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, Foccacia 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