

The Essential Cafe Menu

Address: 3490 Schmon Pkwy Building 7, Thorold, ON L2V 0C4, Canada



The Essential Cafe, located in Thorold, ON, has quickly won the hearts of local food enthusiasts. Reviewers rave about the café's inviting atmosphere and friendly staff, creating a warm and welcoming experience for all visitors.

- **Exceptional Coffee:** The café is noted for its handcrafted beverages, far surpassing mass-produced options found in larger chains.
- **Delicious Sandwiches:** Patrons are particularly fond of the turkey, brie, and spinach croissant, with many declaring it the best they've had.
- **Varied Menu:** From refreshing bean salads to delectable prosciutto cheese sandwiches and unique scone options, there's something for everyone.

Will Catterick, a new regular, highlights the affordability and quality of the meals, while others emphasize the cozy ambiance. Whether you're after a sweet treat or a savory delight, The Essential Cafe is a hidden gem that promises delightful culinary experiences.

Lunch

Egg and dill salad on a croissant	SCA\$9.95	Ham and Cheese grilled cheese	SCA\$9.95
3 cheese grilled cheese	SCA\$9.65		