

ELEMENT BAR & KITCHEN



STARTERS & SHARING

MIXED OLIVES (V)	4
Mixed olives, basil marinade	
CHORIZO & SAUSAGE BITES	6.75
Pan-fried Spanish chorizo & Toulouse sausage, honey mustard, bread	
SPICY SQUID RINGS	7
Breaded chilli squid, garlic mayo	
ANTIPASTO BOARD	18 / 12
Parma ham, Milano salami, Mortadella, sun dried tomatoes, marinated aubergine, mixed olives, selection of bread, balsamic, olive oil	

BURGERS & SALADS

ELEMENT CAESAR SALAD	9.75
Romaine lettuce, croutons, cherry tomatoes, shaved parmesan, anchovy cheese sauce, crispy parma ham	
ELEMENT 6oz ANGUS BURGER	14.75
Grilled Brioche bun, home-made smoked bacon jam, lettuce, beef tomato, crispy gherkins, red onions, sweet mustard relish	
BUTTERMILK FRIED CHICKEN BURGER	13.75
Element's 'secret' chicken breast recipe, grilled brioche bun, chipotle mayo, lettuce, beef tomato, grilled red peppers	

MAINS

6oz MINUTE STEAK (GF)	13.75
Garlic herb butter, cherry tomatoes, mixed salad	
GRILLED SALMON (GF)	18.75
Beetroot risotto & lemon herb butter sauce	
CHICKEN CURRY	16.5
Spiced Jasmine rice, naan bread & poppadum crisps	
MUSHROOM LINGUINE (V)	14
Wild mushrooms, saffron, courgette, cherry tomatoes in a creamy parmesan sauce	
DAILY PASTA OR RISOTTO	14
Please ask your server for our daily pasta or risotto	

SIDES & SAUCES

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

DESSERTS

ALMOND TOBLERONE CAKE	7	DARLISH ICE CREAM	2.5 / 3.5 / 5.5
Sweet cream ice cream		Please ask for today's selection. Darlish ice cream is lovingly churned in Hertfordshire using fresh cream, fruit and hand-picked spices from around the world. Creamy, delicious ice cream with only natural flavours and no artificial colourings or preservatives.	
CHOCOLATE BROWNIE	7		
Vanilla ice cream & chocolate sauce			
RHUBARB & CUSTARD CHEESECAKE (GF)	8		
Mixed fruit compote			<i>Ice cream priced as 1 / 2 / 3 scoops</i>

WHITE WINE

175 ML 250 ML BOTTLE

NANDU SAUVIGNON BLANC 5 6 18

Chile, Valle Central
Bright, vibrant lemon and other citrus fruits. Light balanced, fresh with mouth-watering flavour.

BLASS CHARDONNAY 5.2 7 20

Australia, South Australia
Lifted notes of pear skin, melon and citrus. Richer stone fruit on the palate with subtle creamy finish.

CAVALIERE D'ORO PINOT GRIGIO 5.3 7.2 21

Italy, Veneto
Floral notes caress the nose, with nuances of pear and honeydew melon. Citrus flavours are evident on the palate, alongside crunchy green apple and pear. This wine finds an excellent harmony of fruit and acid, with a slightly nutty almond finish.

LA LANCELLOTTA GAVI 5.4 7.4 22

Italy, Piemonte
Zesty citrus fruit and lightly floral characters, with hints of apple and pear. Fresh, steely acidity and underlying mineral characters, balanced by notes of melon and stone fruit, with a touch of fennel and spice.

WAIPARA HILLS SAUVIGNON BLANC 24

New Zealand, Marlborough
This wine shows lifted notes of gooseberry and passion fruit, underpinned with citrus zing. The palate is full with pure fruit flavours, yet balanced with a persistent, crisp mineral finish.

MICHEL CHAPOUTIER BILA-HAUT ROUSSILLON BLANC 26

France, Roussillon
Citrus aromas of lemon and grapefruit with subtle smoky notes. Fresh and very aromatic. A round mouthfeel, with great acidity finished with saline hints of sea shell minerality.

J VINEYARDS PINOT GRIS 30

USA, California
Opening with delightful aromas of honeysuckle, tangerine and Kaffir lime leaf. This fruit-forward and layered palate has notes of ripe green apple, Meyer lemon and tart pineapple that blends with hints of florals and crisp minerality.

LANGLOIS CHATEAU SANCERRE 37

France, Loire Valley
Aromas of lemon, lime and white peach characterise the intense nose. The crisp fruit, mouth-watering acidity and touches of minerality all sit harmoniously on the palate.

ROSÉ WINE

175 ML 250 ML BOTTLE

CANYON ROAD WHITE ZINFANDEL 4.7 6.3 18

USA, California
This wine is light-bodied with hints of strawberry, cherry and watermelon flavours and a smooth crisp finish.

