

# Starters / Nibbles

Garlic Bread Ciabatta **£3.95** **V**

Elements Rosemary Focaccia **£4.95** **VG**

Aged olive oil and balsamic

Garlic Pizza Base **£4.75** **VG**

With basil pesto and mozzarella **£5.95**

Bowl of Marinated Olives **£4.95** **VG**

With smoked almonds

Italian Bruschetta **£7.45**

Smoked salmon, crispy onion rings, capers and pickled cucumber

Bruschetta Peperonata **£6.45** **VG**

Stewed peppers, garlic and basil with olive tapenade

Tempura Prawn Tails **£7.75**

Sweet chilli dipping sauce

Crispy Calamari **£6.95** **GF**

Panko crumb with roast garlic and balsamic mayonnaise

Insalata Caprese **£6.75** **V** **GF**

Vine tomato and mozzarella salad, fresh basil leaves and extra virgin olive oil

Homemade Soup & Warm Bread **£6.75**

Please ask the server for today's soup

# Sharing Plates

Antipasti Platter **£15.95**

King prawn tails, cured meats, mozzarella, peperonata, soft artichokes, goat's cheese, olives, rocket and tomato salad, ciabatta and grissini breadsticks

Vegan Antipasti Platter **£14.95** **VG**

Marinated tofu, Peperonata, olives, falafels, soft artichokes, marinated courgette and aubergine, rocket and tomato salad, ciabatta and grissini breadsticks

Oven-Baked Camembert **£13.75**

Rosemary, garlic, tomato chutney and ciabatta

Crusty Couronne Bread Ring **£6.25** **VG**

Virgin olive oil and balsamic

# Salads

Elements Grand Chicken Caesar **£14.95**

Chicken breast, crispy pancetta, soft boiled egg, anchovies, croutons, cos lettuce, Caesar dressing, parmesan and prosciutto crisps

Pear & Cornish Blue **£12.95** **V** **GF**

Ripe pear and Cornish blue cheese with baby gem, treviso, honey and roasted hazelnuts finished with quince jelly

Roasted Butternut Squash **£12.95** **V** **GF**

Marinated feta and goat's cheese, red and yellow peppers, toasted seeds, spinach leaves, balsamic and olive oil dressing

# Pizza

Margherita **£9.95** **V**

San Marzano, mozzarella, oregano and basil leaf

Crudo **£12.95**

San Marzano, mozzarella, prosciutto, rocket, with balsamic drizzle

Tartufarta Blanca **£13.25** **V**

Mozzarella, truffle cream, field mushrooms, parsley and garlic

Diavola **£12.95**

San Marzano, mozzarella, pepperoni and rocket

Schiacciata Blanca **£11.95** **V**

Mascarpone, olive oil, sun-blushed tomatoes and rosemary

Napoletana **£12.70**

San Marzano, mozzarella, oregano, anchovies and black olives

Florentine **£12.75**

San Marzano, grated mozzarella, baby spinach, mozzarella ball and a free-range egg

Calzone (folded) **£13.95**

San Marzano, mozzarella, ham, mushrooms, spinach, mascarpone and oregano, served with a dressed salad

ALL ADULT SIZE PIZZAS ARE AVAILABLE AS GLUTEN-FREE AND WITH VEGAN CHEESE

# Mains

10oz Ribeye or Sirloin Steak **£25.95**

With compound butter, roasted piccolo tomatoes, seasoned fries or sweet potato fries, and Caesar dressed rocket

Slow Roasted Confit Belly Pork **£17.95**

Rolled and slow-cooked with garlic and herbs, sat with crushed new potatoes, slow-braised red cabbage and a cider cream sauce

6oz Beef/Chicken Burger **£14.95**

Monterey Jack cheese, gherkin, vine tomato, lettuce and confit tomato chutney, all inside a glazed challah bun with either potato or sweet potato fries

Halloumi & Roasted Pepper Burger **£14.95** **V**

Monterey Jack cheese, gherkin, vine tomato, lettuce and confit tomato chutney with either potato or sweet potato fries, all inside a glazed challah bun

Fish & Chips **£13.95**

Beer-battered pieces of cod with seasoned fries, crushed minted peas and homemade tartare sauce

Chicken Saltimbocca **£17.75** **GF**

Mozzarella, sage and prosciutto, chicken veloute, tender stem broccoli and seasoned fries or buttered new potatoes

