Dressing (*available Vegetarian*)..... **\$13.95**

SIDES

- Fresh Soup of the Day** Cup **\$4.95** Bowl **\$6.95**
- Spanakopita** (2 pieces) **\$5.65**
- Hummus with Crusty Bread or Cukes** **\$5.65**
- Kids Special Grilled Cheese with Hummus or Cucumbers** **\$7.95**

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
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