

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
Changes/Updates - Gluten Free Wraps and Gluten Free Bread are Vegetarian, not Vegan
Gluten Free Pizzas are not Vegetarian*

*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. 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

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

Farm Sandwich • VG • \$10 - 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

Grilled Salmon • GF • \$18 - 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 • \$17 — 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

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.