

~~~ Cold Drinks ~~~

|                                     |       |                                                                |       |
|-------------------------------------|-------|----------------------------------------------------------------|-------|
| <b>SOFT DRINKS</b>                  | N\$20 | <b>MILKSHAKES</b>                                              | N\$60 |
| <b>FRESH JUICE</b>                  | N\$20 | Coffee / Strawberry / Chocolate /<br>Bubblegum / Caramel Fudge |       |
| <b>PASSION FRUIT &amp; LEMONADE</b> | N\$25 | <b>GOURMET SHAKES</b>                                          | N\$65 |
| <b>ICED-COFFEE</b>                  | N\$45 | Milo / Kit-Kat / Peanut-butter                                 |       |

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~~~ Warm Drinks ~~~

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|---------------------------------------------------------------|-------|------------------------|-------|
| TEA | N\$20 | MOCCACHINO | N\$35 |
| Regular / Rooibos / Earl Grey /
Spicy Chai / Healthy Green | | HOT CHOCOLATE | N\$35 |
| FILTERED COFFEE | N\$25 | ESPRESSO | N\$35 |
| CAPPUCCINO | | AMERICANO | N\$35 |
| with foam | N\$30 | DOUBLE ESPRESSO | N\$50 |
| with cream | N\$35 | | |

~~~ From the Oven ~~~

**CAKE OF THE DAY** N\$55

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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.
- (3) When you break you pay

## ~~~ Starters ~~~

|                                                                                   |                |                                                                                                               |       |
|-----------------------------------------------------------------------------------|----------------|---------------------------------------------------------------------------------------------------------------|-------|
| <b>FOCACCIA PIZZA BREAD (V)</b><br>Garlic and herbs<br>Garlic and mozzarella/feta | N\$45<br>N\$50 | <b>CREAMY GARLIC SNAILS</b><br>with Creamy Cheese Garlic Sauce and<br>choice of 2 slices toast or plain bread | N\$80 |
| <b>CRUMBED CAMEMBERT (V)</b><br>with home cooked figs                             | N\$70          | <b>CREAMY GARLIC PRAWNS</b><br>with Creamy Cheese Garlic Sauce and<br>choice of 2 slices toast or plain bread | N\$80 |
| <b>CRUMBED MUSHROOMS (V)</b><br>with Tartare sauce                                | N\$70          | <b>CALAMARI RINGS</b><br>with Tartare sauce                                                                   | N\$65 |
| <b>CHICKEN LIVERS</b><br>with peri-peri/barbeque sauce and toast                  | N\$65          | <b>CREAMY MUSSELS SOUP</b><br>with sliced bread                                                               | N\$55 |
| <b>GRILLED BUFFALO WINGS</b><br>with peri-peri/barbeque sauce                     | N\$80          | <b>CREAMY FISH SOUP</b><br>with sliced bread                                                                  | N\$55 |
| <b>SEAFOOD COCKTAIL</b><br>Variety of Seafood with a Creamy Spicy<br>Sauce        | N\$70          | <b>CREAMY MUSHROOM SOUP (V)</b><br>with sliced bread                                                          | N\$55 |

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## ~~~ Salads ~~~

|                                                                                                                                                                           |        |                                                                                                                                                       |        |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|-------------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| <b>SMOKED BUTTERFISH SALAD</b><br>Lettuce, cucumber, tomato, feta, thin<br>carrot strips with a balsamic salad<br>dressing                                                | N\$115 | <b>SMOKED CHICKEN SALAD</b><br>Smoked chicken, feta, avocado,<br>carrot strips, tomato, lettuce,<br>cucumber, croutons, and Rentia's<br>special sauce | N\$120 |
| <b>GREEK SALAD (WITH LETTUCE)</b><br>Tomatoes, sliced cucumbers, onion,<br>olives, feta cheese with an olive oil<br>dressing OR Poppy Seed & Apple<br>Vinegar dressing    | N\$95  | <b>AVOCADO &amp; PRAWN SALAD</b><br>Lettuce topped with avocado<br>and prawn drizzled with a tangy,<br>creamy salad dressing sauce                    | N\$120 |
| <b>GREEK SALAD (WITHOUT LETTUCE)</b><br>Tomatoes, sliced cucumbers, onion,<br>olives, feta cheese with an olive oil<br>dressing OR Poppy Seed & Apple<br>Vinegar dressing | N\$100 |                                                                                                                                                       |        |

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## ~~~ Matthias' Healthy Corner (Vegetarian) ~~~

