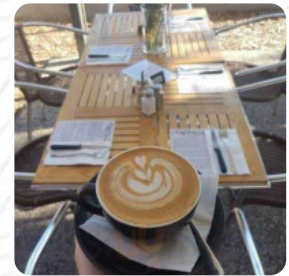
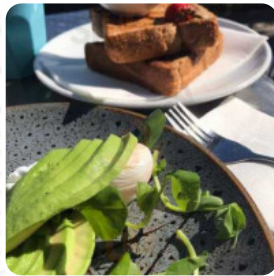




## Essence Cafe Menu

<https://menuweb.menu>

12 The Boulevarde, Toronto I-2283, Australia  
+61249598762, +61249599888



On this homepage, you will find the **complete [menu](https://menuweb.menu) of Essence Cafe** from [Toronto](#). Currently, there are **49** dishes and drinks available. Nestled by the beach, this charming cafe boasts a cozy atmosphere that's perfect for any weather. It's an ideal spot for breakfast or brunch, featuring a delightful menu that includes options like poached eggs, beans with chorizo, and açai bowls, all complemented by exceptional coffee. The friendly staff enhances the experience, ensuring a welcoming and relaxed environment. Diners can savor their meals while enjoying picturesque views of the sea or Lake Macquarie. Despite some minor service hiccups, the overall experience, marked by delicious food and quick service, makes this cafe a must-visit destination for locals and tourists alike.

# Essence Cafe Menu



## Non Alcoholic Drinks

WATER

## Smoothies

SMOOTHIE

## Entrées

SQUID

## Sandwiches

EGG ROLLS

## Breakfast

BIG BREAKFAST

## Side Dishes

POTATO CHIPS

## Drinks

SMOOTHIES

## Starters & Salads

POTATO CHIPS

## Sauces

SALSA

## Potatoes

HASH BROWNS

## American Food

EGGS BENEDICT

## Egg Dishes

OMELETTE

## Snacks And Sides

SWEET POTATO CHIPS

## Hot Drink

HOT CHOCOLATE

## Salads

HALLOUMI SALAD

SALAD

## Toast

TOAST

AVOCADO TOAST

## Seafood

SALT AND PEPPER SQUID

CALAMARI

## Hot Drinks

COFFEE

TEA

## Dessert

CREPES

MILKSHAKES

WAFFLE

## Coffee

MOCHA

ICED COFFEE

# Essence Cafe Menu



LATTE

## Restaurant Category

VEGETARIAN

VEGAN

GLUTEN FREE

## These Types Of Dishes Are Being Served

BREAD

CHICKEN

FISH

ICE CREAM

TOSTADAS

LAMB

MEAT

## Ingredients Used



BACON

BANANA

CHOCOLATE

BEANS

SEAFOOD

SALMON

CHORIZO

MUSHROOMS

CHEESE

PORK MEAT

## Essence Cafe

12 The Boulevard, Toronto I-  
2283, Australia

### Opening Hours:

Monday 09:00 -17:00

Tuesday 07:00 -15:00

Wednesday 07:00 -15:00

Thursday 07:00 -15:00

Friday 07:00 -15:00

Saturday 07:00 -15:00

Sunday 07:00 -15:00

Made with [Menu](#)

