

# elements

## TO BEGIN

**SMOKED SALMON BAGEL** | 19  
capers, red onion, tomato,  
cucumber, cream cheese

**BLUEBERRY BREAKFAST  
PARFAIT** <sup>V</sup> | 13  
greek yogurt, passion fruit curd,  
blueberries, cashew rice krispie treat

**GREEN GODDESS** <sup>GF V</sup> | 10  
freshly juiced spinach, celery,  
cucumber, green apple

**AZ SUNRISE** <sup>GF V</sup> | 10  
orange juice, banana, yogurt,  
honey, whey protein, nutmeg

**OLD FASHIONED  
IRISH OATS** <sup>V</sup> | 11  
strawberries, toasted almonds,  
brown sugar

**FRESH FRUITS &  
BERRIES** <sup>GF V</sup> | 13  
chef's selection of  
seasons best available

**HOUSE MADE GRANOLA** <sup>V</sup> | 9  
choice of milk or greek yogurt

## SPECIALTIES

**VEGAN TOFU & BLACK  
BEAN SCRAMBLE** <sup>V</sup> | 16  
sourdough toast, avocado, salsa roja, jalapeno

**BELGIAN BANANA WAFFLE  
(CHURRO STYLE)** <sup>V</sup> | 16  
nutella, cinnamon sugar

**BRIOCHE FRENCH TOAST** <sup>V</sup> | 17  
passion fruit curd, macerated strawberries,  
whipped cream

**\*BREAKFAST QUESADILLA** <sup>V</sup> | 16  
scrambled eggs, roasted poblano, cheddar jack,  
salsa roja

**\*GREEN CHILI PORK STEW** | 17  
poached eggs, white cheddar grits, charred  
poblano, bbq cracklings

**LEMON RICOTTA PANCAKES** <sup>V</sup> | 17  
raspberries, pine nut butter

**\*ELEMENTAL BREAKFAST FRIED RICE** | 21  
char siu pork, shiitake mushrooms, brown rice,  
sunny side up egg, sriracha, jalapeno honey

**QUINOA KALE & AVOCADO WRAP** <sup>V</sup> | 17  
fire roasted vegetables, kale pesto,  
scrambled egg whites, feta

## ORGANIC EGGS

**\*ELEMENTAL BREAKFAST** | 18  
two eggs any style, breakfast potatoes,  
bacon & sausage, choice of toast

**\*COUNTRY BENEDICT** | 18  
buttermilk biscuits, house made sausage,  
mustard greens, citrus hollandaise

**ROASTED MAITAKE MUSHROOM OMELET** | 19  
buttered leeks, boursin cheese, chives

**\*EGG WHITE FRITTATA** <sup>GF V</sup> | 17  
heirloom squash, asparagus, fresh herbs,  
manchego cheese, arugula pesto

## ON THE SIDE

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