

## Appetizers

**Bruschetta** 8.75

Plum tomatoes, basil, garlic, mozzarella cheese & parmesan cheese in a balsamic vinaigrette, served over buttered garlic crostini

**Chunky Guacamole** 8.99 

Fresh avocado, jalapeno, tomato, red onion, cilantro & fresh lemon juice, served with freshly made corn tortilla chips

**Mini Potato Pancakes** 6.99

Panko breaded pancakes with spinach, cheddar cheese & mashed potato, served with applesauce & sour cream

**Panko Fried Tomato** 9.99

Sliced panko fried tomatoes with red peppers & bleu cheese crumbles drizzled in tomato basil sauce

**Crunchy Chicken Skewers** 8.99

Captain crunch breaded chicken, served with creole sauce

**Buffalo Bites** 6.00

Fried chicken bites stuffed with cream cheese, celery, blue cheese & jalapeno pepper

**Bone-In or Boneless Wings** 9.99

Wings tossed in your choice of Buffalo, Thai chili or BBQ sauce, served with celery sticks & bleu cheese dressing

**Fried Cheese Paddies** 6.99

Fried mozzarella & yellow american paddies, served with marinara sauce for dipping

**Potato Skins** 7.99

Stuffed with beef chili, bacon, scallions & cheddar cheese, served with sour cream

**Chicken Dumplings** 7.99

Choice of steamed or fried, served with ginger dipping sauce

**Element Tenders** 10.99

Breaded chicken tenders tossed in your choice of Buffalo, Thai chili or BBQ sauce

**The Sampler** 11.99

Mini potato pancakes, crab & cheese wontons, fried shrimp & fried cheese paddies, served with marinara & chili sauce

**Chicken Angel Hair** 6.75

Fresh made to order with onions, shitake mushrooms, carrots, spinach, red & green peppers topped with angel hair pasta

**Soup of the Day** Cup 4.75 Bowl – 6.75

Your server will inform you of today's soup

**Wedge Salad** – 6.50 

A quartered heart of iceberg lettuce with crumbled bleu cheese, cherry tomatoes, bacon & bleu cheese dressing

**House Salad** – 5.99

Tomatoes, cucumbers, carrots, black olives, craisins & homemade croutons

**Additional topping on any salad:**

**Grilled Chicken** – 3.00 **Grilled Shrimp** – 6.00

**Filet Medallion** – 10.00 **Grilled Salmon** – 8.00

**Quesadillas** 6.99

Filled with our fresh tomato salsa & cheese, served with guacamole

**Add Chicken** – 3.00 **Add Shrimp** – 6.00

**Tuna Bites** 9.99 

Blackened spicy Yellowfin Tuna, served with seaweed salad & wasabi sauce

**Oyster Rockefeller** 10.99

Long Island oyster stuffed with spinach, anisette cream, topped with béchamel & seasoned crumb

**Clams Casino** 11.00

Casino style clams with onions, green & red peppers, bacon, & garlic

**Jumbo Lump Crab Shooter** 14.00 

Blue crab, super lump tossed with honey, avocado, hot sauce & lemon juice served in a shot glass

**Shrimp Cocktail** 12.99 

Jumbo shrimp, served with fresh lemon & homemade cocktail sauce

**Clams on the Half Shell** 

Middle neck clams on a bed of ice with lemon & homemade cocktail sauce

**Half Dozen** – 7.99 **Dozen** – 12.99

**Fried Calamari** 10.99

Seasoned breading fried & tossed with sliced pepperoncini peppers & parmesan cheese, served with marinara sauce

**Stuffed Mushrooms** 8.99

Filled with crab meat, chopped clams & seasoned with sherry wine

**Mussels Fra Diavolo** 9.99 

New Zealand green mussels in a spicy tomato sauce with garlic crostini

**Steamers** 12.99 

Middle neck clams steamed in wine & herbs with drawn butter

**Crab & Cheese Wontons** 7.99

Cream cheese, spinach & crab meat wrapped in a crispy wonton

**Fried Shrimp** 9.99

Served with fresh lemon & homemade cocktail sauce

**Greek Sampler** 14.00

An array of flavor including hummus, celery, roasted red peppers, kalamata olives, green olives, feta cheese, spanakopita & toasted pita bread

## Soups

**Crab Bisque** Cup - 6.50 Bowl – 8.25

**French Onion Crock** 6.50

Caramelized onions, sweetened with a hint of apple juice, topped with crostini, and melted Muenster cheese



**Baked Potato Soup** Cup – 4.75 Bowl – 6.75

Topped with bacon & cheddar cheese

## Salads

**Element Salad** – 9.99 **Half Size** – 6.99

Fresh strawberries, chopped walnuts, crumbled bleu cheese, served with fat free raspberry dressing

