



ELEMENTS

Please let your server know of any dietary restrictions.

(*GF) Can Be Made Gluten Free

Appetizers

STICKY CHICKEN WINGS	25
Gochujang Honey Glaze with Blue Cheese or Ranch Dip	
PORK BELLY BITES (*GF)	22
Teriyaki Pork Belly on a bed of Roasted Red Pepper Jelly & Mango-Jalapeno Salsa	
SALMON WITH BEETS CARPACCIO (*GF)	18
Cured Beets, Soft Salmon Gravlox & Mixed Greens	
PAN-SEARED SCALLOPS (*GF)	24
3 Scallops, Shimenji Mushrooms & Lemon Ancho Butter (Double Portion Available)	
TEMPURA PRAWN	18
3 Crispy Prawns with Creamy Avocado Mousse & Sweet Tsuyu Sauce (Double Portion Available)	
PEI MUSSLES	18
1/2 lb Steamed in Fresh Basil & Lemongrass Cream with Toasted Baguette	
CORN RIBLETS (*GF)	15
Grilled Corn Ribs with Garlic Butter, Ponzu Mayo & Fresh Parmesan	

Salads

CRISPY SALMON & EDAMAME SALAD (*GF)	20
With Teriyaki Vinaigrette on Mixed Greens	
THAI LEMONGRASS SALAD (*GF/V)	16
Fresh Arugula, Cucumber, Carrots, Cilantro, Cashew Nuts & Mango Salsa with Lemongrass Dressing	
CAESAR SALAD	18
Baby Romain, Bacon, Parmesan Crisps & Croutons	
Summer Salad (*GF/V)	18
Chefs Selection with Mixed Greens Pomegranate Dressing	

Add a Protein

Salmon	18
Scallops	18
Prawns	14
Chicken	14
Tofu	10

Prices Do Not Include Applicable Taxes

Groups of 8 or More Are Subject to an 18% Auto-Gratuuity Charge



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Entrees

All Entrees Served With Seasonal Vegetables and Choice of Side

1/2 CORNISH HEN (*GF)	35
Sous Vide Chicken in a Bold Peri-Peri Sauce	
SEARED SALMON (*GF)	39
6 oz Salmon with Moilee Sauce	
LAMB SHANK (*GF)	38
Bordeaux Braised Lamb Shank & Mint Gremolata	
STEAK PLATE	
Choose Your Cut, Side & Sauce	
10 oz. AA Striploin	48
10 oz. Rib Eye	50
6 oz. Beef Tenderloin	52

SIDES

BUTTERMILK MASHED POTATO
CREAMY POLENTA
BABY ROASTED POTATO

SAUCES

PEPPERCORN GRAVY
MUSHROOM SAUCE
DEMI-GLACE CREAM SAUCE

Pastas

All pasta served with side of baguettes

Gluten Free Pasta & Baguette	4
SEAFOOD PASTA	32
Mussels, Prawns & Salmon in a Creamy Rose Sauce	
MUSHROOM RAVIOLI	28
Portabella & Cremini Mushroom Ravioli in a Tantalizing Tomato Cream Sauce	
LINGUINI CARBONARA	24
Crispy Maple Bacon & Parmesan Cheese in a Succulent Cream Sauce	
Add a protein	
Salmon	18
Scallops	18
Prawns	14
Chicken	14
Tofu	10

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Handhelds & Others

CLASSIC CHEESE BURGER (*GF)	24
6 oz. House made Beef Patty Topped with Tomato, Onion, Butter Lettuce, Pickles, Mild Cheddar, Mustard, Mayo & Ketchup	
ELEMENTS BURGER (*GF)	25
6oz. House made Beef Patty, Roasted Alliums Demi-Cream, Mild Cheddar, Butter Lettuce & Garlic Aioli	
GRILLED CHICKEN BURGER (*GF)	25
Dry Rubbed Chicken Breast, Gochujang Aioli, Butter-Leaf Lettuce, Tomato & Avocado	
BEEF & BEAN BURGER (*GF)	20
House made Beet & Black Bean Patty with Avocado Mash with Lettuce, Tomato, Pickles & Garlic Aioli	
SLICED PRIME RIB MELT (*GF)	35
Thinly Sliced Prime Rib Topped with Mild Cheddar, Coleslaw, Braised Onions & Garlic Aioli on Sourdough Toast	
CRISPY FISH & CHIPS	26
2 Piece 5 oz Tempura Battered Cod	
Upgrade your side to Caesar or Yam Fries	4
Add Bacon	4
Gluten Free Bun Available	4

Sunday Feature

SUNDAY - PRIME RIB DINNER (*GF)	
8 OZ CUT	42
12 OZ CUT	55
House Dry Rub & Slow Roasted, Yorkshire Pudding, Buttermilk Mashed Potatoes, Seasonal Vegetables, Peppercorn Gravy	

Desserts

STICKY FIG PUDDING (*GF)	14
with Caramel Sauce	
MANGO CHEESECAKE	14
On Vanilla Crust	
DECONSTRUCTED TIRAMISU	14
with Chocolate Crumble	
Gelato & Sorbet	Single 5
Salted Caramel, Vanilla, Dark Chocolate Gelato	
& Mango or Strawberry Sorbet	
	Double 8
	Triple 12

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