

Sandwiches

Served with french fries or house made slaw.
Substitute sweet potato fries - 2.00



Lunch Specials

Served with salad - 12.99

Crab Cake Sandwich – 15.99

Lettuce, tomato & your choice of Tartar or Cajun Remoulade, served on a brioche bread

Chicken Spinach Panini – 11.99

Pesto sauce, spinach, roasted red peppers, green peppers, fresh mozzarella cheese & a balsamic reduction, served on a grilled ciabatta bread

College Turkey Club – 10.99

Bacon, lettuce, tomato, roasted turkey & provolone cheese with chipotle mayonnaise, served on toasted white or wheat bread

Chicken Wrap – 9.99

Grilled chicken with lettuce, tomato, cheddar cheese & ranch dressing wrapped in a warm spinach tortilla

Shrimp Wrap – 11.99

Seared shrimp with lettuce, tomato, cheddar cheese & ranch dressing wrapped in a warm spinach tortilla

California BLT – 9.99

Bacon, lettuce, tomato, red onion & avocado, served on toasted white, wheat or Rye bread

French Dip – 10.99

Prime rib of beef with Swiss cheese & au jus, served on a garlic ciabatta bread

Lunch Favorites

Fish Tacos – 10.99

Panko breaded and fried cod, Cajun house-made slaw & mango salsa, finished with a Lime Crème

Element Tenders – 10.99

Breaded chicken tenders tossed in your choice of Buffalo, Thai Chili or BBQ sauce, served with french fries

Fish N' Chips – 12.99

Panko breaded and fried cod with french fries, lemon & choice of sauce

Crab Mac & Cheese – 19.99

Cavatappi pasta, tossed in a crab three cheese sauce with asparagus, diced tomato and toasted panko topping

Chicken Pot Pie – 15.99

Chicken pot pie served the good ole' fashion way

Creamy Crab Pasta

Choice of pasta in our white cream crab sauce served with a side crostini

Shrimp Scampi

Shrimp sautéed in garlic butter wine sauce served over linguini

Fried Shrimp

Hand breaded and fried shrimp, served with french fries

Penne Vodka – 12.99

Penne pasta served in our signature vodka sauce with mushrooms, peas, onions & sundried tomatoes

Add Grilled Chicken or Blackened Chicken - 3.00

Add Shrimp - 6.00 Steak - 10.00 Salmon - 8.00

Chicken Parmesan

Breaded & fried topped with marinara, mozzarella cheese, baked & served over linguine

Lemon Chicken

Garlic, white wine & lemon cream sauce over angel hair

Chicken Marsala

Sautéed mushrooms & onions served over chicken breast in marsala sauce

Chicken Teriyaki

Seared chicken breast over sautéed mushrooms & onions in homemade teriyaki sauce

Pineapple Salsa Chicken

Grilled Chicken Breast marinated in basil herb, topped with fresh homemade pineapple mango salsa

Element Chicken

Grilled chicken topped with sautéed garlic, tomato, fresh basil & shitake mushrooms in a white wine butter sauce

Orange Flavor Chicken

Chicken stir fried in our homemade tangy orange sauce, served with steamed broccoli

Grilled Prime Rib

8oz slow roasted prime rib grilled, served with french fries

Roast Beef and Fries

Top round roasted topped with brown gravy, served with french fries

Beer Braised Ribs Combo

Pork baby back rib, slow braised in beer, served with french fries & house made slaw

Half Rack 14.99

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

Specialty Sandwiches

All sandwiches served with Cole slaw or seasoned potato wedge

Chicken Crunch Rancher 13.50

Chicken with ground captain crunch breading, deep fried and topped with bacon, ranch dressing, lettuce and tomato on ciabatta bread

Voodoo Chicken 14.99

Blacken 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, a pickle and 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

Element Burger 14.75

Fresh 8 oz. burger char-grill topped with cheddar cheese, our specialty sweet bourbon sauce topped with frizzle onions on a brioche' bun with lettuce & tomato, served with french fries or cole slaw

\$10 Lunch Special

(All items \$10 each & served with choice of Soup du jour or house salad)

11am-2pm Everyday

(All sandwiches served with choice of French fries or homemade slaw)

Turkey Rueben

(Brooklyn Style)

Turkey, Swiss cheese, Cole slaw & Thousand Island dressing on open face toasted rye bread

Caribbean Chicken Pita

Grilled chicken seasoned with red wine vinegar & lemon topped with lettuce, tomato, feta cheese, pickle & lime sauce

Hot Roast Beef Sandwich

Slow roasted beef topped with mayonnaise and melted cheddar cheese on a brioche roll

Eggplant Parmesan Sandwich

Fresh eggplant breaded and fried topped with marinara and mozzarella cheese on ciabatta bread

Chicken Parmesan Sandwich

Boneless chicken breast breaded and fried topped with marinara and mozzarella cheese on ciabatta bread

Boneless Buffalo Wing Sandwich

Boneless medallions tossed in our buffalo sauce and topped with blue cheese crumbles on ciabatta bread

Steak Swiss Panini

Thin sliced filet mignon layered in a Panini with mushrooms & melted Swiss cheese

Grilled Chicken & Vegetable Platter

Seasoned grilled chicken breast served with garlic grilled vegetables drizzled with a balsamic glaze

Vegan Platter

Black bean patty combined with garlic, grits, couscous, quinoa, onions, red peppers & parsley served with grilled vegetables drizzled with a balsamic glaze

Chicken Stew on a Puff Pastry

Slow simmered chicken with vegetables served in a flaky puff pastry

Endless Soup & Salad

Unlimited soup du jour and house salad

Ruben Sandwich

Corned Beef, Swiss cheese, sauerkraut & Thousand Island dressing on toasted rye bread

Breaded Fish Sandwich

Crispy fried cod on a Kaiser roll served with fresh lemon and choice of sauce

Penne Vodka

Penne pasta served in our signature vodka sauce with mushrooms, peas, onions and sundried tomatoes

Southern Style Chili

Homemade southern style chili with onion, pepper seasoning and beans topped with cheddar cheese

BBQ Roast Pulled Pork Sandwich

*Slow roasted in Smokey flavor with BBQ sauce served on a Kaiser roll
(No substitutions, take- out, or sharing, menu subject to change)*