

STARTERS & SHARING

MIXED OLIVES (V) Mixed olives, basil marinade	4
BREAD & OIL (V) Warm assorted bread, extra virgin olive oil, balsamic vinegar	4
SOUP OF THE DAY (V) Served with warm bread	6
CHORIZO & SAUSAGE BITES Pan-fried Spanish chorizo & Toulouse sausage, honey mustard, bread	6.75
WHITEBAIT & LIME AIOLI Crispy pan-fried whitebait	6.75
BREADED HALLOUMI STICKS (V) Sweet mango chilli dip	6.70
CHERRY TOMATO & BASIL BRUSCHETTA (V) Cherry tomato salsa, crispy bruschetta	6.75
SPICY SQUID RINGS Breaded chilli squid, garlic mayo	7
CHEESE BOARD Rosenberg Danish Blue, Campbeltown Mature Cheddar, President Brie, Smoked Applewood, Yarg Cornish Hard, goji berry & fig jam, caramelized walnuts, green apple, celery and crusty bread	18 / 12
ANTIPASTO BOARD Parma ham, Milano salami, Mortadella, sun dried tomatoes, marinated aubergine, mixed olives, selection of bread, balsamic, olive oil	21 / 12.70
MIXED SEAFOOD & FISH BOARD Yellow tuna sashimi, whitebait, calamari, smoked salmon, mixed marinated seafood, selection of bread, sun dried tomatoes, olives, garlic dip, lemon chilli dipping sauce	24 / 14.75

SANDWICHES & SALADS

CAPRESE CIABATTA (V) Mozzeralla, tomato, basil pesto, rocket salad	7.75
THE ELEMENT CLUB Little gem, smoked streaky bacon, grilled Cajun chicken, sunny side fried egg, beef tomato, French mustard, mayo	9
4oz GRILLED STEAK & ONION CIABATTA Medium gilled minute steak, caramelized red onions, honey mustard mayo, baby gem	9
SPRING SALAD (V) (GF) Green apples, avocado, crispy lettuce, walnuts, apricots, cucumber, red pepper and apricot dressing	8
ELEMENT CAESAR SALAD Romaine lettuce, croutons, cherry tomatoes, shaved parmesan, anchovy cheese sauce, crispy parma ham	9.75
SUPERFOOD SALAD (V) (GF) Sweet potatoes, tender stem broccoli, spinach, rocket, yellow cherry tomatoes, pomegranate, pine nuts, lemon avocado dressing	11.50
<i>Add grilled chicken</i>	5
<i>Add grilled salmon fillet</i>	6

WEEKEND PLANS?

Make your Saturday extra special and join us for brunch. For only £30 per person, enjoy one main dish and 2 hours of bottomless Prosecco.

On Sunday join us for a delicious Roast with friends, family or both!

PLEASE ADVISE OF ANY ALLERGENS PRIOR TO ORDERING

MAINS



CLASSICS

Burgers served with French fries

FISH N CHIPS Battered cod, crushed minted peas, lemon, tartar sauce	14.75	GRILLED CAJUN CHICKEN BREAST (GF) Marinated in Cajun spices, cherry tomatoes, fries, mixed salad	14.75
ELEMENT 6oz ANGUS BURGER Grilled Brioche bun, home-made smoked bacon jam, lettuce, beef tomato, crispy gherkins, red onions, sweet mustard relish	14.75	YELLOWFIN TUNA STEAK (GF) Honey lemon glaze, cherry tomatoes, fries, mixed salad	18.75
BUTTERMILK FRIED CHICKEN BURGER Element's 'secret' chicken breast recipe, grilled brioche bun, chipotle mayo, lettuce, beef tomato, grilled red peppers	13.75	6oz MINUTE STEAK (GF) Garlic herb butter, cherry tomatoes, fries, mixed salad	13.75
GRILLED HALLOUMI BURGER (V) (GF) Grilled gluten-free bun, lettuce, beef tomato, avocado, sweet chilli sauce	13.75	8oz SIRLOIN STEAK (GF) Butter, garlic & thyme glaze, cherry tomatoes, fries, mixed salad	24.75
<i>Add cheese</i>	1	RACK OF RIBS Slow cooked, home-made BBQ sauce marinade, fries, mixed salad	18.75
<i>Add bacon</i>	2	DAILY PASTA OR RISOTTO Please ask your server for our daily pasta or risotto	14

ELEMENT SIGNATURE DISHES

LAMB TAGINE Pearl couscous risotto, sultanas & mint yogurt	20.75	CHICKEN CURRY Spiced Jasmine rice, naan bread & poppadum crisps	16.50
GRILLED SALMON (GF) Beetroot risotto & lemon herb butter sauce	18.75	MUSHROOM LINGUINE (V) Wild mushrooms, saffron, courgette, cherry tomatoes in a creamy parmesan sauce	14

SAUCES & SIDES

All sides £4 All sauces £2.5

NEW POTATOES, GARLIC AND HERB BUTTER	SELECTION OF SEASONAL VEGETABLES	PEPPERCORN
SWEET POTATO FRIES	SPICED JASMINE RICE	RED WINE JUS
FRENCH FRIES	ROCKET SALAD	BLUE CHEESE SAUCE
TRUFFLE FRIES	VEGETABLE CRISPS	BÉARNAISE SAUCE
		SPICY PERI PERI

(V) VEGETARIAN

(GF) GLUTEN FREE