

# START & SHARE

**WARM MARINATED OLIVES**  .....\$5

Kalamata, Stuffed Green Olives, Virgin Olive Oil, Fresh Herbs

**SPICED BAR NUTS**  .....\$6

Mixed Toasted Nuts, Chinese 5 Spice

**STEAK & MUSHROOM BITES** .....\$10

Grilled Sirloin, Sautéed Button Mushrooms,  
Rosemary Black Pepper Aioli

**★ CRISP FRIED CHICKEN WINGS** .....\$13

1 lb Fried Wings, Choice of True Buffalo, Chipotle BBQ,  
Honey Roasted Garlic, Salt & Pepper

**CHORIZO POGOS** .....\$9

Tempura Fried Chorizo Sausage, Pesto Aioli

**★ SCOTCH EGG** .....\$8

Soft Boiled Egg, Seasoned Sausage,  
Panko Crust, Picallili Sauce

**SOFT SHELL TACOS** .....\$10

Three Soft Shell Tacos, Rotating Fillings & Sauces

**FRITES & GARLIC AIOLI**  .....\$5

French Fries, Garlic Aioli

**YAM FRITES**  .....\$6

Crispy Yam Fries, Chipotle Aioli

**THAI PRAWNS**  .....\$16

Jumbo Tiger Prawns, Lime, Coconut Milk,  
Cracked Chilies, Thai Basil

**MUSSELS PROVENCAL** .....\$12

Fresh Mussels, White Wine, Garlic,  
Tomato Concasse, Fresh Herbs

 Chef's Favourite  Spicy  Vegetarian

# SOUPS

DAILY SOUP \$5

HOUSE-MADE SEAFOOD CHOWDER \$6

# SALADS

**HOUSE SALAD**  ..... \$11

Selection of Fresh Lettuce and Greens, Fig-Dark Balsamic Vinaigrette, Sundried Cranberries, Candied Maple Pecans

**CLASSIC CAESAR SALAD**..... \$10

Chopped Romaine, Caesar Dressing, Croutons, Parmesan Cheese, Lemon

**WILD SALMON SALAD**..... \$15

Sustainable Grilled Salmon Filet, Heritage Greens, White Balsamic-Tarragon Dressing, Red Onion, Roma Tomato

**VINE RIPENED TOMATO SALAD**  ..... \$12

Fresh Vine Tomatoes, White Balsamic Vinaigrette, Baby Arugula, Fresh Herbs

# FLAT BREADS \$13

## BRAISED PORK

Slow Cooked Pulled Pork, Chipotle BBQ, Apple-Onion Compote, Blue Cheese

## MUSHROOM & CHEVRE

Wild Mushrooms, Goat Cheese, Fresh Herbs

# MAINS

★ **ELEMENTS HOUSE-MADE BURGER** ..... \$14

Handcrafted Beef Patty, Pickled Red Onions, Elements Burger Sauce, Fresh Lettuce, Sliced tomato, Brioche Bun

*With Fries, Salad or Soup*

## GRILLED AAA STEAK

Cooked to Specification, Choice of Baked Potato,  
Garlic Mashed, Frites

*Served with Fresh Seasonal Veg, Red Wine Demi-Glace*

**8oz NEW YORK STRIP \$28**

**10oz RIB EYE \$25**

**6oz SIRLOIN \$20**

**PAN ROASTED CHICKEN BREAST** ..... \$19

Supreme of Chicken Breast, House-Made Gnocchi,  
Butter Pan Jus, Seasonal Vegetables

**GRILLED WILD SALMON FILET** ..... \$19

Sustainable Wild Salmon Filet, Warm Quinoa and Chickpea  
Salad, Marinated Peppers, Sundried Tomato Vinaigrette

**SPAGHETTINI POMODORO** ..... \$14

Spaghettini Tossed in Fresh Tomato Sauce, Basil Chiffonade,  
Parmesan Cheese, Focaccia Bread

**Add Chorizo, Chicken, Prawns, Bolognese \$6**

★ **BRAISED BEEF SHORT RIB** ..... \$21

Slow Braised Beef Short Rib, Garlic Mashed Potatoes, Roasted  
Root Vegetables, Pan Gravy

**CURRY RICE BOWL** 🌶️🌿 ..... \$16

Panang Thai Curry, Lime, Thai Basil, Coconut,  
Fresh Bell Peppers, Over Jasmine rice

**Add Fresh Seafood or Chicken \$6**

**ELEMENTS MEATLOAF** ..... \$18

House-Made with Beef, Pork, Parmesan, Root Vegetables,  
Garlic Mashed Potatoes, Seasonal Vegetables

# BREAKFAST

## SATURDAY & SUNDAY

SERVED UNTIL 2PM

**ELEMENTS BREAKFAST .....\$9**

2 Eggs, 3 Pieces of Bacon, Ham or Sausage,  
Potato Hash & Toast

**BREAKFAST SANDWICH .....\$8**

2 Eggs, Ham, Cheddar & Potato Hash on Brioche Bun

**OMELETTE.....\$9**

3 Eggs, Ham & Cheese, Potato Hash & Toast  
- or -  
3 Eggs with Spinach, Mushrooms & Cheese,  
Potato Hash & Toast

**WAFFLE .....\$6**

Whipped Cream, Berry Compote, Fresh Fruit, Maple Syrup