

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

*GF: Gluten Free | VG: Vegetarian | VE: Vegan | WC: Wild Caught | SR: Sustainably Raised | H: Hormone Free  
A: Antibiotic Free | All Flour in the building is GMO Free  
Our Gluten Free Wraps and Gluten Free Bread are Vegetarian, not Vegan*

*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 • WC • \$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 bread for dipping

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

**Pizza - 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 •H+A+SR•** - 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 •H+A+SR• \$11 | Rockfish Cobb •WC• \$14 | Shrimp Cobb •WC• \$17**

**Pulled Pork Cobb •SR• \$12 | Crab Cake Cobb •WC• \$17 | Salmon Cobb •SR• \$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+WC• \$14** - Eight Shrimp sautéed with roasted garlic olive oil, over a mixed greens salad with tomatoes, cucumbers, radishes and avocado

**Salmon Over Greens • GF +SR• \$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

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

Farm Sandwich • VG • \$10 - Roasted vegetables, 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 •SR• \$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 •WC•\$14 - One-quarter pound of blue swimming crab meat with side remoulade sauce

Local Beef Meatloaf Sandwich •H+A+SR• \$12 - White cheddar and Caramelized Onions

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

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

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

## Other Stuff

Grilled Salmon • GF+SR • \$18 - 7oz grilled salmon filet with a roasted red pepper sauce

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

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

Local Beef Meat Loaf • GF+H+A+SR • \$17 – 8oz of slow Roasted Beef with Herbs and Spices with side demi glace

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

Steak Double Grilled • GF+SR• – Either NY Strip or Delmonico - with demi Glace Sauce on the Side

Additions to menu items 4oz Crab Cake • GF+WC • \$11 | 4oz Crab Scampi • GF+WC • \$11

½ # Shrimp - Cajun & Old Bay (9) • GF+WC • \$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.*