

hands or spoon

Elements Beef Burger	15.00
<i>getaway farms blend of ground beef, goat cheese, tomato jam and micro greens on a brioche bun</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>fresh steamed lobster tossed with tarragon buttermilk dressing, roasted squash and apple, lightly dressed baby greens on ella's sweet potato roll</i>	
Maritime Seafood Chowder	12.00
<i>rich and creamy chowder with scallops, salmon, haddock, mussels and sweet potato roll</i>	
Shaved Roast Porkloin Dip	17.00
<i>served on a fresh baguette griddled with herb butter</i>	

side selection

<i>micro greens</i>
<i>cup of soup</i>
<i>tim pratt's handcut Gouda fries</i>
<i>element's onion rings</i>

fork and knife

11.00	Riverview Farms Spinach Salad <i>hug your nanny goats milk feta, pickled onion, croutons and roasted tomato and oregano vinaigrette</i>
12.00	Elements Caesar Salad <i>riverview farms greens, roasted garlic, basil and old growler vinaigrette, oven dried tomato, crisp smoked bacon and grissini bread sticks</i>
16.00	Garrison IPA Beer Battered Haddock  <i>house cut fries, cabbage slaw, and dill kicker remoulade</i>
16.00	Lunenburg Salt Cod Cake <i>house baked beans, micro greens and toasted crostini with grain mustard aioli</i>
18.00	Baked Local Fresh Haddock <i>with creamed button mushrooms, roasted with black kale and sweet potato wedges</i>
16.00	Housemade Winter Squash Lasagna <i>fox hill quark cheese, topped with béchamel and baby greens</i>
18.00	Pan Roasted Atlantic Salmon <i>warm seasonal vegetables a la grecque with crispy kale chips</i>