DOMAINE LE PIVE ORGANIC ROSÉ 6.4 8.8 25

Italy, Veneto
Pale, dry rose, leading with mineral notes and framed by flavours of peach melon and green mango. This wine is summer in a glass!

RED WINE

175 ML 250 ML BOTTLE

FAIRWAY SHIRAZ 5 6 18

South Africa
This wine of intense purple colour boasts with spicy and fruity aromas. It offers fresh black pepper, ripe raspberry and cherry, hints of vanilla as well as truffle undertones.

CYT MOUNTAIN RANGE MERLOT 5.4 7.4 21

Chile, Valle Central
Medium-bodied and smooth, with cherry and plum flavours and a hint of pepper and spice.

TRIVENTO PRIVATE SELECTION MALBEC 5.7 7.7 22

Argentina, Mendoza
Having been aged in French oak barrels for 6 months, there are aromas of vanilla to compliment the plum and raspberry that are picked up on the nose. On the palate it is well balanced, exhibiting sweet tannins and a velvety finish.

CAVALIERE D'ORO CHIANTI CLASSICO 6 8 23

Italy, Tuscany
Wonderfully fruit forward with plum and cherry, leading into sweet spice nuances and well integrated oak.

SOLAR VIEJO RIOJA CRIANZA 25

Spain, Rioja
Rich aromas of oak ageing, such as vanilla, ground coffee and spices, merge with intense notes of violet and fruity flavours of raspberries and ripe strawberries.

OGIER HERITAGES COTES DU RHONE ROUGE 26

France, Rhone Valley
Intense aromas of red berries, bramble fruits and vanilla. Full-bodied with a peppery spiced finish.

WAIPARA HILLS PINOT NOIR 28

New Zealand, Central Otago
Vibrant red fruit and floral notes followed by an enticing earthiness. The rich fruit approach unfolds to spicy oak characteristics and a structured finish.

PENFOLDS RETRO SHIRAZ CABERNET SAUVIGNON 35

Australia, Eden Valley
Spicy and fruit driven, with a medley of blackcurrant and black fruit cascading onto the palate. There is a sweet vanilla spice and cedar oak adding complexity.

CONTEA DI CASTIGLIONE BAROLO 39

Italy, Piemonte
A complex nose of plum, mulberry, ripe strawberry and brown spice with delicate floral and violet notes. Tannins are firm with plump fruit and a round silky texture, giving a good lengthy finish.

FINCA FLICHMAN DEDICADO TUPUNGATO MALBEC 44

Argentina, Mendoza
Made from the best hand-harvested fruit from the high altitude Tupungato vineyards in the Valle de Uco, giving the wine a balance of elegance and intensity. It bursts with aromas of ripe red fruits along with integrated oak influences.

LEGENDE PAUILLAC 49

France, Bordeaux
Made from grapes grown in Domaines Barons de Rothschild (Lafite)'s own vineyards and the wines are made with the same attention to detail as for the Grand Vin. Produced from the property's younger vines, this classic wine has all the elegance of a top end Bordeaux with a bit more restraint.

BEER & CIDER

BOTTLES

PERONI FREE 4

PERONI 4.5

ASAHI SUPER DRY 4.5

BREWDOG PUNK IPA 5

GUINNESS 6

REKORDERLIG 5.5
Strawberry & Lime / Passion Fruit

PROSECCO & CHAMPAGNE

125 ML BOTTLE

CHIO ROSÉ SPUMANTE 5.5 20

Italy, Veneto
Light delicate pink Italian sparkling wine with soft summer berry hints and refreshing smooth bubbles.

CHIO PROSECCO 6 24

Italy, Veneto
Fruity flavours of apple, melon and pear mingle with a gently floral note. The mousse is fine, frothy and persistent.

DENBIES WHITEDOWNS 35

England, Surrey
This sparkling wine offers fresh citrus aromas with just a hint of brioche. The palate is crisp, dry and refreshing thanks to its finely balanced acidity. It has an enticing creamy texture and a persistent length of flavour.

BOLLINGER NV 70

France, Champagne
Bollinger is one of the oldest family houses still in existence in Champagne, steeped in history and tradition. Methods have little changed and their wines are truly outstanding. Pinot Noir is the backbone of this house, giving richer flavours, further enhanced by their unique use of cask.

SOFT DRINKS & JUICE

COCA COLA, DIET COKE, COKE ZERO, FANTA (330 ML) 3

PEPSI, DIET PEPSI, LEMONADE (half pint / pint) 2 / 3

J20 (330 ML) 3

Orange & Passion Fruit / Apple & Mango

FEVER-TREE TONIC 2.5

Light / Ginger Beer / Ginger Ale

FRANKLIN & SONS TONIC 2.5

Pink Grapefruit & Bergamot / Rosemary & Black Olive / Rhubarb & Hibiscus / Elderflower & Cucumber

JUICES (25 CL) 2.75

Orange / Apple / Cranberry / Pineapple / Tomato