

~~~ Cold Drinks ~~~

SOFT DRINKS	N\$20	MILKSHAKES	N\$40
FRESH JUICE	N\$20	Coffee / Strawberry / Chocolate / Bubblegum / Banana	
PASSION FRUIT & LEMONADE	N\$25	GOURMET SHAKES	N\$50
ICED-COFFEE	N\$40	Milo / Kit-Kat / Peanut-butter & Banana	

~~~ Warm Drinks ~~~

TEA	N\$20	MOCCACHINO	N\$30
Regular / Rooibos / Earl Grey / Spicy Chai / Healthy Green		HOT CHOCOLATE	N\$25
FILTERED COFFEE	N\$20	ESPRESSO	N\$30
CAPPUCCINO	N\$25		
with foam	N\$30		
with cream			

~~~ From the Oven ~~~

CAKE OF THE DAY N\$40

Bookings

+264 81 401 4337
essenzeitrestaurant@gmail.com
www.essenzeit-luderitz.com

Important Notices from Management:

- (1) Please Take Note: We Are Not a Conference Facility or Internet Café
- (2) If you eat you pay -- if not satisfied with 1st taste send back.

~~~ Breakfast ~~~

(served from 09:00 - 11:00)

EGGS ON TOAST Scrambled, fried or poached eggs served with toast	N\$40	EGGS BENEDICT Poached eggs with 2 strips bacon and tomato on 2 toasts topped with Hollandaise sauce	N\$70
ESSENZEIT START 2 Eggs, 2 rashers of bacon, 2 grilled tomato slices and 2 slices of toast	N\$60	OMELETTE Filling selection: Cheese, bacon, ham, tomato, mushrooms, caramelized onions, peppers, chicken livers (peri-peri-BBQ), spinach or feta	
THE CHEF'S CHOICE 2 Eggs, 3 rashers, mushrooms, baked beans, 1 boerewors, tomato, tea or coffee	N\$90	One filling omelette	N\$60
NESTED EGG NEST Thin scrambled egg net filled with spinach, bacon and feta	N\$60	Two filling omelette	N\$65
		Three filling omelette	N\$75

~~~ Something Light (*with Spicy Options*) ~~~

(served all day)

PANCAKES 1 Pancake 2 Pancakes	N\$40 N\$60	REGULAR BURGER Beef patty topped with Rentia's spicy sauce or monkeygland sauce	N\$70
Mince & Cheese / Creamy spinach, bacon and feta / Chicken & Mayonnaise -> topped up with Cheese sauce		(with chips or side salad)	N\$90
Sweet with caramel treat Sweet with cinnamon & sugar x2	N\$40 N\$20	TEMPURA PORK Deep fried pork strips topped with pineapple & ginger sauce	N\$80
TOASTED SANDWICHES <i>White, Brown or Wholegrain bread & served with a side portion of chips</i>		VEGETARIAN ALFREDO PASTA (V) Vegetables & tagliatelle	N\$80
Build your own: Bacon, egg, ham, tomato, cheese, banana and salami (Choice of 3)	N\$70	SEAFOOD PASTA Mix of seafood & tagliatelle	N\$90
Chicken & Mayo	N\$70	CALAMARI PASTA SALAD Calamari & spaghetti, with medium spicy sauce	N\$65
Spicy mince, avocado, cheese and poached egg	N\$75	CHICKEN & CRAB STICK CURRY Small Chicken portions with Crab Sticks served with Savoury Rice	N\$60
Salmon, Avo & Cream Cheese	N\$80	SEAFOOD MIX CURRY Mix of Seafood and Curry served with Savoury Rice	N\$60

~~~ Starters ~~~

FOCACCIA PIZZA BREAD (V)

Garlic and herbs
Garlic and mozzarella/feta

N\$40
N\$45

CRUMBED CAMEMBERT (V)

with home cooked figs

N\$60

CRUMBED MUSHROOMS (V)

with Tartare sauce

N\$60

CHICKEN LIVERS

with peri-peri/barbeque sauce and toast

N\$60

GRILLED BUFFALO WINGS

with peri-peri/barbeque sauce

N\$60

SEAFOOD COCKTAIL

Variety of Seafood with a Creamy Spicy
Sauce

N\$60

CREAMY GARLIC SNAILS

with Creamy Cheese Garlic Sauce

N\$70

CREAMY GARLIC PRAWNS

with Creamy Cheese Garlic Sauce

N\$70

CALAMARI RINGS

with Tartare sauce

N\$60

CREAMY MUSSELS SOUP

with sliced bread

N\$50

CREAMY FISH SOUP

with sliced bread

N\$50

CREAMY MUSHROOM SOUP (V)

with sliced bread

N\$50

~~~ Salads ~~~

SMOKED BUTTERFISH SALAD

Lettuce, cucumber, tomato, feta, thin
carrot strips with a balsamic salad
dressing

N\$95

GREEK SALAD (WITH LETTUCE)

Tomatoes, sliced cucumbers, onion,
olives, feta cheese with an olive oil
dressing

N\$80

GREEK SALAD (WITHOUT LETTUCE)

Tomatoes, sliced cucumbers, onion,
olives, feta cheese with an olive oil
dressing

N\$90

SMOKED CHICKEN SALAD

Smoked chicken, feta, avocado,
carrot strips, tomato, lettuce,
cucumber, croquettes and Rentia's
special sauce

N\$95

AVOCADO & PRAWN SALAD

Lettuce topped with avocado
and prawn drizzled with a tangy,
creamy salad dressing sauce

N\$95

Ask our waitron
for our wine menu

