

TEA & COFFEE		BAKED GOODS	
AMERICANO	2.90	2 HOMEMADE COOKIES	1.45
CAPPUCCINO	2.90	PASTRY	2.45
LATTE	2.90	choose from today's selection	
FLAT WHITE	2.90	WARMED CROISSANT	2.45
MOCHA	2.90	served with butter and your choice of preserve	
ESPRESSO	1.90	CHEF'S HOMEMADE CAKE OF THE DAY	3.95
DOUBLE ESPRESSO	2.50	2 FRUIT SCONES	6.95
FLAVOURED SYRUPS	.75	served with strawberry jam and clotted cream	
HOT CHOCOLATE	3.50		
POT OF TEA FOR ONE	2.90		
selection of teas, herbal teas and fruit infusions			

BRUNCH *Available 10:30 am until noon*

SMASHED AVOCADO, CHILLI FLAKES & LIME	6.75	Sausage brioche bap	4.75
served on a toasted bloomer		Bacon brioche bap	4.75
SMOKED SALMON & SCRAMBLED EGG	9.75	Fried egg brioche bap (V)	4.25
served on a toasted bloomer		<i>Add a fried egg + 0.75</i>	
<i>Add poached egg + 0.75</i>			
<i>Add smoked salmon + 2.00</i>			
<i>Add dry cured bacon + 1.00</i>			

AFTERNOON TEA *Available 2:30 pm until 5:30 pm*

HALF CREAM TEA	13.95 per person
2 Fruit Scones, strawberry jam & Cornish clotted cream	
3 Cream Tea Fancies	
Pot of tea	
FULL CREAM TEA	18.95 per person
2 Fruit Scones, strawberry jam & Cornish clotted cream	
3 Cream Tea Fancies	
Mini bagel with cream cheese and smoked salmon	
Open bridge roll with egg mayonnaise	
Hummus and roasted Mediterranean vegetable mini wrap	
Pot of tea	
GLASS OF PROSECCO 125ml	5.50
BOTTLE OF PROSECCO	26.00

NIBBLES		SIDES	
	<i>Available from noon</i>		<i>All sides £4.00</i>
MIXED OLIVES (V)	4.00	SWEET POTATO FRIES	
BREAD & OIL (V)	4.00	FRENCH FRIES	
CHORIZO & SAUSAGE BITES	6.75	DEEP FRIED ONION RINGS	
SAUSAGE ROLL & PICCALILLI	4.75	MIXED SALAD	
PEA AND STILTON ARANCINI (V)	7.25	ROCKET SALAD WITH BALSAMIC DRESSING & SHAVED PARMESAN	

SALADS, SANDWICHES & MAINS *Available from noon*

BUTTERNUT, CHICKPEA & FIG SALAD (VG)	Walnut vinaigrette	8.75
ELEMENT CAESAR SALAD	Romaine lettuce, croutons, cherry tomatoes, shaved parmesan & anchovy dressing, crispy Parma ham	9.75
SUPERFOOD SALAD (V) (GF)	Sweet potato, tender stem broccoli, spinach, rocket, cherry tomatoes, pomegranate, pine nuts, lemon avocado dressing	11.50

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

THE ELEMENT CLUB	Grilled Cajun chicken, grilled dry cured bacon, lettuce, beef tomato, sliced boiled egg, Dijon mayo	9.00
6OZ GRILLED MINUTE STEAK & ONION CIABATTA	Red onion marmalade, Dijon mayo	12.45
6OZ ANGUS BURGER	Home-made smoked bacon jam, lettuce, beef tomato, gherkins, red onion, sweet mustard relish, toasted brioche bun, French fries	14.75
CAJUN CHICKEN BURGER	Chipotle mayo, lettuce, beef tomato, grilled red pepper, red onion, toasted brioche bun, French fries	13.75
ELEMENT SIGNATURE DOUBLE ANGUS BURGER	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
MOVING MOUNTAINS PLANT-BASED BURGER (VG)	Lettuce, beef tomato, grilled peppers, red onion marmalade, toasted brioche bun, French fries	13.75

Above can be served with gluten free bun
Add cheddar cheese + 1.00
Add grilled dry cured bacon + 1.00
Add grilled halloumi + 3.00

MARGHERITA FOCACCIA FLATBREAD PIZZA (V)	9.75
SPICY CHORIZO & ROCKET FOCACCIA FLATBREAD PIZZA	13.75
FISH N CHIPS	14.75
St Albans 3 Brewers Golden Ale batter, English garden peas, tartar sauce, lemon wedges	

