

# elements

## BEGINNINGS

**GREEN GODDESS** | 10

freshly juiced spinach, celery, cucumber, green apple

**AZ SUNRISE** | 10

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

**BLUEBERRY BREAKFAST PARFAIT** <sup>V</sup> | 13

greek yogurt, passion fruit curd, cashew rice krispie treat

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

golden raisins, toasted walnuts, brown sugar

**ELEMENTAL SOUP** | 11

composed daily

**SEASONAL FRUIT & BERRY**

**PLATE** <sup>GF</sup> | 13

chef's selection of seasons best available

**\*OLD BAY POACHED SHRIMP** <sup>GF</sup> | 19

cucumber, lemon, cocktail sauce

**SHRIMP & PORK POTSTICKERS** | 14

sesame chive butter

**ROASTED EGGPLANT HUMMUS** <sup>V</sup> | 14

cow's dairy goat cheese, toasted walnuts, vegetables, cumin spiced naan

## ENTRÉES

**\*KALE & ROMAINE CAESAR** | 16

crispy bacon, caper berries, grilled croutons, parmesan crisps

**VIETNAMESE CRISPY SHRIMP SALAD** | 21

shredded cabbage, carrots, onion, cucumber, mint, basil, coriander, toasted peanuts, nuoc cham

**\*STEAK FRITTES** | 27

8 oz grilled hanger steak, handcut french fries. béarnaise

**ROASTED CHICKEN SANDWICH** | 16

gruyere, prosciutto, roasted pepper, arugula, basil aioli, house made chips

**EGG WHITE RATATOUILLE FRITTATA** | 17

basil pistou, blistered tomatoes, arugula salad

**\*BLACK TRUFFLE JADE BURGER** | 24

charbroiled angus beef, caramelized onion, maple bacon, fried egg, tilamook cheddar, garlic

## ELEMENTAL FAVORITES

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

peanut butter mousse, bacon hazelnut brittle

**\*GREEN CHILI PORK STEW** | 17

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

**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

**\*BLT BENEDICT** | 26

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

## SPA BENTO BOX

healthy twist on traditional japanese bento boxes using the freshest seasonal local organic farmed 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

## BRUNCH SIDES

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

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

nine grain, sourdough, rye, gluten free, 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. 5.30.17