**Baby Kale Pine Nut Salad** – 10.50  **Half Size** – 7.50 

Fresh baby kale, pine nuts, grated parmesan cheese, pancetta & fresh squeezed lemon juice mixed with extra virgin olive oil

**Caesar Salad** – 8.99 **Half Size** – 5.99

Grated parmesan cheese, homemade croutons & Caesar dressing



=gluten free

# Steaks & Pork Chop

Served with choice of soup or salad



# Chicken

Served with choice of soup or salad

- Prime Rib of Beef** **Queen- 12 oz. 23.99**  
*(served after 4pm)*  
 Angus beef slow roasted served with au jus
- Filet Mignon** **8 oz.- 26.99** **10 oz.- 30.99**  
 Angus king of beef, cut fresh daily
- NY Strip** **24.99**  
 14 oz. Angus sirloin, cut fresh daily
- Rib Eye** **26.99**  
 14 oz. Angus rib eye, cut fresh daily

All grilled steaks comes with mashed potatoes and vegetables

**Sauces:** Peppercorn brandy cream, burgundy demi,  
 garlic & herb compound butter, béarnaise- **2.00 ea.**

**Oscar style:** Jumbo lump crab meat, asparagus, and béarnaise -**10.00**

**Toppings:** Sautéed onion or mushrooms, bleu cheese crumbles,  
 frizzled onions - **3.00 ea.**

- Cowboy Pork Chop** **19.99**  
 12 oz. Prime cut pork chop baked with burgundy demi, served a top of bleu cheese mashed potatoes & crispy fried onions, served with vegetables
- Stuffed Double Cut Pork Chop** **22.99**  
 Our prime cut pork chop, stuffed with spinach, roasted red peppers & provolone, breaded, fried & baked. Smothered in brown gravy & served with mashed potatoes

**Filet Mignon & Grilled Shrimp** **28.50** 🌱  
 Medallions of tenderloin & grilled white shrimp served with mashed potatoes & vegetables

**Hunter Filet Mignon** **21.99**  
 Twin 3 oz. filet mignon grilled, with sautéed wild mushrooms, onions, cherry tomatoes, & a demi-glaze over goat cheese mashed potatoes, topped with sautéed spinach

**Beer Braised Ribs Combo**  
 Pork baby back rib, slow braised in beer, served with french fries & house made slaw

<b>Full Rack</b>	<b>20.99</b>	<b>Half Rack</b>	<b>14.99</b>
With grilled BBQ chicken		add 8.00	
With BBQ jumbo shrimp wrapped in bacon		add 12.00	

Choice of sauces, sweet bourbon sesame, hickory, Thai chili, orange glazed

- Flank Steak** **17.99** 🌱  
 12oz Choice cut steak grilled, served with mashed potatoes & vegetables
- London Broil** **17.99**  
 Marinated flank steak in herb oil, grilled & sliced with sautéed onions & mushrooms topped with burgundy demi, served with mashed potatoes
- Steak Teriyaki** **17.99**  
 Flank steak in a teriyaki marinade, grilled & sliced with sautéed onions & mushrooms in our homemade teriyaki sauce, served with rice pilaf
- Orange Flavor Beef** **17.99**  
 Tenderloin tips stir fried in our homemade tangy orange sauce, served with broccoli & mashed potatoes

## Element Sides

- Mashed Potatoes 1.99
- French Fries 1.99
- Cole Slaw 1.99
- Mix Vegetables 2.99

Premium side

- Sweet Potato Fries 2.99
- Sautéed Spinach 3.99
- Baked Potato 2.99
- Sweet Mashed 2.99
- Asparagus 4.99

Substitute any premium side for an additional \$2.00

- Chicken Parmesan** **14.99**  
 Breaded & fried chicken breast topped with marinara & mozzarella cheese, served over linguine
- Lemon Chicken** **16.99**  
 Chicken tenders sautéed with garlic, white wine & lemon cream sauce over angel hair
- Chicken Marsala** **18.99**  
 Chicken tenders sautéed with mushrooms & onions in a marsala wine sauce, served with choice of side
- Chicken Pot Pie** **15.99**  
 Served the Good olé fashion way slow simmered chicken with pearl onion, celery, carrots, and green peas in savory chicken gravy topped with puffed pastry & baked
- Chicken Teriyaki** **16.99**  
 Chicken tenders grilled tossed over sautéed mushrooms & onions in homemade teriyaki sauce & choice of side

**Pineapple Salsa Chicken** **16.99** 🌱  
 Grilled chicken breast marinated in basil herb, topped with fresh homemade pineapple salsa, served with choice of side