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|----------------------------------------------------------------------------------------------------------|--------|------------------------------------------------------------------------------------------------------------------------------|-------|
| <b>VEGGIE SOUP</b>                                                                                       | N\$55  | <b>BALSAMIC LENTIL SALAD</b><br>Lentils, cucumber, sweet red<br>pepper, red onion, parsley with<br>special Balsamic dressing | N\$85 |
| <b>MUSHROOM PASTA</b><br>Spiral Pasta & Mushrooms with<br>Parmesan cheese & Rosemary white<br>Wine sauce | N\$110 | <b>MIX VEGGIE CURRY</b><br>with savoury rice                                                                                 | N\$95 |

## ~~~ Pizzas ~~~

|                                                                                   |        |                                                                                                                    |        |
|-----------------------------------------------------------------------------------|--------|--------------------------------------------------------------------------------------------------------------------|--------|
| <b>MARGARITA</b>                                                                  | N\$120 | <b>CARNIVORE</b>                                                                                                   | N\$175 |
| Tomato sauce with Mozzarella & Cheddar cheese                                     |        | Ham, bacon, salami, garlic, olives, onion, Mozzarella & Cheddar cheese                                             |        |
| <b>BBQ PORK</b>                                                                   | N\$160 | <b>SEAFOOD</b>                                                                                                     | N\$160 |
| Pork, onion, olives, Mozzarella & Cheddar cheese with BBQ sauce                   |        | Seafood mix, garlic, Mozzarella & Cheddar cheese                                                                   |        |
| <b>HAWAIIAN</b>                                                                   | N\$155 | <b>VEGETARIAN (V)</b>                                                                                              | N\$140 |
| Ham, pineapple and Mozzarella & Cheddar cheese                                    |        | Tomato, onion, green pepper, mushrooms, Mozzarella & Cheddar cheese                                                |        |
| <b>MEXICAN</b>                                                                    | N\$165 | <b>MARIO'S MEGA PIZZA</b>                                                                                          | N\$200 |
| Mince OR Chicken, chili, onion, green pepper, garlic, Mozzarella & Cheddar cheese |        | Family one with ham, bacon, salami, garlic, olives, onion, mushrooms, feta, and mix of Mozzarella & Cheddar cheese |        |
| <b>SWEET &amp; SOUR CHICKEN</b>                                                   | N\$160 |                                                                                                                    |        |
| Sweet and sour chicken, pineapple, Mozzarella & Cheddar cheese                    |        |                                                                                                                    |        |

## ~~~ Dessert ~~~

|                                                                     |       |                                                                              |       |
|---------------------------------------------------------------------|-------|------------------------------------------------------------------------------|-------|
| <b>ICE-CREAM</b>                                                    | N\$35 | <b>CHOCOLATE POTS</b>                                                        | N\$50 |
| Three scoops of ice-cream                                           |       | Rich and creamy chocolate mousse                                             |       |
| <b>TRADITIONAL MALVA PUDDING</b>                                    | N\$55 | <b>BELGIAN WAFFLES</b>                                                       | N\$65 |
| Baked Malva pudding with home-made custard/ice-cream                |       | Waffle served with ice-cream and a caramel/chocolate sauce                   |       |
| <b>APPLE CRUMBLE</b>                                                | N\$50 | <b>DRINK WITH A KICK</b>                                                     |       |
| Served warm with the aroma of cinnamon and foamed cream / ice-cream |       | Ice-cream blend flavored with Kahlua / Amarula / Peppermint Liquor / Whiskey |       |
|                                                                     |       | Single shot                                                                  | N\$65 |
|                                                                     |       | Double shot                                                                  | N\$80 |

## ~~~ Breakfast ~~~

(served from 9:30 – 11h00)

|                                                                                                            |        |                                                                                                                                                           |       |
|------------------------------------------------------------------------------------------------------------|--------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|-------|
| <b>EGGS ON TOAST</b><br>Scrambled, fried or poached eggs served with toast                                 | N\$45  | <b>EGGS BENEDICT</b><br>Poached eggs, 2 bacon strips, tomato on toast topped with Hollandaise sauce                                                       | N\$85 |
| <b>ESSENZEIT START</b><br>2 eggs, 2 rashers of bacon, 2 grilled tomato slices and 2 slices of toast        | N\$80  | <b>POTATO ROSTI</b><br>2 hashbrowns, streaky bacon, mushrooms, 2 poached eggs served with mushroom sauce                                                  | N\$85 |
| <b>THE CHEF'S CHOICE</b><br>2 eggs, 3 rashers, mushrooms, baked beans, 1 boerewors, tomato, tea, or coffee | N\$110 | <b>OMELETTE</b><br>Filling selection: Cheese, bacon, ham, tomato, mushrooms, caramelized onions, peppers, chicken livers (peri-peri-BBQ), spinach or feta |       |
| <b>NESTED EGG NEST</b><br>Thin scrambled egg net filled with spinach, bacon, and feta                      | N\$70  | One filling omelette                                                                                                                                      | N\$65 |
|                                                                                                            |        | Two filling omelette                                                                                                                                      | N\$70 |
|                                                                                                            |        | Three filling omelette                                                                                                                                    | N\$80 |

