



E L E M E N T S

FOOD MENU



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## ELEMENTS

**TOMATO AND TORTILLA SOUP** £5  
CREME FRAICHE, HOME-MADE BREAD  
( **BOWL** £5.00 )

**PORK, LEEK AND BACON SAUSAGE ROLL** £5

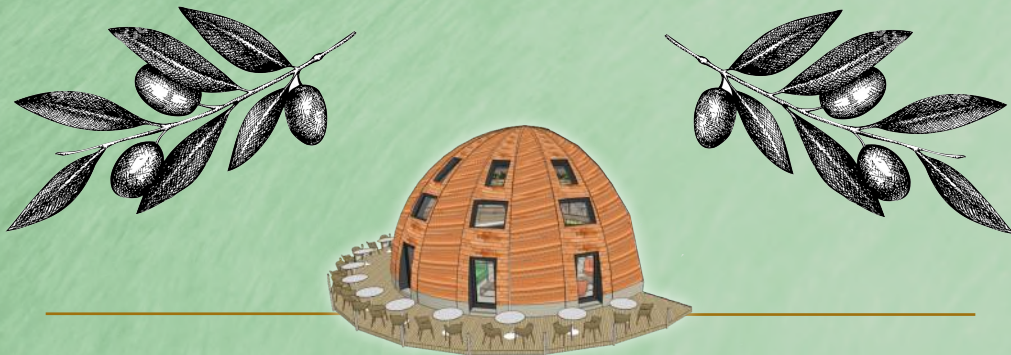
**SPINACH TARTLET** £5  
SPINACH, FETA, ROAST PEPPER IN PUFF PASTRY

**BAKED ROOSTER POTATO** £5  
TORN HAM, CARAMALISED ONIONS  
SMOKED OAKWOOD CHEESE

**SMOKED CHICKEN QUICHE** £6  
TOMATO TARTARE, GRUYERE CHEESE

**NAM JIM GLAZED SALMON** £6  
DIPPING SAUCE

**CHICKEN SOUVLAKI** £6  
GREEK STYLE MARINATED SKEWER  
TZATZIKI DRESSING



## SALAD BAR

**QUINOA**  
TOMATOES, PARSLEY, CUCUMBER, MINT, QUINOA, LEMON

**GREEN ORZO**  
PASTA, CURLY KALE, TENDER STEM BROCCOLI, ALMONDS, GREEN PESTO

**GREEK**  
VINE TOMATO, CUCUMBER, FETA CHEESE, OLIVES, EXTRA VIRGIN OIL

**THAI**  
SHREDDED CARROT, RED PEPPER, RADISH, CHILLI FLAKES, ROAST PEANUTS  
CORIANDER SESAME DRESSING

**INDIAN**  
GIANT COUS COUS, CHICKPEAS, RAISINS, LIGHT CURRY  
AND CITRUS DRESSING

**SALADS WITH MAINS** (1 FOR £2, 2 FOR £4, 3 FOR £6)  
**SALAD PLATE** (1 FOR £3, 1 FOR £6, 3 FOR £9)

## BAKERY

**YELLOW MAN ROCKY ROAD** £3  
**ELEMENTS FLAPJACK** £3  
**LIMONCELLO AND WHITE CHOCOLATE LAYER CAKE** £5  
**CARROT CAKE, CANDIED PECANS** £5  
**VANILLA CHEESECAKE, BALSAMIC STRAWBERRIES** £5

