

Serving fresh, organic, locally produced food whenever possible; local produce and meats are subject to availability

GF: Gluten Free | VG: Vegetarian | VE: Vegan | All Flour in the building is GMO Free

*Daily we may have the following Specials:
Soup, Cheese Plate, Salads, Sandwiches/Wraps, Game and Fresh Fish (wild caught)
All of our Desserts are made in-house Daily*

Parties of 12 or more we add a 20% Gratuity (unless you have arranged for something different in-advance)

Stuff to Share

Duck Fat Fries • GF • \$7 - Shoe String Cut Idaho or Sweet Potatoes deep-fried in blended organic sunflower oil 20% and rendered duck fat 80% topped with shaved Pecorino Romano and scallions, served with Dijon aioli or Remoulade Or Non-Duck Fat Fries (deep-fried in 100% organic sunflower oil)

Shrimp Toast • \$11 - Eight fresh shrimp sautéed with roasted garlic olive oil, white wine, heirloom tomatoes, scallions, and white cheddar cheese. Roasted atop toasted house-made bread.

Toasted House-Made Bread • VE • \$2 – Fresh house-made GMO Free Flour bread loaf for dipping

Crab Toast • \$11 - Crab sautéed with roasted garlic olive oil, white wine, heirloom tomatoes, scallions, and white cheddar cheese. Roasted atop toasted house-made bread.

Pizza - GMO Free High Gluten Flour. Whole \$13 or Half \$8 Or (GF) upon Request Whole Pizza only
Chorizo Pizza -Ground chorizo, red sauce, fresh tomatoes, and mozzarella
BBQ Chicken Pizza - BBQ chicken, bacon, red sauce, and mozzarella

Salads and Other

Cobb • GF + VG • \$8 – Mixed Greens, tomatoes, cucumbers, radishes, roasted red peppers, scallions, sweet potatoes, artichoke hearts, avocado, farm-fresh hard cooked eggs, bleu cheese, and white cheddar

Pesto Chicken Cobb • \$11 | Rockfish Cobb • \$14 | Pulled Pork Cobb • \$12 | Crab Cake Cobb • \$17 | Shrimp Cobb • \$17 | Salmon Cobb • \$16

Elements Vegan Cobb • GF + VE • \$8 – Mixed Greens, tomatoes, cucumbers, radishes, roasted red peppers, scallions, sweet potatoes, artichoke hearts, avocado, and fresh fruit

Shrimp Over Greens • GF • \$14 - Eight Shrimp sautéed with roasted garlic olive oil, over a mixed greens salad with tomatoes, cucumbers, radishes and avocado

Salmon Over Greens • GF • \$14 - Grilled salmon over a mixed greens salad with tomatoes, cucumbers, radishes, and avocado

Roasted Vegetable Platter • VE • \$14 - Fresh roasted vegetables over Zucchini and wilted greens

All Wraps and Sandwiches with One Side

Rockfish Wrap • \$12 - Grilled rockfish with white cheddar cheese, tomatoes, greens and remoulade sauce

Pesto Chicken Wrap • \$10 - Lightly-spiced sliced chicken breast with avocado, tomato, and greens

Farm Sandwich • VG • \$9 - Freshly roasted vegetables with white cheddar served open-faced on house-made bread

All Sandwiches on ciabatta bread, rubbed with roasted garlic olive oil and are available in a wrap or gluten free wrap or gluten free bread - no Extra charge.

BBQ Pulled Pork Sandwich • \$10 - With Lefty's BBQ Sauce and white cheddar

The Cheese Sandwich • VG • \$8 - White cheddar, feta, mozzarella, Gorgonzola, chilled sliced tomatoes
Add Bacon • \$1

Crab Cake Sandwich • \$14 - One-quarter pound of blue swimming crab meat with side remoulade sauce

Local Beef Meatloaf Sandwich • \$12 - White cheddar and Caramelized Onions

Chorizo Cheddar Sandwich • \$10 - Ground chorizo, white cheddar, onions and roasted red peppers

Chicken Pesto Sandwich • \$10 - Lightly-spiced sliced chicken breast with fresh avocado and mozzarella

