

## GLUTEN FREE MENU

Please state Gluten free when ordering



### STARTERS & NIBBLES

#### **GARLIC PIZZA BASE £3.95**

with Pesto & Mozzarella £5.95

#### **BOWL OF MARINATED OLIVES**

including Sicilian Noceilara ..small £2.45 / large £4.85

add Sun blushed cherry tomatoes 75p

#### **CLASSIC ITALIAN SALAD £5.65**

Cow's milk mozzarella, vine ripened sun blushed cherry tomatoes, Pepered rocket and basil, extra virgin olive oil and grana padana shavings.

#### **CALAMARI £6.25**

Panko crumb coated squid served with lemon mayonnaise.

#### **MOZZARELLA AND VINE TOMATO SALAD £5.65**

Fresh basil pest and olive oil.

#### **HOME MADE SOUP AND GLUTEN FREE ROLL £4.95**

ask your server for today's offering

### GREAT FOR SHARING

#### **ELEMENTS CHARCUTERIE AND PICKLE PLATTER £10.95**

sliced cured Italian meats presented with pickled red chilli peppers and caper berries with Nduja paste and Gluten Free Roll.

#### **ANTIPASTA PLATTER £13.50**

King prawn tails, cured meats, buffalo mozzarella, grilled peppers, marinated aubergines and courgettes, olives, tomato and rocket salad with goats cheese and a gluten free role.

#### **VEGETARIAN ANTIPASTA PLATTER £11.50**

Buffalo mozzarella, grilled peppers, marinated aubergines and courgettes, olives, tomato and rocket salad with goats cheese and a gluten free roll.

#### **OVEN BAKED CAMEMBERT £10.95**

studded with rosemary and garlic cloves, lightly spiced tomato chutney and a gluten free roll.

## **SALADS**

### **ELEMENTS GRAND CHICKEN CAESAR £12.50**

Chicken breast, crispy pancetta, boiled egg, anchovies, cos lettuce, Caesar dressing and parmesan shavings.

### **ROASTED BEETROOT £11.95**

Mixed leaves and rocket, crumbled goats cheese, toasted walnuts, beetroot orange and sour cream dressing.

### **SALMON NICOISE £11.95**

Poached salmon, cos lettuce, cherry tomatoes, green beans, new potatoes, olives, balsamic dressing finished with a soft boiled egg.

### **ROASTED BUTTERNUT SQUASH £11.95**

Marinated feta and goats cheese, red and yellow peppers, toasted seeds, spinach leaves, balsamic and olive oil dressing.

## **PIZZA**

### **BONDI £7.95**

Mozzarella and tomato...pure and simple.

### **CLOUDBREAK £10.50**

Baked in the traditional way with tomato and mozzarella, then topped with more mozzarella, prosciutto, a layer of fresh rocket and balsamic drizzle as it leaves the oven.

### **HOSSEGOR £9.50**

Baked with tomato, mozzarella, blue cheese, cheddar and egg then topped with spinach and parmesan.

### **MAVERICK £10.95**

Mozzarella and tomato base, topped with ham, red onions and capers with baby mozzarella balls and dressed rocket.

### **PUERTO ESCONDIDO £11.95**

Chilli beef, hot sausage, chicken, chorizo, jalapeno, red and yellow peppers.

### **MALIBU £9.75**

A big helping of pepperoni for those who love their flavours strong and simple.

### **MALIBU HOT £10.95**

as above but with jalapeno, red roquito teardrop peppers and garlic.

### **LIMA £12.90**

If you like seafood then this is for you, a basic bond base with red onions and capers, then we add crayfish tails, king prawn tails, white anchovies finished with rocket, parsley and garlic.

## **MAINS**

### **RIBEYE STEAK £20.95**

A prime 10oz Ribeye steak, charred to your liking, served with a roasted field mushroom, slim or hand cut chips and a baked vine tomato.

### **SLOW ROASTED CONFIT OF BELLY PORK £15.95**

Rolled and slow cooked with tender vegetables and herbs, roasted crushed new potatoes and buttered curly kale with a light cider cream sauce and caramelised apple sauce.

### **CHICKEN SALTIMBOCCA £13.95**

Our ever popular chicken breast, filled with mozzarella and sage leaf, wrapped in prosciutto, served with green beans and either buttered new potatoes or seasoned fries.

### **HOT ROASTED CATCH OF THE DAY**

See the specials to find today's fish with either seasoned fries or buttered new potatoes with balsamic dressed salad.

## **PASTA**

### **CRAYFISH TAIL AND KING PRAWN CASARECCIA £15.95**

Sautéed crayfish and king prawn, chilli jam, parsley and cherry tomatoes in a rich lobster bisque with fresh basil, finished with rocket.

### **CASARECCIA WITH MEATBALLS £10.95**

Chilli jam, roasted peppers, caramelised onions, parsley and garlic and a rich tomato sauce.

### **CHICKEN AND MUSHROOM PAPPARDELLE £10.95**

Flat ribbon pasta in a rich and creamy sauce of sautéed chicken and mushrooms, herbs and parmesan.

### **CASARECCIA CARBONARA £9.95**

Smoked pancetta, garlic and parsley, tossed egg, cream and parmesan.

### **PAPARDELLE WITH SPINACH £9.50**

A light dish of pasta tossed with peppered rocket, spinach, basil pesto and extra virgin olive oil and grana padana cheese.

### **ROASTED BUTTERNUT SQUASH RISOTTO £12.95**

Creamy risotto of butternut squash, roasted pepper and spinach finished with grana padana and crème fraiche.

## **SIDES**

**SEASONED FRIES WITH ROSEMARY SEA SALT £2.95**

**BUTTERED NEW POTATOES £2.95**

**SAUTEED GREEN BEANS WITH PANCETTA & PARSLEY £3.95**

**CAESAR SALAD £5.95**

Cos, parmesan, anchovies, Caesar dressing. The classic side to go with any meal.

**MIXED SALAD £3.50**

Mixed leaves, tomato, red onion, cucumber, olive oil and balsamic dressing.

**ROCKET AND SUN BLUSHED CHERRY TOMATOES £3.75**

Olive oil and grana padana shavings.

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## **DESSERTS**

**LEMON POSSET £4.95**

Fresh raspberries and honeycomb

**CRÈME BRULEE £4.95**

Vanilla and Plum compote.

**CHOCOLATE PANNA COTTA £4.95**

Orange, syrup and poached kumquats

**ETON MESS £5.95**

A blend of strawberries and forest berries bound with sweetened cream and meringue.

## **GELATO**

**KNICKERBOCKER GLORY £5.25**

Layers of fresh fruit, gelato and fruit purees topped off with sweetened cream and cherries

**COPPA GELATO £3.50**

2 Scoops of gelato in a bowl, choose from vanilla, chocolate or strawberry or see specials menu for more flavours

**AFFOGATO £2.95**

A scoop of vanilla ice cream topped with a shot of espresso.

**MERINGUE AND GELATO £3.25**

Light Meringue, topped with a scoop of gelato (vanilla, chocolate or strawberry) with either fruit or chocolate sauce.