

# DAY MENU

AVAILABLE UNTIL 3PM



The Elements philosophy begins with gathering people around a table to share great food & wine. We believe in food that nourishes – hand made using fresh, seasonal & sustainably farmed ingredients.

## BREAKFAST (ALL DAY)

### toast

house ciabatta, served with  
house jam or marmalade\_\_\_\_\_6

### bliss bowl (df, gf, v)

fresh fruit, raglan coconut  
yoghurt, house cacao granola\_\_\_\_\_14

### eggs on toast

free range w house ciabatta\_\_\_\_\_10  
add bacon\_\_\_\_\_16

### eggs florentine (gf)

spinach, buckwheat toast,  
hollandaise\_\_\_\_\_16

### eggs montreal (gf)

house smoked salmon,  
buckwheat toast, hollandaise\_\_\_\_\_19

### potato & bacon hash (gf)

braised red cabbage, poached  
eggs, hollandaise\_\_\_\_\_18

### lams fry (liver)

caramelised onion, creamy  
mushrooms, free range bacon,  
house ciabatta\_\_\_\_\_17

### french toast

brioche, berries, mascarpone,  
maple syrup\_\_\_\_\_16  
add bacon\_\_\_\_\_22

### the biggy

free range bacon, eggs,  
sausage, tomato, mushroom,  
hash brown, house ciabatta,  
black pudding\_\_\_\_\_24

### the vegan biggy (df, v)

hash brown, tomato, mushroom,  
red cabbage, spinach, kumara,  
house ciabatta\_\_\_\_\_22

## LUNCH (ALL DAY)

### chicken liver pate

plum jelly, beetroot relish,  
house ciabatta\_\_\_\_\_15

### avocado on toast (gf, df, v)

midnight baker buckwheat toast,  
sundried tomatoes, carrot purée,  
walnuts, olives, basil\_\_\_\_\_16  
add poached egg\_\_\_\_\_19

### goats cheese soufflé (vg)

twice baked, herb salad\_\_\_\_\_18

### macaroni cheese

smoked bacon, roasted tomato,  
pecorino, parsley crumb\_\_\_\_\_19

### nectarine & halloumi salad (gf, vg)

quinoa, mint, rocket, pickled  
red onion, citrus dressing,  
hazelnut\_\_\_\_\_21

### elements beef & bacon burger

lettuce, tomato, cheese, gherkin,  
mustard, caramelised onion\_\_\_\_\_18  
add fries\_\_\_\_\_22

### chicken & spiced kumara salad (gf)

cos lettuce, tomato, red onion,  
cashews, sesame seeds, tahini  
dressing\_\_\_\_\_21

## DIETARY REQUIREMENTS

we cater for a range of dietary  
requirements – please ask our  
staff when ordering for more info

df – dairy free

v – vegan

gf – gluten free

vg – vegetarian

## DAILY SPECIALS

### soup of the day (vg)

served with house ciabatta\_\_\_\_\_12

### pie of the day

chef's special handcrafted  
daily\_\_\_\_\_19

### fish of the day

seasonal catch\_\_\_\_\_24

please see our food cabinet for a  
selection of sweet and savoury  
goods made in house daily

## SIDES (PRICING PER SINGLE PORTION)

hollandaise / aioli / relish / jam  
marmalade / house ciabatta\_\_\_\_\_2

midnight baker buckwheat  
freedom loaf (gf, df, v)\_\_\_\_\_3

free range egg / tomato / bacon  
sausage / mushroom / halloumi  
hash brown / avocado / black  
pudding\_\_\_\_\_3

green salad\_\_\_\_\_7

house smoked salmon\_\_\_\_\_8

fries\_\_\_\_\_7

*\*all items on our menu are available  
for takeaway*