

elements

TO BEGIN

GREEN GODDESS ^{GF V} | 10

freshly juiced spinach, celery, cucumber, green apple

STEEL CUT IRISH OATS ^V | 11

golden raisins, toasted walnuts, brown sugar

ELEMENTAL GRANOLA ^V | 9

choice of milk or greek yogurt

AZ SUNRISE ^{GF V} | 10

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

BLUEBERRY BREAKFAST PARFAIT ^V | 13

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

FRESH FRUITS & BERRIES ^{GF V} | 13

chef's selection of seasons best available

ORGANIC EGGS

***ELEMENTAL BREAKFAST** | 18

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

***FILET STEAK BENEDICT** | 28

english muffin, poached eggs, foie gras hollandaise

QUINOA KALE & AVOCADO WRAP ^V | 17

fire roasted vegetables, kale pesto, scrambled egg whites, feta

***RANCHERO FRITTATA** ^{GF V} | 17

sweet peppers, onion, pepper jack, heirloom tomatoes, avocado,

SPECIALTIES

***GREEN CHILI PORK STEW** | 17

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

LEMON RICOTTA PANCAKES ^V | 17

raspberries, pine nut butter

***SMOKED SALMON BAGEL** | 19

capers, red onion, tomato, cucumber, cream cheese

***ELEMENTAL BREAKFAST
FRIED RICE** | 21

char siu pork, shiitake mushrooms, brown rice, sunny side up egg, sriracha, jalapeno honey

**VEGAN TOFU & BLACK BEAN
SCRAMBLE** ^V | 16

sourdough toast, avocado, salsa roja, jalapeno

RED VELVET WAFFLE | 18

white chocolate sauce, coconut raspberry granola

CRÈME BRULEE FRENCH TOAST ^V | 17

passion fruit curd, macerated strawberries, whipped cream

***BREAKFAST QUESADILLA** ^V | 16

scrambled eggs, roasted poblano, cheddar jack, salsa roja

ON THE SIDE

breakfast pork sausage ^{GF} | 6

smoked chicken apple sausage ^{GF} | 6

applewood smoked bacon ^{GF} | 6

breakfast potatoes ^V | 5

morning glory or blueberry muffin ^V | 6

toasted bagel & cream cheese ^V | 5

nine grain, sourdough, rye, gluten free toast, or english muffin ^V | 5

cottage cheese ^{GF V} | 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