

# elements

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## TO BEGIN

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**GREEN GODDESS** <sup>GF V</sup> | 10

freshly juiced spinach, celery, cucumber, green apple

**STEEL CUT IRISH OATS** <sup>V</sup> | 11

golden raisins, toasted walnuts, brown sugar

**ELEMENTAL GRANOLA** <sup>V</sup> | 9

choice of milk or greek yogurt

**AZ SUNRISE** <sup>GF V</sup> | 10

orange juice, banana, yogurt, honey, whey protein, nutmeg

**BLUEBERRY BREAKFAST PARFAIT** <sup>V</sup> | 10

greek yogurt, passion fruit curd, blueberries, cashew, rice krispie treat

**FRESH FRUITS & BERRIES** <sup>GF V</sup> | 13

chef's selection of seasons best available

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## ORGANIC EGGS

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**\*ELEMENTAL BREAKFAST** | 18

two eggs any style, breakfast potatoes, bacon & sausage, choice of toast

**\*BLT BENEDICT** | 26

nueske's bacon, poached eggs, savoy spinach, griddled tomato, toasted croissant, basil emulsion

**\*EGG WHITE RATATOUILLE FRITTATA** | 17

basil pistou, blistered tomatoes, arugula salad, shaved parmesan

**\*OMELET RANCHERO** <sup>GF V</sup> | 17

sweet peppers, pepper jack, heirloom tomatoes, avocado, breakfast potatoes

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## SPECIALTIES

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**\*GREEN CHILI PORK STEW** | 18

poached eggs, white cheddar grits, charred poblanos, bbq cracklings

**CHOCOLATE BANANA PANCAKES** <sup>V</sup> | 17

peanut butter mousse, bacon hazelnut brittle

**\*SMOKED SALMON BAGEL** | 19

capers, red onion, tomato, cucumber, cream cheese

**FIRE ROASTED QUINOA BOWL** | 17

sweet potatoes, avocado, poached eggs, feta cheese, kale pesto, pomegranate, toasted pumpkin seeds

**VEGAN TOFU & BLACK BEAN**

**SCRAMBLE** <sup>V</sup> | 16

sourdough toast, avocado, salsa roja, jalapeno

**FRIED CHICKEN & WAFFLE** <sup>V</sup> | 18

black pepper sausage gravy, hot sauce

**GRANOLA CRUSTED FRENCH TOAST** <sup>V</sup> | 17

ricotta, citrus curd, whipped cream, toasted coconut

**\*'MACMUFFIN' BREAKFAST SANDWICH** | 16

candied nueske's bacon, fried egg, arugula, american cheese, tomato jam, green onion cheddar biscuit

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## ON THE SIDE

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breakfast pork sausage <sup>GF</sup> | 6

smoked chicken apple sausage <sup>GF</sup> | 6

applewood smoked bacon <sup>GF</sup> | 6

breakfast potatoes <sup>V</sup> | 5

morning glory or blueberry muffin <sup>V</sup> | 6

toasted bagel & cream cheese <sup>V</sup> | 5

nine grain, sourdough, rye, gluten free toast, or english muffin <sup>V</sup> | 5

cottage cheese <sup>GF V</sup> | 5

**GF** | gluten free

**V** | vegetarian

upon request our chefs will prepare vegan and/or gluten free dishes. 20% gratuity will be added to parties of six or more.

\*meat, fish & eggs cooked to order; items are served raw or undercooked, or contain (or may contain) raw or undercooked ingredients. consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase risk of food borne illnesses especially if you have certain medical conditions. 10.1.17