

# 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 & 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	6.75
<b>PEA &amp; STILTON ARANCINI (V)</b> Black pepper mayonnaise	7.25
<b>SAUTÉED MUSHROOMS (VG)</b> Brown bloomer toast, vegan tarragon butter	7.25
<b>SPICY SQUID RINGS</b> Breaded chilli squid, garlic mayo	7.25
<b>BREADCRUMBED BRIE</b> Onion marmalade	7.25
<b>BUBBLE &amp; SQUEAK CAKE (VG)</b> Carrot puree, crispy leeks	6.75



## SALAD, PIZZA & PASTA

<b>BUTTERNUT, CHICKPEA &amp; FIG SALAD (VG)</b> 8.75 Walnut vinaigrette	<b>MARGHERITA FOCACCIA FLATBREAD (V)</b> 9.75
<b>ELEMENT CAESAR SALAD</b> Romaine lettuce, 9.75 croutons, cherry tomatoes, shaved parmesan and anchovy dressing, crispy Parma ham	<b>SPICY CHORIZO &amp; ROCKET FOCACCIA FLATBREAD</b> 13.75
<b>SUPERFOOD SALAD (V) (GF)</b> Sweet potato, 11.50 tender stem broccoli, spinach, rocket, cherry tomatoes, pomegranate, pine nuts, lemon avocado dressing	<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>MUSHROOMS RISOTTO (VG)</b> Pickled 14.95 mushroom, truffle oil, grilled garlic bloomer bread

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

<b>6OZ ANGUS BURGER</b> Home-made smoked bacon jam, lettuce, beef tomato, gherkins, red onion, 14.75 sweet mustard relish, toasted brioche bun, French fries
<b>CAJUN CHICKEN BURGER</b> Chipotle mayo, lettuce, beef tomato, grilled red pepper, red onion, 13.75 toasted brioche bun, French fries
<b>MOVING MOUNTAINS PLANT-BASED BURGER (VG)</b> Lettuce, beef tomato, grilled peppers, red 13.75 onion marmalade, toasted vegan brioche bun, French fries
<i>Gluten free bun available</i> Add cheddar cheese + 1.00   Add grilled dry cured bacon + 1.00   Add grilled halloumi + 3.00
<b>GARLIC, LEMON &amp; THYME CHARGRILLED CHICKEN SUPREME</b> Roasted cherry tomatoes, French 15.95 beans, French fries
<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

## SAUCES

All sauces £2.50

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

## ELEMENT SIGNATURE DISHES

<b>ELEMENT SIGNATURE DOUBLE ANGUS BURGER</b> Two 6oz patties, grilled dry cured bacon, 19.95 lettuce, beef tomato, gherkins, home-made smoked bacon jam, mustard relish, smoked Applewood cheddar, fried onion rings, toasted brioche bun, French fries
<b>ELEMENT SIGNATURE SMOKED HADDOCK FISHCAKE</b> Poached egg, wilted spinach, 15.25 Hollandaise
<b>ELEMENT SIGNATURE FISH 'N' CHIPS</b> St Albans 3 Brewers Golden Ale batter, English garden peas, 14.75 tartar sauce, lemon
<b>PAN-FRIED SEA BASS FILLET</b> Parmentier potatoes, chorizo, French beans, tomato & shallot 16.75 sauce vierge
<b>CURRIED SALMON SUPREME</b> Confit potato, spiced cauliflower puree, mango & coriander salsa 21.25
<b>VEGETABLE &amp; RED LENTIL JALFREZI (VG)</b> Spiced Jasmine rice, naan bread, poppadom crisps 14.95
<b>PAN ROASTED PORK TENDERLOIN</b> Roasted garlic mash, buttered baby vegetables, spinach & 19.95 white wine sauce

## 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://www.elementbar.co.uk/al10-club)



**ELEMENT MENU**