



ELEMENTS STARTERS

Tomato, Red Pepper and Aubergine Soup Basil Oil	£5.95
Smoked Mackerel Pate Pickled Cucumber, Peppered Strawberry Sorbet	£6.95
Crab and Prawn Cocktail Tomato Gazpacho, Crab Cake	£8.95
Chicken and Ham Hock Terrine Fig and Apple Chutney, Fig Loaf	£7.45
Buttered Asparagus *(2.00) Crispy Hens Egg, Truffle Emulsion	£8.25

ELEMENTS MAINS

Chicken Breast Couscous, Spring Greens, Chilli and Mango Salsa	£16.25
Fillet Steak *(5.00) Hand Cut Chips, Cherry Vine Tomatoes, Watercress, Peppercorn Sauce	£28.95
Duo of Lamb Rack and Braised Shoulder Dauphinoise, Crushed Peas, Pea Veloute, Jus	£23.95
Seabass Saffron Jersey Royals, Wilted Greens, Chive Cream Sauce	£17.95
Baked Feta and Red Onion Tart Tatin Tomato, Olive and Rocked Salad	£14.25
Pork Fillet Apricot Puree, Fondant Potato, Madeira Jus, Sautéed Green Beans	£15.95

ELEMENTS SIDES

Buttered New Potatoes	£3.50
Hand Cut Chips	£3.50
Buttered Vegetables	£3.50
Rocket and Parmesan	£3.50
Julienne Fries	£3.50

ELEMENTS DESSERTS

Lime Cheesecake Blueberry Sorbet, Gin and Tonic Gel	£6.95
Baked Passion Fruit Brulee Coconut Sorbet, Rum Soaked Pineapple	£6.95
White Chocolate and Coffee Bavaois Mascarpone Ice Cream, Coffee Macaron	£7.25
Lemon and Raspberry Mousse Lemon Posset, Raspberry Jelly, Cardamom Biscuits	£6.50
Cheese and Biscuits *(2.00) Apple and Date Chutney, Oat Biscuits	£8.50

Coffees and Liquors

Freshly Filtered Coffee	£3.20
Espresso	£2.95
Cappuccino	£2.95
Latte	£2.95
All served with Minted Chocolates	
Liquor Coffee of Your Choice	£6.95

For guests on a rate including Dinner, these items will incur a supplement as identified.

Please advise us if you have any special dietary requirements and we will be pleased to assist

Elements Restaurant is proud to use local suppliers and local produce.
All our dishes are cooked to order, please allow time for their perfect preparation.