STARTERS

Bruschetta 8.75

Chunky Guacamole 8.99

Mini Potato Pancakes 6.99

Panko Fried Tomato 9.99

Crunchy Chicken Skewers 8.99

Buffalo Bites 6.00

Fried Cheese Paddies 6.99

Potato Skins 7.99

Chicken Dumplings 7.99

Fried Shrimp 9.99

Shrimp Cocktail 12.99

Fried Calamari 10.99

Stuffed Mushrooms 8.99

Tuna Bites 9.99

Clams Casino 11.00

Jumbo Lump Crab Shooter 14.00

Mussels Fra Diavolo 9.99

Crab & Cheese Wontons 7.99

Quesadillas 6.99

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

Greek Sampler 14.00

hummus, celery, roasted red peppers, kalamata olives, green olives, feta cheese, spanakopita & toasted pita bread

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

Bone-In or Boneless Wings 9.99

Tossed in your choice of Buffalo, Thai chili or BBQ sauce

SOUPS

Chicken Angel Hair – 6.75

Crab Bisque Cup – 6.25 **Bowl** – 8.25

Baked Potato

Cup – 4.75 **Bowl** – 6.75

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

French Onion –6.50

SALADS

Add Grilled Chicken or Shrimp - 3.00

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

Fresh strawberries, chopped walnuts & crumbled bleu cheese, served with raspberry dressing.

Wedge Salad – 6.50

House Salad – 5.99

Kale Pine Nut Salad – 10.5 0 **Half Size** – 7.50

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

BURGER

Burger 8.99

served with a side of French fries or Cole slaw

Toppings:

horseradish cheddar, caramelized onions, sautéed mushrooms, frizzled onions, sliced onion. jalapeno , red & green peppers,

$1 each

Bacon, guacamole , fried egg, avocado, parmesan style, blue cheese crumbles, feta cheese

$2 each

RIBS

Beer Braised Ribs

Full Rack **Half Rack**

14.99 **20.99**

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

- ***FULL MEAL DESCRIPTIONS & KIDS MENU AVAILABLE AT OUR WEBSITE***

WWW.ELEMENT-RESTAURANT.COM

SANDWICHES/FAVORITES

Served with French fries or house made slaw.

Chicken Spinach Panini – 11.99

College Turkey Club – 10.99

Chicken Wrap – 9.99

California BLT – 9.99

Crab Cake Sandwich- 16.50

French Dip -12.99

Chicken Crunch Rancher-13.50

Voodoo Chicken -14.99

Cuban Panini -14.99

Grilled Prime Rib- 15.50

Southern Pulled Pork -12.99

Island Shrimp Salad Sandwich 15.75

Fish Tacos- 12.5

Turkey Rueben-10

Caribbean Chicken Pita –10

Hot Roast Beef Sandwich-10

Eggplant Parmesan Sandwich-10

Chicken Parmesan Sandwich-10

Boneless Buffalo Wing Sandwich-10

Steak Swiss Panini-10

PASTA (add chicken $3, shrimp $6)

Served with choice of soup or salad

Seafood Linguine 26.99

Fettuccine Alfredo 14.99

Pasta Primavera 13.99

Creamy Crab Pasta 15.99

Penne Vodka 14.99

Shrimp & Scallop Pescatore 25.99

Shrimp Scampi 21.99

Lobster or Crab Mac & Cheese

Lobster 24.00

Crab 19.00

CHICKEN

Served with choice of soup or salad

Chicken Parmesan 14.99

Lemon Chicken 16.99

Chicken Marsala 18.99

Chicken Pot Pie 15.99

Chicken Teriyaki 16.99

Pineapple Salsa Chicken 16.99

Orange Flavor Chicken 17.99

Chicken Saltimbocca 22.95

Grilled Chicken & Vegetables 15.99

Roasted Pepper Chicken Aioli 18.99

SEAFOOD/STEAK

Served with choice of soup or salad

Jumbo Lump Crab Cakes 25.99

Blackened Mahi 23.99

Seared Sea Scallops 24.99

Fish N' Chips 14.99

Seafood Stuffed Zucchini 20.99

Stuffed Eggplant 18.99

Lobster and Crab Bake 24.99

Salmon Horseradish 22.99

Hunter Filet Mignon 21.99

Flank Steak 17.99

London Broil 17.99

Steak Teriyaki 17.99

Orange Flavor Beef 17.99

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

Starters

Tuna Tataki *- 13.99*
Seared pepper tuna with house special sauce.
Miso Soup *- 2.99*
Seaweed Salad *- 4.99*
Avacado Salad *- 4.99*
Kani Salad *- 4.99*
Squid Salad *- 5.99*
Edamame *- 5.00*