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

(served all day)

|                                                                                                                                      |                |                                                                                                      |        |
|--------------------------------------------------------------------------------------------------------------------------------------|----------------|------------------------------------------------------------------------------------------------------|--------|
| <b>PANCAKES</b><br>1 Pancake<br>2 Pancakes                                                                                           | N\$40<br>N\$80 | <b>REGULAR BURGER</b><br>Beef patty topped with Rentia's spicy sauce or monkeygland sauce            | N\$85  |
| Mince & Cheese ( <i>normal or curry</i> ) /<br>Creamy spinach, bacon and feta /<br>Chicken & Mayonnaise, topped up with Cheese sauce |                | (with chips or side salad)                                                                           | N\$110 |
| Sweet with caramel treat<br>Sweet with cinnamon & sugar x2                                                                           | N\$40<br>N\$20 | <b>TEMPURA PORK</b><br>Deep-fried pork strips topped with pineapple & ginger sauce                   | N\$115 |
| <b>TOASTED SANDWICHES</b><br><i>White, Brown or Wholegrain bread &amp; served with a side portion of chips</i>                       |                | <b>VEGETARIAN ALFREDO PASTA (V)</b><br>Vegetables, mushrooms & tagliatelle                           | N\$85  |
| Build your own: Bacon, egg, ham, tomato, cheese, banana, and salami (Choice of 3)                                                    | N\$80          | <b>SEAFOOD PASTA</b><br>A mix of seafood & tagliatelle                                               | N\$100 |
| Chicken & Mayo                                                                                                                       | N\$75          | <b>CALAMARI PASTA</b><br>Calamari & spaghetti, with medium spicy sauce                               | N\$70  |
| Spicy mince, avocado, cheese and poached egg                                                                                         | N\$80          | <b>CHICKEN &amp; VEGGIE CURRY</b><br>Small Chicken portions with Stir Fry Veggies with savoury rice. | N\$75  |
| Salmon, Avo & Cream Cheese                                                                                                           | N\$90          | <b>SEAFOOD MIX CURRY</b><br>A mix of Seafood and Curry served with Savoury Rice                      | N\$75  |

~~~ Main Course ~~~

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|-------------------------------------------------------------------------------------------------------------------------------|------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| CHEDDAMELT SCHNITZEL
Crumbed (Chicken/Pork)
with fried onions, mushrooms sauce
topped with cheese | N\$190 | LAMB CHOPS
2 Lamb chops | N\$190 |
| GORDON-BLUE
Crumbed (Chicken or Pork) with a
cheesy, ham filling topped with a
creamy cheese sauce | N\$195 | EISBEIN (SMOKED / PLAIN)
Served with Sauer Kraut & Mashed
Potatoes | N\$215 |
| T-BONE
400 g | N\$240 | SPARE RIBS
400 g | N\$195 |
| RUMP STEAK
250 g /
350 g | N\$190
N\$245 | ESSENZEIT PORK NECK CHOP
250 g pork neck chop grilled to
perfection | N\$185 |
| BEEF RIB EYE STEAK
350g topped with any sauce of your
choice from our list of sauces | N\$250 | CHICKEN BAKE
Chicken baked with bacon and Ranch
dressing like a 3 dish meal (choice of
two side dishes to add) | N\$180 |
| HAKE
Fried or Grilled with garlic butter/olive oil OR
Vodka & Tonic battered hake | N\$185 | HAWAIIAN CHICKEN BREAST
Topped with pineapple & cheese | N\$180 |
| KINGKLIP
Grilled garlic butter/olive oil, fried with
mushrooms OR Spanish style Fish on a bed
of Lemon | N\$200 | SEAFOOD PLATTER (FOR 1)
2 Mussels, 2 prawns, hake, and
2 baked oysters served with a choice
of chips/rice or a bit of both | N\$190 |
| SOLE (WHEN AVAILABLE –ASK WAITER)
Grilled garlic butter/olive oil with or without
mushrooms | N\$210 | SEAFOOD PLATTER (FOR 2)
Hake, calamari, 4 mussels, 4 prawns,
4 baked oysters, onion rings served
with a choice of chips/rice or both | N\$360 |
| OYSTER PLATTER
10 Baked / fresh oysters with Tabasco | N\$180 | BAKED PRAWNS
x6 Prawns with garlic butter | N\$190 |
| GRILLED LOBSTER (SEASONAL)
2x Whole lobster with garlic butter
4x Lobster tails with garlic butter | N\$270
N\$300 | CALAMARI PLATTER
Calamari (fried/crumbed) in a garlic
butter sauce served with chips/rice | N\$160 |
| PAELLA (SEAFOOD, CHICKEN/FISH)
Rice, with seafood and chicken/fish (<i>spicy</i>
or <i>plain</i>) | N\$170 | PAELLA (VEGETARIAN)
Stir-fry with rice with our special Paella
sauce (<i>spicy or plain</i>) | N\$150 |
| SAUCES TO CHOOSE FROM
Sweet mustard / BBQ / Garlic / Mushroom /
Cheese / Pepper / Sweet Chili / Sweet
Mustard | N\$30 | MUSSEL PLATTER
8 half shell mussels cooked in white
wine sauce) serve with 8 slices Garlic
& Herbs Focaccia Pizza bread | N\$140 |

* 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.

