

TO START

DIPS AND THINGS | GF | VG | \$13

Escabeche dip, black sesame hummus, walnut spread, chip mix

SALSA AND CHIPS | GF | VG | \$10

Chefs choice of salsas, chip mix

ONTARIO GREENS | GF | VG | \$10

100km seasonal green mix, dressing

RAW BAR

TROUT TIRADITO | GF | \$18

Brazilian style, watermelon kombucha, chili oil, fermented watermelon + celeriac, greens

SALBUTE DE SASHIMI | GF | \$15

Fried tortilla, cured trout, toum, pickled onion, greens

OYSTER CEVICHE | GF | \$15

Cucumber, cherry tomatoes, celery, citrus, herbs

IMBIBE!

0% OPTIONS AVAILABLE \$14

STRAWBERRY CHAMOYADA | 1.5oz | \$18

Vodka, Strawberry, rhubarb, fermented sweet, pepper

BLUEBERRY MOJITO | 1.5oz | \$15

Rum, blueberry compote, lime juice, mint, agave syrup

SEASONAL FROM ONTARIO FARMS

OKRA AND JALAPENO SALAMI | GF | VGO | \$10

Seed to sausage, citrus vinaigrette, crisp masa

GRILLED BEANS | GF | VG | \$10

Snap + green beans, lemon

CABBAGE WEDGE | GF | VG | \$10

Chili paste, sunflower pipian, beets, croutons, corn crisp

SCOBY AGUACHILE | GF | VG | \$15

Celery, mushrooms, beet, cherry tomatoes, herbs

LARGE FORMAT (FOR GROUPS)

PEI STEAKS | GF | MP

Served with sunflower mole, roasted corn, cured stone fruit

NIGHTSHADES AND FIRE | GF | VG | \$30

Char Broiled eggplant, heirloom tomato, chickpea - lentil stew

TROUT A LA TALLA | GF | \$60

Rajas poblanas, tortillas, pickles

NEW AT THE BAR

JUKES, 0% wine, red or white, sparkling or flat | 5oz | \$15

ISLA BONITA | 1.5oz | \$15

Vodka, watermelon kombucha, gooseberry soda

GREEN LAGUNA | 1oz | \$16

St. Germain, pineapple, cucumber, lime juice, serrano, ginger, cilantro salt, celery garnish

MP: Market price, different prices and sizes available

TACOS | \$10

Maizal masa

RAJAS POBLANAS | VG | GF

Triple cheese, potato crumb

TINGA | GF

Caramelized onion, tomato, chicken, crema, cilantro

ASADA | GF

Aged beef, garlic scape salsa, cotija cheese

MUSHROOMS AL AJILLO | VG | GF

Roasted mixed mushrooms, soy umami sauce, pickled onions, cilantro

AGAVE COCKTAILS

OLD FASHIONED MEXICANA | 2oz | \$16

Tequila, Mezcal, agave nectar, bitters, smoked volcano

ESSENCE MARGARITA | 1.5 oz | \$15

El Jimador Tequila, triple sec, lime juice, orange juice cilantro salt

TAMARIND MARGARITA | 1.5 oz | \$15

El Jimador Tequila, Triple sec, lime juice, orange juice, tamarind syrup, sweet and salty chili

BESITOS | 1oz

CAZADORES, REPOSADO \$15

MAESTRO DOBEL TEQUILA \$17

CLASE AZUL, REPOSADO \$30

GF: GLUTEN FREE VG: VEGAN or VEGAN OPTION

FROM THE SEA

Mimosa springs trout

GRILLED TROUT | GF | \$30

Warm crema, scallion salsa, potatoes, actually in season veg

FROM THE LAND

Arthur, ON, happy ducks

ROASTED DUCK BREAST | GF \$28

Crispy skin, beet salsa, jus

LEG DUCK CARNITAS | GF | \$28

Tortillas, pickled onions, cilantro, pineapple-serrano salsa

PEI, happy beef

HANGER STEAK | GF | \$35

6oz, actually in season veg, sunflower mole, jus

140 BURGER | \$18 | *Vegeterian option now available*

4oz, aged beef, tomato, lettuce, ontario ketchup,
avocado crema, cheese cheech, chips, brioche

IMBIBE

ROTATING TAP

(5.3%) Burdock Brewery, Toronto Craft

Draft | ½ Pint \$7 | Pint | \$12

NEBRA | 750ml Bottle | \$45 (8%) Birra 32

Lambrusco Ferrarini 2019 | \$12 | \$60

Sparkling red wine

VEG FORWARD

HASH BRAVO | GF | VG | \$12

Potato, plantain, taro, onion, toum, avocado cream, tomato salsa

PALO, QUESO-PAPA (SKEWER) | GF | VG | \$12

Baby potatoes, cheese cheech, crema, toum

EGGPLANT | GF | VG | \$18

Broiled, roasted pepper salsa, quinoa, roasted scallion salsa

SEASONAL RICE | GF | VG | \$20

Actually in season veg, mixed grains, cashew cream, avocado cream, pickled onions, soy, sesame oil

TAMAL YUCATECO | GF | VG | \$20

Corn dough, tomato salsa, onion, lentil, vegan cheese, banana leaf

ABOUT OUR INGREDIENTS

We are proudly partnered with:

@100kmfoods: source ingredients from within 100km of the GTA

@Woodwardmeats: delivers PEI farmed beef

Jim Giggi: connects us with mennonite and local meat and fish

@Oroshi_fishco: dry age our fish to maximize flavor

@Maizalto: provides us with ontario eco-grown corn masa

We work with wholesome ingredients and try as much as possible to make everything from scratch

DESSERTS

FLAN | GF | \$6

Burnt strawberry gel, sea buckthorn, milk, mint oil

BROWNIE | GF | \$6

Sweet potato/nut base, yoghurt, sesame snow

CHOCO-AVO SEMIFREDO | GF | VG | \$6

Cafe dulce de leche

TEA | CAMELLIA SINESIS, MONTREAL | \$4.5

Sublime Chamomile

BLOOM TEA | \$8

Earl Grey Marle-Antoinette,
Dragon pearls Jasmine Green
L'Apaisante Herbal Floral

COFFEE

Espresso | \$4

Americano | \$4.5

Cappuccino | \$5

Latte | \$5

Carajillo | 1oz | \$11

Espresso, licor 43, coffee beans

Mushroom coffee | \$4,5

Mushroom Latte | \$5

At Essence Bistro, we celebrate Canadian ingredients
(mostly Ontario) by cooking with latin flare.
You will discover flavors that will transport you to tropical paradise
while eating clean.