

Elements. eatery + mixology • www.elements-food.com • 301.862.5303

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 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. \$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

Asparagus Pizza - Asparagus, red sauce, caramelized onions, fresh tomatoes, and mozzarella

Salads

Cobb • GF + VG • \$8 – Mixed Greens, tomatoes, cucumbers, radishes, roasted red peppers, scallions, sweet potatoes, asparagus, 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, asparagus, 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

All sandwich breads are rubbed with roasted garlic olive oil and are available in a wrap or gluten free wrap or gluten free bread - no Extra charge.

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

Pesto Chicken Wrap • \$9 - Lightly-spiced sliced chicken breast with fresh pesto, avocado, tomato, and greens

BBQ Pulled Pork Sandwich • \$9 - With Lefty's BBQ Sauce and white cheddar on ciabatta bread

Farm Sandwich • VG • \$8 - Freshly roasted vegetables with white cheddar served open-faced on house-made bread

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

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

Chorizo Cheddar Sandwich • \$10 - Ground chorizo and white cheddar on ciabatta bread, add onions and roasted red peppers N/C

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

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

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 • \$18 - 7oz pan-seared rockfish filet with roasted garlic olive oil, tomatoes, basil pesto and white wine

Roasted Vegetable Platter • VE • \$14 - Fresh roasted vegetables with quinoa and wilted kale

Double Grilled New York Strip • GF • \$23 - 10oz double-grilled New York strip steak

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

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

½ # Shrimp - Cajun & Old Bay (9) • GF • \$10 | Roasted Asparagus • GF • VE • \$4 | 5oz New York Strip • GF • \$10

Sides (GF)(VG) - Potato Salad in an Old Bay Dijon dressing • Mixed Greens Salad • Sautéed zucchini + wilted kale

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.