**Element Chicken** **18.99**  
 Grilled chicken tenders, topped with sautéed garlic, tomato, fresh basil, shitake mushrooms with white wine butter sauce, served with choice of side

**Orange Flavor Chicken** **17.99**  
 Lightly breaded chicken medallions fried in our homemade tangy orange sauce, served with broccoli & choice of side

**Chicken Saltimbocca** **22.95**  
 Chicken Tenders sautéed with prosciutto, spinach & topped with provolone cheese served over angel hair pasta

**Grilled Chicken & Vegetables** **15.99** 🌱  
 Chicken breast lightly seasoned & grilled, served with eggplant, zucchini, tomato & red onion drizzled with balsamic glaze

**Roasted Pepper Chicken Aioli** **18.99**  
 Chicken tenders sautéed with onions & spinach with a splash of white wine & a roasted red pepper pesto tossed in angel hair pasta

## Vegan & Vegetarian

Served with choice of soup or salad

- Vegan Primavera** **14.99**  
 Olive oil sautéed zucchini, yellow squash, broccoli, & mushrooms in Italian seasoning, & white wine tossed in penne pasta
- Vegan Patty** **14.99**  
 Israeli couscous combined with lentil, roasted red peppers, onions & parsley, seasoned with garlic & herbs, served with grilled vegetables drizzled with balsamic glaze
- Pasta Pomodoro** **14.99**  
 Seasoned sweet plum tomatoes sautéed with fresh garlic, basil & herbs tossed in penne pasta
- Eggplant Capri** **16.99**  
 Breaded & fried eggplant baked with layers of ricotta cheese & fresh mozzarella in basil Pomodoro served over linguine
- Mushroom Ravioli** **16.99**  
 Ravioli stuffed with mushrooms in a creamy cheese sauce

Our chefs will prepare you a meal that will suit your dietary needs at your request with the assumption that the products requested are available, however, any changes in our specials and regular menu priced item may result in an additional charge.

# Seafood

Served with choice of soup or salad



# Pasta

Served with choice of soup or salad

- Surf & Turf** 35.99   
4 oz. lobster tail & 8 oz. filet mignon, served with choice of a side
- Stuffed Flounder** 19.99  
Stuffed with crab & chopped clams topped with white creamy crab sauce, served with choice of side
- Lobster Tail** 29.99   
Two 4 oz. lobster tails with fresh lemon wine butter, served with choice of side
- Jumbo Lump Crab Cakes** 25.99  
Seared lump meat crab cakes, served with Cajun Remoulade or Tartar sauce & choice of side
- Stuffed Flounder & Shrimp** 21.99  
Shrimp & flounder stuffed with crab meat & chopped clams topped with white creamy crab sauce, served with choice of side
- Tuna Steak** 24.99  
Grilled, Blackened or Seared tuna sautéed in a vegetable teriyaki sauce, served with choice of side
- Blackened Mahi** 23.99   
Blackened Mahi topped with mango & pineapple salsa, served over mixed greens with choice of side
- Seared Sea Scallops** 24.99  
Topped with beurre blanc, sautéed spinach, served with choice of side
- Stuffed Shrimp** 19.99  
Jumbo shrimp stuffed with crab & chopped clams, around angel hair pasta in a white creamy crab sauce
- Salmon Oscar** 28.99   
Broiled salmon topped with jumbo lump crab meat, asparagus, & Béarnaise, served with mashed potato
- Fish N' Chips** 14.99  
Panko breaded and fried cod served with fresh lemon, cocktail & tartar sauce with French fries & Cole slaw
- Seafood Stuffed Zucchini** 20.99  
Combination of shrimp, scallops & crab meat in a parmesan crab sauce, stuffed in a zucchini boat & topped with cheese, served with choice of side
- Stuffed Eggplant** 18.99  
Egg battered eggplant, pan fried, rolled & stuffed with a seafood medley topped with our famous creamy crab sauce served with mashed potatoes
- Lobster and Crab Bake** 24.99  
Maine lobster meat & lump crab meat in a creamy crab sauce, baked in a puff pastry bowl and topped with a parmesan crumb topping, served with vegetables
- Broiled Seafood Combo** 28.99  
Mahi-mahi, shrimp, & scallops topped with butter herb compound combined with clams casino & oysters rockefeller, served with mashed potatoes & vegetables
- Salmon Horseradish** 22.99  
Broiled salmon fillet seasoned & baked with butter wine topped with horseradish, panko & served on a bed of mixed greens with mashed potatoes

