

# ELEMENT BAR & KITCHEN

## STARTERS & SHARING

<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>TOMATO &amp; BASIL SOUP (VG)</b> Served with warm bread	6.00
<b>CHORIZO &amp; SAUSAGE BITES</b> Pan-fried Spanish chorizo and 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>PEA &amp; STILTON ARANCINI (V)</b> Black pepper mayonnaise	7.25
<b>ROASTED SPICY CAULIFLOWER WINGS (VG)</b> Chilli and sesame dressing	6.75
<b>SPICY SQUID RINGS</b> Breaded chilli squid, garlic mayo	7.00
<b>BREAD CRUMBED BRIE</b> Onion marmalade	13.95
<b>ANTIPASTO BOARD</b> Parma ham, Milano salami, Mortadella, sundried tomatoes, marinated aubergine, warm assorted breads, extra virgin olive oil, balsamic vinegar	12.70 / 21.00



## SALAD, PIZZA & PASTA

<b>BUTTERNUT, CHICKPEA &amp; FIG SALAD (VG)</b> Walnut vinaigrette	8.75	<b>MARGHERITA FOCACCIA FLATBREAD (V)</b>	9.75
<b>ELEMENT CAESAR SALAD</b> Romaine lettuce, croutons, cherry tomatoes, shaved parmesan and anchovy dressing, crispy Parma ham	9.75	<b>SPICY CHORIZO &amp; ROCKET FOCACCIA FLATBREAD</b>	13.75
<b>SUPERFOOD SALAD (V) (GF)</b> Sweet potato, tender stem broccoli, spinach, rocket, cherry tomatoes, pomegranate, pine nuts, lemon avocado dressing	11.50	<b>TAGLIATELLE WITH ROASTED COURGETTE &amp; PEPPERS, SUNDRIED TOMATO &amp; RED PESTO (VG)</b> With pea shoots and shaved vegan hard cheese	13.75
		<b>ENGLISH PEA RISOTTO (V)</b> Parmesan crisp and pea shoots	14.00

Add grilled chicken breast + 5.00 | Add grilled salmon fillet + 6.00 | Add grilled halloumi + 3.00

## SIDES

All sides £4.00

- NEW POTATOES WITH GARLIC & HERB BUTTER
- SWEET POTATO FRIES
- FRENCH FRIES
- DEEP FRIED ONION RINGS
- SPICED JASMINE RICE
- MIXED SALAD
- ROCKET SALAD WITH BALSAMIC DRESSING & SHAVED PARMESAN

## ELEMENT GRILLS & CLASSICS

<b>6OZ ANGUS BURGER</b> Home-made smoked bacon jam, lettuce, beef tomato, gherkins, red onion, sweet mustard relish, toasted brioche bun, French fries	14.75
<b>CAJUN CHICKEN BURGER</b> Chipotle mayo, lettuce, beef tomato, grilled red pepper, red onion, toasted brioche bun, French fries	13.75
<b>MOVING MOUNTAINS PLANT-BASED BURGER (VG)</b> Lettuce, beef tomato, grilled peppers, red onion marmalade, toasted brioche bun, French fries	13.75
<i>Gluten free bun available</i> Add cheddar cheese + 1.00   Add grilled dry cured bacon + 1.00   Add grilled halloumi + 3.00	
<b>FISH 'N' CHIPS</b> St Albans 3 Brewers Golden Ale batter, English garden peas, tartar sauce, lemon	14.75
<b>GARLIC, LEMON &amp; THYME CHARGRILLED CHICKEN SUPREME</b> Roasted cherry tomatoes, French beans, French fries	15.95
<b>6OZ MINUTE STEAK</b> Roasted cherry tomatoes, chilled garlic and herb butter, French fries	13.75
<b>8OZ SIRLOIN STEAK</b> Basted in garlic and herb butter, roasted cherry tomatoes, French fries	19.95
<b>THAI GREEN VEGETABLE CURRY (VG)</b> Spiced Jasmine rice, naan bread, poppadum crisps	16.50

Add grilled chicken breast + 5.00 | Add grilled salmon fillet + 6.00 | Add grilled halloumi + 3.00

## ELEMENT SIGNATURE DISHES

<b>ELEMENT SIGNATURE DOUBLE ANGUS BURGER</b> Two 6oz patties, grilled dry cured bacon, lettuce, beef tomato, gherkins, home-made smoked bacon jam, mustard relish, smoked Applewood cheddar, fried onion rings, toasted brioche bun, French fries	19.95
<b>SLOW ROASTED RUMP OF LAMB</b> Potato and spinach rosti, butter peas, carrots, red wine sauce	19.75
<b>PAN-FRIED SEA BASS FILLET</b> Parmentier potatoes, chorizo, French beans, tomato & shallot sauce vierge	16.75
<b>GRILLED SALMON FILLET (GF)</b> Garlic and dill new potatoes, samphire, carrots, citrus white wine sauce	18.75

## SAUCES

All sauces £2.50

- PEPPERCORN
- RED WINE
- BLUE CHEESE
- BEARNAISE
- CHIMICHURRI

## THE ELEMENT AL10 CLUB

Be part of something special with the AL10 Club at Element Bar & Kitchen.

Receive great discounts on meals, get invites to exclusive events, enjoy access to discounts and benefits at the Comet Hotel, birthday and anniversary treats... All this and more for every member. So don't miss out, join us today!

[ELEMENTBAR.CO.UK/AL10-CLUB](https://elementbar.co.uk/al10-club)



**ELEMENT MENU**