~~~ Delicious Combos ~~~

SURF & TURF COMBO

N\$260

Beef Rump 250g with 3 Prawns in Garlic butter

MEATY FEAST COMBO

N\$190

Spare Rib 200g and 4 x Chicken Wings

SEAFOOD FEAST COMBO

N\$200

150g Hake fried or grilled in garlic butter/olive oil & 8 x Calamari rings (*fried or crumbed in garlic butter sauce*)

LOADED FRIES

N\$80

3 Yummy choices:

- Bacon and Cheese
- Sweet Chilli Chicken
- Peri-Peri Chicken (Spicy)

RUMP & EGG COMBO

N\$260

350g Beef Rump with topped with 2 Eggs and choice of 2 side dishes

* 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.

KIDDIES MENU

(only for kids under 12 years old)

~~ Drinks ~~

| | | | |
|----------------------------------------------------------------------------------|-------|-----------------------------------------------------------------------------------|-------|
| BABYCCINOS
Milo/Hot Chocolate with
mini-marshmallows | N\$20 | MILKSHAKE
Chocolate, strawberry, vanilla,
caramel fudge & bubble-gum | N\$30 |
| FRUIT JUICE
Orange, Cranberry or Pineapple | N\$15 | GLASS OF MILK | N\$15 |
| FLOATS
2 scoops Ice cream with Fanta, Coke,
Cream-Soda, Fanta Grape | N\$40 | | |

~~ Breakfast ~~

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|--------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|
| KIDDIES BREAKFAST
1x Toast, 1 scrambled egg with a choice of one
of the following: 1 rasher of bacon, sausage
(boerewors) or 2x Fish Fingers | N\$45 |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|

~~ Lunch / Dinner ~~

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|-------------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| PASTA & MEATBALLS
with tomato sauce | N\$60 |
| PIZZA
(Medium-sized) Carnivore; Hawaiian;
Sweet & Sour Chicken; Vegetarian;
Mexican – Chicken/Mince; Margarita,
BBQ Pork & Seafood | N\$85 |
| Mario's Mega
For the little meat lovers. | N\$110 |
| FILLED PANCAKE
Chicken & Mayo OR Mince & Cheese | N\$30 |
| RUSSIAN & SMALL CHIPS | N\$35 |

~~ Salads OR Veggies ~~

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|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|
| GREEK SALAD
Served the size as a side salad | N\$45 |
| SMOKED CHICKEN SALAD
Served the size as a side salad | N\$55 |
| VEGGIE OF THE DAY
(Served aside of a side dish)
Veggie dishes vary daily between
sweet Pumpkin, sweet Potato; Green
Beans; creamy Spinach and sweet
Carrots | N\$10 |

~~ Dessert ~~

MALVA PUDDING IN A CUP N\$30
served with cream, ice-cream or custard

WAFFLE EXCITEMENT N\$35
1 Waffle with 1 scoop ice cream Garnish
with jelly babies & mini choc. eggs

SWEET PANCAKES N\$30
filled with Caramel Treat