

# STARTERS & SHARING

<b>MIXED OLIVES (V)</b> Mixed olives, basil marinade	4
<b>BREAD &amp; OIL (V)</b> Warm assorted bread, extra virgin olive oil, balsamic vinegar	4
<b>SOUP OF THE DAY (V)</b> Served with warm bread	6
<b>CHORIZO &amp; SAUSAGE BITES</b> Pan-fried Spanish chorizo & Toulouse sausage, honey mustard, bread	6.75
<b>WHITEBAIT &amp; LIME AIOLI</b> Crispy pan-fried whitebait	6.75
<b>BREADED HALLOUMI STICKS (V)</b> Sweet mango chilli dip	6.70
<b>CHERRY TOMATO &amp; BASIL BRUSCHETTA (V)</b> Cherry tomato salsa, crispy bruschetta	6.75
<b>SPICY SQUID RINGS</b> Breaded chilli squid, garlic mayo	7
<b>CHEESE BOARD</b> 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
<b>ANTIPASTO BOARD</b> Parma ham, Milano salami, Mortadella, sun dried tomatoes, marinated aubergine, mixed olives, selection of bread, balsamic, olive oil	21 / 12.70
<b>MIXED SEAFOOD &amp; FISH BOARD</b> 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

<b>CAPRESE CIABATTA (V)</b> Mozzeralla, tomato, basil pesto, rocket salad	7.75
<b>THE ELEMENT CLUB</b> Little gem, smoked streaky bacon, grilled Cajun chicken, sunny side fried egg, beef tomato, French mustard, mayo	9
<b>4oz GRILLED STEAK &amp; ONION CIABATTA</b> Medium gilled minute steak, caramelized red onions, honey mustard mayo, baby gem	9
<b>SPRING SALAD (V) (GF)</b> Green apples, avocado, crispy lettuce, walnuts, apricots, cucumber, red pepper and apricot dressing	8
<b>ELEMENT CAESAR SALAD</b> Romaine lettuce, croutons, cherry tomatoes, shaved parmesan, anchovy cheese sauce, crispy parma ham	9.75
<b>SUPERFOOD SALAD (V) (GF)</b> 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

## JOIN THE AL10 CLUB!

Be part of something special with the AL10 Club at Element Bar & Kitchen. Receive great discounts on all meals, plus birthday treats and enjoy discounts and benefits at the Comet Hotel!

Join at [www.elementbar.co.uk/al10-club](http://www.elementbar.co.uk/al10-club)

PLEASE ADVISE OF ANY ALLERGENS PRIOR TO ORDERING

# MAINS



## CLASSICS

*Burgers served with French fries*

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

## ELEMENT SIGNATURE DISHES

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

## SAUCES & SIDES

*All sides £4 All sauces £2.5*

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

(V) VEGETARIAN

(GF) GLUTEN FREE

# 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** ..... **DRAFT** (half pint / pint) .....

**PERONI FREE** 4 **WOLF ROCK** 2.2 / 4.4

**PERONI** 4.5 **COORS LIGHT** 2.45 / 4.9

**ASAHI SUPER DRY** 4.5 **THREE BREWERS GOLDEN ALE** 2.75 / 5.5

**BREWDOG PUNK IPA** 5 **STAROPRAMEN** 2.75 / 5.9

**GUINNESS** 6 **ASPALL SUFFOLK CYDER** 2.4 / 4.8

**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