

# elements

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## beginnings

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<b>green goddess</b>   freshly juiced spinach   celery   cucumber   green apple	10
<b>az sunrise</b>   orange juice   banana   yogurt   honey   whey protein   nutmeg	10
<b>blueberry breakfast parfait</b> <sup>V</sup>   greek yogurt   passionfruit curd   cashew rice krispie treat	13
<b>steel cut irish oats</b> <sup>V</sup>   golden raisins   toasted walnuts   brown sugar	11
<b>elemental soup</b>   composed daily	11
<b>seasonal fruit &amp; berry plate</b> <sup>GF V</sup>   chefs selection of seasons best available	13
<b>*old bay poached shrimp</b> <sup>GF</sup>   cucumber   lemon   cocktail sauce	19
<b>shrimp &amp; pork potstickers</b>   sesame chive butter	14
<b>roasted eggplant hummus</b> <sup>V</sup>   crow's dairy goat cheese   toasted walnuts   vegetables	
cumin spiced naan	14

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## entrées

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<b>*kale &amp; romaine caesar</b>   crispy bacon   caper berries   grilled croutons   parmesan crisps	16
<b>hj cobb salad</b>   maple pepper bacon   chicken   corn   avocado   pumpkin seeds cheddar cheese   buttermilk basil dressing	21
<b>*jade bar burger</b>   shishito cheese sauce   chinese mustard   lettuce   tomato   onion pickle   pretzel bun   handcut fries	17
<b>roasted chicken sandwich</b>   gruyere   prosciutto   roasted pepper   arugula   basil aioli house made chips	16
<b>asparagus frittata</b>   spring onions   smoked trout   parmesan béchamel	21
<b>*steak frites</b>   8-ounce grilled hanger steak   handcut french fries   sauce béarnaise	27

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## elemental favorites

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<b>belgian waffle</b> <sup>V</sup>   fresh strawberries   milk chocolate cream   hazelnut brittle	18
<b>vegan tofu &amp; black bean scramble</b> <sup>V</sup>   sourdough toast   avocado   salsa roja   jalapeno	16
<b>granola crusted french toast</b> <sup>V</sup>   ricotta   citrus curd   whipped cream	17
<b>buttermilk pancakes</b> <sup>V</sup>   honey pine nut butter   vermont maple syrup	17
<b>*green chili pork stew</b>   poached eggs   white cheddar grits   charred poblanos   bbq cracklings	17
<b>*foie gras benedict</b>   nueske's bacon   poached eggs   grilled asparagus   breakfast potatoes truffle hollandaise	27

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## spa bento box

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healthy twist on traditional japanese bento boxes using the freshest seasonal local farmed & organic ingredients. each bento box is served with brown rice, steamed vegetables and pickled cucumber salad.

**\*miso salmon** | 26      **bbq tofu** <sup>V</sup> | 18      **roasted chicken** | 21      **grilled shrimp** | 24

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## brunch sides

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<b>breakfast pork sausage</b> <sup>GF</sup>	6
<b>smoked chicken apple sausage</b> <sup>GF</sup>	6
<b>applewood smoked bacon</b> <sup>GF</sup>	6
<b>breakfast potatoes</b> <sup>V</sup>	5
<b>morning glory muffin or blueberry muffin</b> <sup>V</sup>	6
<b>toasted bagel &amp; cream cheese</b> <sup>V</sup>	5
<b>nine grain, sourdough, rye, gluten free, or english muffin</b> <sup>V</sup>	5
<b>cottage cheese</b> <sup>GF V</sup>	5