Hawaiian Sandwich • \$10 - Pulled pork, BBQ sauce, tomatoes, fresh pineapple, and mozzarella

Other Stuff with Two Sides

Grilled Salmon • GF • \$16 - 7oz grilled salmon filet with a roasted red pepper sauce

Crab Cakes • GF • \$26 - Two-quarter-pound of blue swimming crab meat cakes with side remoulade sauce

Pan-Seared Rockfish • GF • \$19 - 7oz pan-seared rockfish filet with roasted garlic olive oil, tomatoes, basil pesto and white wine

Local Beef Meat Loaf • GF • \$18 - 8oz of slow Roasted Beef with Herbs and Spices with side demi glace

Chicken and Kale Ravioli With Shrimp • GF • \$23 White Wine, Roasted Garlic Olive Oil, Tomato Sauce

Steak Double Grilled • GF • - Always serving either NY Strip or Delmonico - Grilled to your liking with demi Glace Sauce on the Side

Additions to menu items (GF) 4oz Crab Cake • GF • \$11 | 4oz Crab Scampi • GF • \$11

½ # Shrimp - Cajun & Old Bay (9) • GF • \$10 | **4oz** Roasted Asparagus • GF • VE • \$4

Sides (GF)(VG) - Potato Salad in Old Bay Dijon • Mixed Greens Salad • Sautéed zucchini + Wilted Greens

Dressings (GF)(VG) - Dijon Aioli • Ranch • Ginger Rice Wine Vinaigrette

Consuming raw or undercooked animal foods may increase your risk of food borne illnesses, especially if you have certain medical conditions.

Local Product Sources for all of our current menu and specials items.

This is NOT a Specials List – Items listed below may not be in stock daily! We make every effort to source locally produced, sustainably raised, and organic when possible products.

Hormone Free (HF) | Antibiotic Free (AF) | Steroid Free (SF) | Not Cage Raised (NCR)
Wild Caught (Wild Caught) | Grass Feed (GF)

Flour – All GMO Free

Goat Cheese – Cherry Glen Farms

Braised Beef, BBQ Beef, Stew Beef, Ground Beef (Meatloaf), Ground Pork (Meatloaf)

Willy Goddard's Farm – Leonardtown, MD – (HF) (AF) (SF) (NCR) (GF)

Battle Creek Beef – Prince Frederick, MD --(HF) (AF) (SF) (NCR) (GF)

NY Strip Steak -Aged at Least 40 Days – Montana - Grass Feed (HF) (AF) (SF)

Sausage – Local (HF) (AF) (SF) (NCR)

Pork Loin– Eastern Shore of MD - (HF) (AF) (SF) (NCR)

Chicken – Eastern Shore MD (HF) (AF) (SF) (NCR)

Turkey – Western MD (HF) (AF) (SF) (NCR)

Crab Melt - Local Crabmeat from Paul Kellam – Ridge, MD (WC)

Crab Scampi - Local Crabmeat from Paul Kellam – Ridge, MD (WC)

Rockfish – Wild Caught Always (Sometimes Sourced from Paul Kellam—Ridge, MD (WC)

Catfish – River Raised

Salmon – Farm Raised – Open Ocean – Sustainably Raised (not fed grain products)

Shrimp – Wild Caught

Red Snapper – Wild Caught

Eggs – Harry Dalton-Hollywood, MD (NCR)

Vegetables

Even star Organic Farms

Sassafras Organic Farms

Loveville Produce Auction- over 150 Growers within 20 miles of the Auction House

Our menus are printed on TreeZero paper. TreeZero is the only 100% tree free, carbon neutral paper brand in North America. Our paper products are made using sustainable, sugarcane based natural resources. One pallet (40 boxes) of TreeZero paper saves 24 trees, while one pallet of 30% recycled paper saves just 7 trees. In addition, TreeZero paper delivers excellent print quality when compared to regular recycled paper.

We are dedicated to doing the most good for the earth and helping you to achieve your organization's or even your individual sustainability goals and objectives.

At Elements, we recycle cardboard, glass, and plastic. Discarded food is recycled by being sent to a local hog farm.

Our To-go containers and flatware are made from 100% sugarcane based product.