

A la carte lunch menu

BREADS

Warm black olive and onion bread with balsamic and EVO	\$9
Toasted Turkish bread with homemade dips	\$9

ENTREES

Soup of the day with crusty bread	\$9
Oysters: natural or special of the day (Half dozen)	\$18/\$20
Charcuterie selection with mustards, caper berries and marinated olives	\$16
Roast baby beetroot, walnut, caramelised shallots, truffled goats cheese and rocket salad with honey thyme dressing	\$14
Lemon pepper calamari with garlic, lemon aioli and green papaya salad	\$16
Caesar salad:	
Traditional	\$15
Chicken	\$17
Prawns	\$20

MAINS

Seafood Stack for two	\$58
<i>(WA prawns, Tasmanian salmon, blue swimmer crab, freshly shucked oysters, green NZ mussels marinated with red capsicum, garlic and herbs, fish kebabs and salt and pepper calamari)</i>	

Char grilled chicken burger with avocado and wedges	\$18
Wagu beef burger with bacon, tomato relish and French fries	\$18
Marriott club sandwich accompanied with French fries	\$18
Grainfed Kilcoy Scotch fillet with Portabello mushrooms, vine ripened tomatoes and hand cut chips	\$22
Tempura battered fish with lemon aioli, green peas and mash potato	\$18
Lamb and red wine stew with roast vegetables and grilled polenta	\$22

Essence Restaurant

Cnr. Exhibition and Lonsdale Streets, Melbourne, Vic 3000

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PASTA/ RISOTTO

Three onion risotto with char grilled asparagus, rocket leaves and aged parmesan	\$18/\$23
Homemade linguine with slow roast tomatoes, olives, basil and white wine sauce	\$18/\$23

PIZZA

Roast pumpkin, olives, capsicum, spinach and harissa aioli	\$17
Lamb, fetta, Spanish onion and minted yoghurt	\$17
Proscuitto, cherry tomato, bocconcini and basil	\$17
Classic Margarita	\$15

SIDES

Mixed garden salad with red wine vinaigrette	\$7
Seasonal vegetables with herb butter	\$8
Wedges with sour cream, guacamole and sweet chilli	\$9
French fries	\$7

DESSERTS

Raisin bread and butter pudding with maple walnut ice-cream	\$12
Selection of sorbet or gelati with white chocolate cigars and vanilla poached fruits	\$12
Baked cheese-cake with cinnamon poached pear and sticky wine syrup	\$12
Vanilla brulee with hazel nut wafer and berry compote	\$12
Selection of Australian cheeses with muscatel grapes, quince paste and lavosh crackers	\$11/ \$28