

Elements Eatery & Mixology

Current as of: February 3, 2020

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 & Pecorino Romano \$7 (GF)

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

Shrimp Toast \$12 (WC) 6 Sautéed Shrimp with Garlic Olive Oil, Herbs, & White Cheddar on Ciabatta Bread

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

Assorted Cheese Plate - Chef Choice - Market Price

Vegan Choices

Bowl of Tomato Bisque Garnished with Fresh Herbs \$5 (GF)(VE)

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

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

Non- Duck Fat Idaho Fries \$7 (GF)(VE)

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

Salads

Add the Following to any Salad:

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

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

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

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

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 Herbs, & Shaved Pecorino Romano \$14

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

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

Sandwiches & Wraps

All Served with 1 Side of Your Choice

Add the Following to any Sandwich: Bacon \$1.50 | 1/2 Avocado \$1.50 | Lettuce, Tomato, Onion, Pickle By Request

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

Crab Cake Sandwich \$15 (WC) 4 Ounce Crab Cake on Ciabatta with a side of Remoulade

Vegan Dumplings \$12 (VE) Served in a Vegetable Broth with Scallions and optional choice of Sliced Jalapeños
Closest thing to Vegan Wonton Soup you'll get!

Grilled Vegetable Flatbread – Pesto, Sautéed Zucchini, Caramelized Onions, Roasted Red Peppers, Sweet Potato, Asparagus, and Roasted Grape Tomatoes on a Grilled Flatbread -\$12(VE)

Vegetarian Choices

Add the Following to any Salad:

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

Elements Greens Salad with Grape Tomatoes, 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, Radishes, and Rice Wine Vinegar Cole Slaw \$9 (GF)

Non- Duck Fat Idaho Fries \$7 (GF)

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

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

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)

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

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

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

BBQ Pulled Pork Sandwich \$11 (SR) Pulled Pork, BBQ Sauce, & White Cheddar

Entrées

All Served with 2 Sides of Your Choice

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

Crab Cake Entrée \$26 (WC)(GF) 2 each, 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)(VG)