

Version: 2019 01 19

Elements Eatery and Mixology

Each day the Accompaniments and Menu may change - Please ask your server, if you have specific dietary needs

GF: Gluten Free | VE: Vegan | VG: Vegetarian | WC: Wild Caught SR: Sustainably Raised | H: Hormone Free | A: Antibiotic Free

All Flour in the building is GMO Free - Gluten Free Wraps and Gluten Free Bread are Vegetarian - Not Vegan

Starters/Lite Fare

Bowl of Tomato Bisque Garnished with Fresh Herbs \$5 (GF)(VE) Add Crab for only \$2.75

Roasted Corn, Bacon, and Jalapeno Cheese Fritters 12 ea \$11 | Duck Fat Idaho Fries \$7 (GF) | House-Made Bread of the Day \$2 (SR)(VE)

Cheese & Meat Plate - Smoked Mozzarella, Spanish Manchego, Toasted Bleu Cheese on House-made Bread, Ground Chorizo and Mozzarella on House-made Bread, Crackers, Grainy Mustard, and Kosher Pickles \$12

Pizza

All Served on our Wood-Fired Pizza Crusts - Gluten-Free Crusts Available No Charge Added

Chorizo (SR) with Red Sauce, Sliced Tomatoes and Shredded Mozzarella \$13

Pepperoni (a Blend of Beef and Pork) with Hand Sliced Smoked Mozzarella topped with Shaved Pecorino Romano \$14

Chicken (SR), Bacon, BBQ Sauce, Pulled Pork, Sliced Tomato, Red Sauce and Shredded Mozzarella \$15

Roasted Asparagus, Caramelized Onions, Tomatoes, and Fresh Mozzarella with our House-Made Marinara \$13

Salads

Elements Greens Salad with Radish, Grape Tomatoes, and Cucumbers \$7 (GF)(VE)

Elements Cobb with Radish, Grape Tomatoes, Cucumbers, Cheddar, Bleu Cheese, Roasted Peppers, Sweet Potatoes, Bacon, Avocado \$9 (GF)

Chilled Soft Poached Egg Available Upon Request, No Charge

Elements Vegan Cobb with Radish, Grape Tomatoes, Cucumbers, Roasted Peppers, Sweet Potatoes, Avocado and Fresh Fruit \$9 (VE)

Choice of the following toppings for the above salads Grilled Salmon(SR) 7oz \$7 | Shrimp(WC) 8oz \$7 | Pulled Pork(SR) 7oz \$5 Crab Cake(WC) \$9 | Rockfish(WC) \$7 | Pesto Chicken(SR) \$5

Dressings - Ginger Rice Wine Vinaigrette (GF)(VG) | Ranch (GF)(VG) | Dijon Aioli (GF)(VG) | Roasted Garlic Balsamic Vinaigrette (GF)(VE)

Sandwiches/Wraps

Everything below comes with One Side

Farm Sandwich \$10 (VG)(WC) All the fresh vegetables we have with White Cheddar on top

Rockfish Wrap \$11 (WC) Rockfish with White Cheddar, Greens, Tomato, and Remoulade

Crab Cake Sandwich \$14 (WC) 4 Ounce Crab Cake with Lettuce, Tomato, Pickle, Onion, and Remoulade

Chorizo & Cheddar Sandwich \$10 (SR) Ground Chorizo with Caramelized Onions and Roasted Red Peppers

Chicken Pesto Sandwich \$11 (SR) Pesto Chicken with Avocado and Mozzarella

Hawaiian Sandwich \$11 (SR) Pulled Pork with BBQ Sauce, Pineapples, Tomato, and Mozzarella

Roasted Vegetable Platter \$15 (No Side Included) (VE)(WC) Similar to the Farm Sandwich, but larger and easier to eat with a fork!

BBQ Pulled Pork Sandwich \$10 (SR) Pulled Pork, Lefty's BBQ Sauce, and White Cheddar

The Cheese Sandwich \$8 (VG) White Cheddar, Feta, Mozzarella, Gorgonzola, and Sliced Tomato Love bacon? Add it for \$1

Sides

Mixed Green Side Salad with your Choice of Dressing (GF)

Tomato Bisque (Add Crab for \$2.75) (GF)(VE)

Vegetables of the Day (GF)(VE)

Entrees

All Served with 2 Sides of Your Choice

Rockfish Entrée \$20 (WC)(GF) 7 Ounce Filet with Pesto Grape Tomatoes

New York Strip Steak \$24 (SR)(GF) 10 ounce Doubled Grilled with Demi Glace

Crab Cake Entree \$26 (WC)(GF) 2x 4 Ounce Cakes with Remoulade

Grilled Salmon \$19 (SR)(GF) 7 Ounce Filet with a Roasted Red Pepper Sauce

Rockfish with Crab Entrée \$24 (GF)(WC) 7 Ounce Filet Topped with 2 Ounces of Crab Cake Mix

Ravioli with Shrimp \$23 (Only Comes with 1 Side) (GF) Gluten-Free Chicken and Kale Ravioli with 8 Sautéed Shrimp in Marinara Sauce