

Version: 2019 07 24

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

Duck Fat Idaho Fries - Served with Dijon Aioli and Pecorino Romano \$7 (GF)

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

House-Made Bread of the Day \$2 (SR)(VE)

Cheese Plate - Smoked Mozzarella, Spanish Manchego, and Creamy Bleu. Served with our House-Made Bread, Sun-Dried Tomatoes, Capers, Kosher Pickles, Grainy Mustard, and Dried Cranberries \$12

Flatbread Pizzas

All Served on our 13"x6" Wood-Fired Flatbreads or 10" Gluten-Free Crusts, both with House-Made Marinara

Spicy Pork Chorizo (SR) with Shredded Mozzarella \$13

Beef & Pork Blend Pepperoni with Hand Sliced Smoked Mozzarella, Fresh Basil, and Shaved Pecorino Romano \$14

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

Roasted Asparagus, Caramelized Onions, and Fresh Mozzarella \$13

Salads

Add any of the Following to any Salad:

| Fried Egg \$1.50 | 1/2 Avocado \$1.50 | Asparagus \$1.50 |

Elements Greens Salad with Grape Tomatoes, Carrots, Rice Wine Vinegar Cole Slaw, Radishes, and Cucumbers \$7 (GF)(VE)

Elements Cobb with Grape Tomatoes, Cucumbers, Cheddar, Bleu Cheese, Roasted Red Peppers, Sweet Potatoes, Bacon, Carrots, Radishes, and Rice Wine Vinegar Cole Slaw \$9 (GF)

Elements Vegan Cobb with Grape Tomatoes, Cucumbers, Roasted Red Peppers, Sweet Potatoes, Carrots, Radishes, 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 |

Sandwiches/Wraps

All Served with 1 Side of Your Choice

Add any of the Following to any Sandwich: Bacon \$1.50 | 1/2 Avocado \$1.50 | Sliced Tomato No Charge |

Farm Sandwich \$12 (VG)(WC) All the fresh vegetables we have with White Cheddar on top served Open Face

Rockfish Wrap \$12 (WC) Rockfish with White Cheddar, Greens, Tomato, and Remoulade

Crab Cake Sandwich \$15 (WC) 4 Ounce Crab Cake with Lettuce, Tomato, Pickle, and Remoulade

Spicy Pork Chorizo & Cheddar Sandwich \$12 (SR) Ground Chorizo with Caramelized Onions and Roasted Red Peppers

Chicken Pesto Sandwich \$11 (SR) Pesto Chicken with House-Made Marinara and Mozzarella

Hawaiian Sandwich \$12 (SR) Pulled Pork with BBQ Sauce, Pineapples, House-Made Marinara, and Mozzarella

Roasted Vegetable Platter \$16 (No Side Included) (VE)(WC) Similar to the Farm Sandwich, but larger, no cheese, and easier to eat with a fork!

BBQ Pulled Pork Sandwich \$11 (SR) Pulled Pork, Lefty's BBQ Sauce, and White Cheddar

The Cheese Sandwich \$9 (VG) White Cheddar, Feta, Mozzarella, and Gorgonzola

Entrées

All Served with 2 Sides of Your Choice

Rockfish Entrée \$22 (WC)(GF) 8 Ounces of Rockfish Filets with Pesto Grape Tomatoes

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

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

Grilled Salmon Entrée \$22 (SR)(GF) 7 Ounce Filet with a Roasted Red Pepper Sauce

Rockfish with Crab Entrée \$29 (GF)(WC) 8 Ounces of Rockfish Filets Topped with 4 Ounce Crab Cake

Sides

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

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

Sautéed Zucchini & Collard Greens (GF)(VE)

Ginger Rice Wine Vinegar Cole Slaw (GF)(VE)

Dressings

Ginger Rice Wine Vinaigrette (GF)(VG)

Ranch (GF)(VG)

Dijon Aioli (GF)(VG)

Roasted Garlic Balsamic Vinaigrette (GF)(VE)

Spicy Green Goddess (GF)(VG)