~~~ Main Course ~~~

CHEDDAMELT SCHNITZEL	N\$150	LAMB CHOPS	N\$160
Crumbed (Chicken/Pork) with fried onions, mushrooms sauce topped with cheese		2 Tender lamb chops	
GORDON-BLUE	N\$155	EISBEIN (SMOKED / PLAIN)	N\$190
Crumbed (Chicken or Pork) with a cheesy, ham filling topped with a creamy cheese sauce		Served with Sauer Kraut & Mashed Potatoes	
T-BONE	N\$200	SPARE RIBS	N\$170
400 g		300 g	
RUMP STEAK		ESSENZEIT PORK NECK CHOP	N\$145
200 g /	N\$150	250 g pork neck chop grilled to perfection	
300 g	N\$190	MARRY ME CHICKEN	N\$135
FILLET	N\$200	Chick Thighs baked in Creamy Parmesan Sauce	
250 g topped with fried chicken livers OR fillet topped with any sauce of your choice from our list of sauces		HAWAIIAN CHICKEN BREAST	N\$135
		Topped with pineapple & cheese	

SAUCES TO CHOOSE FROM

Sweet mustard / BBQ / Garlic / Mushroom / Cheese /
Pepper / Sweet Chilli / Sweet Mustard

N\$30

PREPARATION TIME

Food can take up to 50 min to leave
the kitchen. Prepared from fresh.

~~~ From the Sea ~~~

HAKE	N\$140	SEAFOOD PLATTER (FOR 1)	N\$170
Fried with garlic butter OR Vodka & Tonic battered hake		2 Mussels, 2 prawns, hake, and 2 baked oysters served with a choice of chips / rice or a bit of both	
KINGKLIP	N\$155	SEAFOOD PLATTER (FOR 2)	N\$310
Grilled / fried with mushrooms OR Spanish style Fish on a bed of Lemon		Hake, calamari, 4 mussels, 4 prawns, 4 baked oysters, onion rings served with a choice of chips / rice or both	
SOLE (WHEN AVAILABLE –ASK WAITER)	N\$180	BAKED PRAWNS	N\$150
Grilled / fried with mushrooms		x6 Prawns with garlic butter	
OYSTER PLATTER	N\$165	CALAMARI PLATTER	N\$130
10 Baked / fresh oysters with Tabasco		Calamari (fried/crumbed) in a garlic butter sauce served with chips / rice	
GRILLED LOBSTER (SEASONAL)		PAELLA (VEGETARIAN)	N\$130
Whole lobster with garlic butter	N\$250	Stir-fry with rice with our special Paella sauce	
4x Lobster tails with garlic butter	N\$280		
PAELLA (SEAFOOD, CHICKEN/FISH)	N\$140		
Rice, with seafood and chicken/fish			

* Served with the choice of ONLY ONE of the following: chips, Hassel back Potato, mashed potato, savoury rice, vegetables or side salad. MORE THAN ONE choice will be an additional charge.

~~~ Main Game Items ~~~

GAME SIRLOIN

150 g /
300 g

N\$150
N\$195

GAME FILLET

250 g

N\$210

(Please ask your waiter which Game is available on the Menu)

~~~ Pizzas ~~~

BBQ PORK

Pork, onion, olives, mozzarella & cheddar cheese with BBQ sauce

N\$125

CARNIVORE

Ham, bacon, salami, garlic, olives, onion and mozzarella cheese

N\$140

HAWAIIAN

Ham, pineapple and mozzarella cheese

N\$130

SEAFOOD

Seafood mix, garlic and Mozzarella cheese

N\$145

MEXICAN

Mince, chilli, onion, green pepper, garlic and mozzarella cheese

N\$135

VEGETARIAN (V)

Tomato, onion, green pepper, mushrooms and mozzarella cheese

N\$120

SWEET & SOUR CHICKEN

Sweet and sour chicken, pineapple and mozzarella

N\$135

~~~ Dessert ~~~

TRADITIONAL MALVA PUDDING

Baked Malva pudding with home-made custard/ice-cream

N\$50

CHOCOLATE POTS

Rich and creamy chocolate mousse

N\$50

LEMON PUDDING

Baked lemon pudding with home-made custard/ice-cream

N\$45

BELGIAN WAFFLES

Waffle served with ice-cream and a caramel/chocolate sauce

N\$55

APPLE CRUMBLE

Served warm with the aroma of cinnamon and foamed cream / ice-cream

N\$40

DRINK WITH A KICK

Ice-cream blend flavored with Kahlua / Amarula / Peppermint Liqueur / Whiskey

Single shot
Double shot

N\$40
N\$55