- Seafood Linguine** 26.99  
Sautéed shrimp, scallops & crab meat in a white cream crab sauce, served over linguine
- Fettuccine Alfredo** 14.99  
Three cheese in a white creamy sauce with a hint of garlic
- Pasta Primavera** 13.99  
Penne with fresh vegetables sautéed in a garlic butter white wine sauce
- Creamy Crab Pasta** 15.99  
Choice of pasta in our famous white creamy crab sauce, served with garlic crostini
- Penne Vodka** 14.99  
Penne served in our signature vodka sauce with mushrooms, peas, onions, & sundried tomatoes  
Add grilled or blacken chicken 3.00  
Add grilled or blacken shrimp 6.00  
Add grilled or blacken filet medallion 10.00

- Shrimp & Scallop Pescatore** 25.99  
Sautéed shrimp & scallops with a splash of white wine, tossed in a sweet plum tomato basil sauce over penne
- Shrimp Scampi** 21.99  
Jumbo shrimp sautéed in garlic butter wine sauce
- Lobster or Crab Mac & Cheese**  
Cavatappi pasta, tossed in a lobster or crab three cheese sauce with asparagus, diced tomato & a toasted panko topping  
**Lobster** 24.00  
**Crab** 19.00

\*Gluten free pasta available for an additional \$1.50

# Specialty Sandwiches

All sandwiches served with Cole slaw or seasoned potato wedge

- Fish Tacos** 12.50  
Panko breaded & fried cod, Cajun house-made slaw & mango salsa, finished with a Lime Crème
- Element Burger** 14.75  
Fresh 8 oz. char-grill burger with cheddar cheese, our specialty sweet bourbon sauce topped with frizzled onions on a brioche bun with lettuce & tomato
- Crab Cake Sandwich** 16.50  
Lettuce, tomato & your choice of Tartar or Cajun Remoulade, served on a brioche bun
- French Dip** 12.99  
Prime rib of beef, served on a garlic ciabatta roll with Swiss cheese & au jus
- Chicken Crunch Rancher** 13.50  
Chicken with ground captain crunch breading, deep fried & topped with bacon, ranch dressing, lettuce & tomato on ciabatta bread
- Voodoo Chicken** 14.99  
Blackened chicken filet & chorizo sausage topped with Monterey jack & sautéed red & green peppers accompanied with a creole sauce
- Cuban Panini** 14.99  
Roast smoked pulled pork, ham, spicy mustard, mayo, Swiss cheese & pickle slices on ciabatta bread
- Grilled Prime Rib** 15.50  
Angus slow roasted Prime rib grilled & topped with frizzled onions & horseradish cream sauce on a brioche bun
- Southern Pulled Pork** 12.99  
Our own seasoned slow smoked roasted pork, tender pulled & tossed in a barbecue sauce & topped with frizzled onions on a brioche bun
- Island Shrimp Salad Sandwich** 15.75  
Poached baby shrimp in a zesty lime dressing with shredded lettuce, diced tomato & sliced avocado on toasted ciabatta bread

## Build-a-Burger

**Burger** 8.99

Our fresh never frozen ground Black Angus chuck, 8 oz. burger patty grilled, on a fresh baked brioche bun with lettuce, tomato & pickle, served with a side of French fries or Cole slaw

### Toppings:

Choice of cheese, horseradish cheddar, caramelized onions, sautéed mushrooms, frizzled onions, sliced onion. .... Each additional topping \$ 1.00  
jalapeno, red & green peppers

Bacon, guacamole, fried egg, avocado... Each additional topping \$ 2.00  
parmesan style, blue cheese crumbles, feta cheese

## ***Kids Menu***

***5.99 (11 and under)***

*All meals are served with your choice of fountain drink*

*Juice or Milk - 1.50*

**Mac n' Cheese**

**Hamburger & Fries**

**Grilled Cheese & Fries**

**Penne Pasta & Marinara**

**Chicken Nuggets & Fries**

### **Broccoli Mac and Cheese**

*Chunks of fresh broccoli tossed with cavatapi pasta in a creamy cheddar cheese sauce.*

**6.99**

### **Chicken Parmesan**

*Breaded and fried chicken breast topped with marinara and mozzarella cheese, served over linguine.*

**7.99**

### **Grilled Chicken Alfredo**

*Grilled chicken tossed in a creamy three cheese cream sauce.*

**7.99**

### **Mac and Chicken Tenders**

*Fresh made chicken tenders paired with our cavatapi pasta in a yellow cheddar cheese sauce.*

**7.99**

### **Grilled Chicken and Steamed Broccoli**

*Lightly seasoned chicken tenders grilled and paired with steam broccoli.*

**7.99**

### **Roast Beef and French Fries**

*Thinly sliced top round with gravy served with fries.*

**8.99**