Steamed Fowey Mussels **£17.95**

Pancetta, cider, samphire and warm sourdough

Roasted Catch of the Day (market price) **GF**

New potatoes, salsa verde and a balsamic dressed salad

# Pasta

King Prawn Spaghetti **£17.95**

Sautéed tiger prawn tails, sweet onions, chilli flakes, Santarella sun-dried tomatoes and fresh basil, tossed with a Pomodoro sauce and a squeeze of lemon juice

Chicken & Mushroom Penne Rigate **£15.95**

Ribbed penne pasta bound in a rich and creamy sauce of sautéed chicken and mushrooms with crème fraîche and parsley

Truffled Mac 'n' Cheese **£14.95** **V**

Taleggio and mozzarella sauce, baked with cheddar and crumb crust

Spaghetti Puttanesca **£14.95** **VG**

Sun-dried tomatoes, black olives, passata, white wine, chilli flakes, flat-leaf parsley, garlic and capers, finished with lemon-scented olive oil

Spaghetti Carbonara **£14.95**

Smoked pancetta, garlic, parsley, tossed egg yolk, cream and parmesan (V) without pancetta

Penne Rigate Arrabiata **£12.95** **V**

Tomato sauce, red chillies, garlic and basil with Pangrattato crumb — add chicken breast £15.95

Lasagne Classico **£13.95**

Slow-cooked Bolognese, bechamel, pasta sheets, and mozzarella, finished with grated parmesan

GLUTEN-FREE PENNE IS AVAILABLE

# Sides

Seasoned Fries **£4.95** **V**

Regular or sweet potato fries seasoned with rosemary sea salt

Buttered New Potatoes **£4.95** **V**

Served with parsley

Caesar Salad **£6.75**

Cos, parmesan, anchovies, croutons and Caesar dressing

Rocket Salad **£5.25** **V** **GF**

Sun-blushed tomatoes, parmesan, olive oil

Baked Polenta Mushrooms **£5.75** **V**

Served with hazelnuts

# Sauces

Peppercorn Sauce **£3.75**

Blue Cheese Sauce **£3.75**

Hollandaise Sauce **£3.75**

# Little Ones

Hot Baked Macaroni Cheese **£6.95** **V**

With warm ciabatta

Pasta Bolognese **£6.95**

Spaghetti, Bolognese sauce and warm ciabatta

Chicken or Beef Burger **£7.95**

Take away the extras but not the size, keep it simple, we'll throw in the cheese if you like

Small Pizza **£6.25**

Half the dough, choose a pizza from the main menu

Fresh Battered Fish & Chips **£7.75**

Fries and mayonnaise dip

Baked Lasagne **£6.95**

Tomato sauce and warm ciabatta

# Dessert

Lemon Posset **£6.95** **V**

Frosted raspberries and lemon biscotti

Orange Scented Brûlée **£6.95** **V** **GF**

Raspberries and basil leaf

Vegan Chocolate Cake **£6.95** **VG**

Raspberry pot and salted popcorn

Tiramisu **£6.95**

Espresso, Savoiardi, mascarpone, cocoa and Tia Maria

Cheesecake of the Day **£6.95** **V**

Please ask your server

Torta Caprese **£6.95** **V** **GF**

Flourless chocolate and almond cake, mascarpone

Selection of Cheeses **£9.25**

Brie, blue, yarg and taleggio with quince jelly and crisp biscuits

# Gelato

Banoffee Indulgence Sundae **£6.95** **V** **GF**

Bananas, yoghurt, salted caramel gelato, toffee sauce and hazelnuts

Chocolate Indulgence Sundae **£6.95** **V**

Brownie bites, vanilla and chocolate gelato, chocolate sauce and Chantilly cream

Coppa Gelato **£4.75** **V** **GF**

Two scoops of gelato, ask your server for today's flavours

Affogato **£3.95** **V** **GF**

One scoop of vanilla ice cream, topped with a shot of espresso (add a shot of liqueur—priced accordingly)

Kids Novelty Ice Cream **£3.75** **V** **GF**

Vanilla, strawberry or chocolate ice cream in a crazy toy

Kids Meringue & Gelato **£3.50** **V** **GF**

Meringue with a scoop of gelato, choose either chocolate, fruit or toffee sauce