Sushi & Sashimi

One Piece Per Order
Tuna *- 2.95*
Salmon *- 2.95*
White Tuna *- 3.00*
Yellow Tail *- 3.00*
Mackerel *- 3.00*
Spanish Mackerel *- 3.25*
Sweet Shrimp *- 2.75*
Octopus *- 2.75*
Shrimp *- 2.50*
Smoked Salmon *- 3.00*
Tofu Skin *- 1.75*
Scallop *- 2.50*
Eel *- 3.00*
Flying Fish Roe *- 2.50*
Salmon Roe *- 2.75*
Crab Stick *- 2.25*

Vegetarian

Asparagus *- 4.50*
Sweet Potato *- 4.00*
Avocado/Cucumber *- 4.50*
Shrimp Tempura *- 7.50*

Traditional

Tuna *- 5.00*
Salmon *- 5.00*
Alaska *- 5.25*
Philly *- 5.50*
Yellow Tail *- 5.00*
Eel *- 6.00*
Spicy Tuna, Avocado *- 6.50*
Spicy California *- 5.50*
Spicy Crab *- 5.00*
Spicy Shrimp *- 6.00*
California *- 4.50*
Boston *- 5.50*
Rainbow *- 10.50*
Dragon *- 10.50*
Spider *- 9.00*
Shrimp Tempura– 7.50

Specialty Rolls

Tiger Roll *- 11.95*
Spicy salmon, cucumber inside; topped with shrimp, avocado.
River Side Roll *- 11.95*
Shrimp tempura inside; topped with spicy tuna, avocado, flying fish roe, kaiware (radish sprouts).
Fancy Dragon Roll *- 14.95*
Shrimp tempura, spicy tuna, asparagus inside; topped with smoked, salmon, eel, avocado, caviar, soy paper.
Alaska Beauty Roll *- 13.95*
Spicy salmon, king crab inside; topped with salmon, avocado, kaiware, salmon roe.
Skyline Roll *- 14.95*
Spicy salmon, shrimp tempura, crunch inside; topped with seared tuna, jalapeno, soy paper with sweet chili sauce.
Amazing Tuna Roll *- 12.95*
Crab meat, seaweed salad, spicy mayo, caviar, crunch inside; topped with tuna, white tuna, Japanese mayo, sweet chili, eel sauce, scallion,
Sun Fire Roll *- 12.95*
Spicy tuna, spicy crab meat inside; topped with salmon, eel, avocado, caviar drizzled with eel sauce, spicy mayo.
Element Roll *- 13.95*
Shrimp tempura, spicy tuna, avocado, seaweed salad inside; topped with king crab, scallion mixed on the top.
Two Thumbs Roll *- 13.00*
Deep fried soft shell crab, spicy white tuna, avocado, lettuce with soy paper.
Twister Roll *- 12.95*
Spicy tuna, avocado, salmon inside; topped with scallop on the top, soy paper with sweet chili sauce.
Stafford Roll *- 14.95*
Shrimp tempura, spicy king crab, caviar, cucumber inside, topped with spicy tuna on the top with soy paper.
Ocean Roll *- 12.95*
King crab tempura, spicy mixed inside; topped with tuna, avocado, caviar drizzled with eel sauce, spicy mayo. spicy mayo, caviar.
Dynamite Roll *- 11.95*
Salmon, crab, avocado, white fish, cream cheese, deep fried.
Atlantic Roll *- 11.95*
Spicy tuna, avocado, asparagus, crab stick, deep fried and topped with crunch caviar.
Christmas Roll *- 13.00*
Tuna, yellow tail, avocado, topped with spicy crab and crunch caviar.
Green River Roll *- 13.95*
Soy paper, salmon tempura, crab, cucumber, topped with avocado.
Titanic Roll *- 12.95*
Shrimp tempura, cucumber, topped with shrimp and avocado.
Hollywood Roll *- 10.50*
Shrimp, avocado cucumber, topped with crab.
Pink Lady Roll *- 14.95*
Soy paper, tuna, salmon, yellow tail, avocado, topped with spicy tuna.
Panda Roll *- 12.95*
Spicy crab, avocado, cucumber, topped with eel, avocado and caviar.
Rockin' Robin Roll *- 6.00*
Crab tempura, cream cheese, topped with eel sauce.
Crazy Veggie Roll *- 9.50*
Cucumber, avocado, asparagus, lettuce, topped with sweet potato.
J & J Roll *- 11.95*
Spicy crab, salmon, avocado, shrimp, wrapped with cucumber.

ELEMENT RESTAURANT
609-488-2172

ASK ABOUT OUR NEW CATERING-MENU, AND SUSHI TRAYS TO-GO,

BANQUET PACKAGES STARTING AT $21.99 PER GUEST!

VISIT OUR WEBSITE
WWW.ELEMENT-RESTAURANT.COM

element
RESTAURANT & BAR

635 Route 72 W

Manahawkin, NJ 08050

p 609.488.2172

f 609.488.2174

w element-restaurant.com