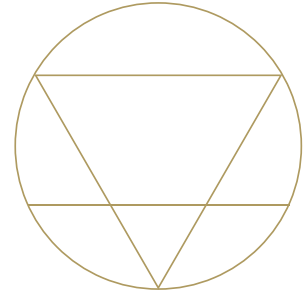


# ELEMENT BAR & KITCHEN

## STARTERS

<b>MIXED OLIVES (V)</b> Mixed olives, basil marinade	4.00
<b>BREAD &amp; OIL (V)</b> Warm assorted breads, extra virgin olive oil, balsamic vinegar	4.00
<b>CHORIZO &amp; SAUSAGE BITES</b> Pan-fried Spanish chorizo and Toulouse sausage, honey mustard, bread	6.75
<b>BREADED HALLOUMI STICKS (V)</b> Sweet mango chilli dip	6.70



## SALADS & BURGERS

<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 potato, tender stem broccoli, spinach, rocket, cherry tomatoes, pomegranate, pine nuts, lemon avocado dressing	11.50
<i>Add grilled chicken breast + 5.00</i> <i>Add grilled salmon fillet + 6.00</i>	
<b>ELEMENT 6OZ ANGUS BURGER</b> Home-made smoked bacon jam, lettuce, beef tomato, gherkins, red onion, sweet mustard relish, toasted brioche bun	14.75
<b>CAJUN CHICKEN BURGER</b> Chipotle mayo, lettuce, beef tomato, grilled red pepper, red onion, toasted brioche bun	13.75
<b>SHIITAKE MUSHROOM &amp; TOFU BEAN BURGER (VG)</b> Lettuce, beef tomato, grilled red pepper, mango chilli salsa, onion rings, toasted brioche bun	13.75
<i>Gluten free buns available</i> <i>Add Cheddar cheese + 1.00</i> <i>Add grilled dry cured bacon + 1.00</i>	

## SIDES

All sides £4.00

<b>NEW POTATOES, GARLIC AND HERB BUTTER</b>
<b>SWEET POTATO FRIES</b>
<b>FRENCH FRIES</b>
<b>TRUFFLE FRIES</b>
<b>SELECTION OF SEASONAL VEGETABLES</b>
<b>SPICED JASMINE RICE</b>
<b>ROCKET SALAD</b>
<b>VEGETABLE CRISPS</b>

## MAINS

<b>FISH N CHIPS</b> St Albans 3 Brewers Golden Ale batter, English garden peas, tartar sauce, lemon	14.75
<b>8OZ SIRLOIN STEAK</b> Basted in garlic and herb butter, roasted cherry tomatoes, French fries, mixed salad	24.75
<b>GRILLED SALMON FILLET (GF)</b> Beetroot risotto, lemon and herb butter sauce	18.75
<b>CHICKEN CURRY</b> Spiced Jasmine rice, naan bread and poppadum crisps	16.50

## SAUCES

All sauces £2.50

<b>PEPPERCORN</b>
<b>RED WINE JUS</b>
<b>BLUE CHEESE SAUCE</b>
<b>BÉARNAISE SAUCE</b>
<b>SPICY PERI PERI</b>

## DESSERTS

<b>ALMOND TOBLERONE CAKE</b> Sweet cream ice cream	7.00
<b>RHUBARB &amp; CUSTARD CHEESECAKE (GF)</b> Mixed fruit compote	8.00
<b>DARLISH ICE CREAM</b> Please ask for today's selection, lovingly churned in Hertfordshire using fresh cream, fruit and hand-picked spices from around the world. Ice cream priced as 1 / 2 / 3 scoops	2.5 / 3.5 / 5.5

**JOIN US FOR A  
7-COURSE CHRISTMAS  
DAY LUNCH!**

Ask your server for more information.  
Adults £65, children 12 and under are  
half price. Maximum of 6 guests per  
table.

ELEMENT BAR & KITCHEN



WINTER MENU