


hands or spoon

Elements Beef Burger	15.00
<i>elements exclusive recipe of getaway meat mongers ground beef with melted fox hill gouda, sautéed mushrooms and onions on toasted brioche bun with choice of side</i>	
 Indian Point Mussels	12.00
<i>with l'acadie blanc, garlic, herbs and a sweet potato roll</i>	
<i>add dutchman's dragon breath blue cream sauce</i>	add 2.00
Chicken Before Egg Sandwich	15.00
<i>we have taken the elements of a traditional clubhouse sandwich and created our own version.....free range chicken, micro greens, gouda cheese, fried hen's egg, double smoked bacon and choice of side</i>	
Lobster Sweet Potato Roll	18.00
<i>nova scotia lobster salad on toasted sweet potato roll with micro greens, tarragon aioli, and choice of side</i>	
Maritime Seafood Chowder	12.00
<i>rich and creamy chowder with scallops, salmon, haddock, mussels and sweet potato roll</i>	
Pulled Pork Sandwich	18.00
<i>oulton's farm pork shoulder slow roasted with apple juice and rhubarb relish from the naked pickle. plated with grilled baguette, pickles, micro greens and choice of side</i>	

side selection

- micro greens
- cup of soup
- tim pratt's handcut Gouda fries
- element's onion rings

fork and knife

10.00	Micro Green Salad <i>riverview herbs micro green mix with market vegetables & pear and ginger vinaigrette</i>
10.00	Chilled Roasted Beet Salad <i>roasted beets tossed in jost vineyards chardonnay vinaigrette with leaves of brussels sprouts, shaved green cabbage and torched goats' cheese</i>
17.00	Garrison IPA Beer Battered Haddock  <i>house cut fries, cabbage slaw, and dill kicker remoulade</i>
16.00	Lunenburg Salt Cod Cake <i>made with noggins corner farm potatoes and plated with the naked pickle tomato chow, mustard aioli, and micro greens salad</i>
18.00	Haddock Fillet <i>with roasted beets & peaches, and fresh mint and basil</i>
15.00	Vegetable Spaetzle <i>with caramelized onions, brussels sprouts, carrots, and sweet potato breadcrumbs. your choice of cream or tomato sauce</i>
18.00	Seared Atlantic Salmon <i>with shredded root vegetables and fresh herbs tossed in roasted garlic, cider vinaigrette and topped with fried fingerling potato chips</i>