

Starters / Nibbles

Garlic Bread Ciabatta **£4.20** **V**

Elements Rosemary Focaccia **£5.20** **VG**

Aged olive oil and balsamic

Garlic Pizza Base **£5.95** **VG**

With basil pesto and mozzarella **£6.25**

Bowl of Marinated Olives **£6.25** **VG**

With smoked almonds

Crab & Fennel Bruschetta **£8.75**

West country cheddar, lemon and pickled fennel, hollandaise

Wild Mushroom Bruschetta **£8.50** **VG**

Sauteed oyster mushrooms, wilted kale and gremolata

Tempura Prawn Tails **£8.50**

Sweet chilli dipping sauce

Crispy Calamari **£7.65** **GF**

Panko crumb with roast garlic and balsamic mayonnaise

Courgette Hummus & Feta **£7.75** **V**

Toasted seeds, sourdough and aged olive oil

Homemade Soup & Warm Bread **£7.25**

Please ask your server for today's soup

Sharing Plates

Antipasti Platter **£16.95**

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

Vegan Antipasti Platter **£15.95** **VG**

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

Oven-Baked Camembert **£14.75**

Rosemary, garlic, tomato chutney and ciabatta

Bread Selection **£7.95**

Focaccia, sourdough, grissini, ciabatta, olive oil & balsamic

Salads

Elements Grand Chicken Caesar **£15.95**

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

Quinoa Lentil & Cashew Nut **£15.95** **VG**

Avocado, edemame, fine beans and peas, with toasted seeds, rocket and a green herb & vegan yoghurt dressing

Roasted Butternut Squash **£13.95** **V** **GF**

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

Pizza

Margherita **£10.95** **V**

San Marzano, mozzarella, oregano and basil leaf

Crudo **£13.95**

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

Vegan Mezze **£13.95** **VG**

San Marzano, vegan cheese, parsley, garlic, jalapeños, artichokes roasted peppers, black olives, and sunblushed tomatoes, finished with spicy tomato harissa and rocket

Diavola **£13.75**

San Marzano, mozzarella, pepperoni and rocket

Napoletana **£13.95**

San Marzano, mozzarella, oregano, tuna, anchovies, black olives parsley and garlic **V**

Capra **£13.95**

San Marzano, mozzarella, caramelised onion, spinach, roquitto pepper pearls, goats cheese, rocket and balsamic drizzle

Calzone (folded) **£14.50**

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 Braised Belly Pork **£18.95**

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

6oz Beef/Crispy Chicken Thigh Burger **£15.95**

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

Halloumi **V** or BBQ Pulled Aubergine &

Bean Burger **£15.75** **VG**

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

Fish & Chips **£15.95**

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

Chicken Saltimbocca **£18.50** **GF**

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

Warm Chickpea & Beetroot Ragout **£16.95** **VG** **GF**

With roasted artichokes, fried tofu and coriander, bound in a piquant Chraimeh sauce with beetroot crisps

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

Roasted new potatoes or fries, salsa verde and a balsamic dressed salad

Pasta

Chicken Alfredo Fettucce **£16.95**

Sautéed chicken with a parmesan enriched sauce, spring onions and a pinch of nutmeg

Fettucce Vongole **£15.95**

Steamed clams with garlic, parsley, cherry tomatoes, white wine and a little chilli, tossed with fettucce pasta

Truffled Mac 'n' Cheese **£15.95** **V**

Taleggio and mozzarella sauce, baked with a cheddar and crumb crust

Casareccia Puttanesca **£15.95** **VG**

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

Fettucce Carbonara **£15.95**

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

Casareccia Arrabiata **£12.95** **V**

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

Lasagne Classico **£14.75**

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

GLUTEN-FREE PENNE IS AVAILABLE

Sides

Seasoned Fries **£4.95** **V**

Regular fries seasoned with rosemary sea salt

Sweet Potato Fries **£5.75**

Sweet potato fries seasoned with rosemary sea salt

Buttered New Potatoes **£4.95** **V**

Served with parsley

Caesar Salad **£6.95**

Cos, parmesan, anchovies, croutons and Caesar dressing

Rocket Salad **£5.95** **V** **GF**

Sun-blushed tomatoes, parmesan, olive oil

Sauces

Peppercorn Sauce **£3.95**

Blue Cheese Sauce **£3.95**

Hollandaise Sauce **£3.95**

Little Ones

Hot Baked Macaroni Cheese **£7.50** **V**

With warm ciabatta

Pasta Bolognese **£7.50**

Pasta, Bolognese sauce and warm ciabatta

Chicken Breast or Beef Burger **£8.50**

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

Small Pizza **£6.50**

Half the dough, choose a pizza from the main menu

Fresh Battered Fish & Chips **£7.95**

Fries and mayonnaise dip

Dessert

Vanilla Panna Cotta **£7.50** **GF**

Poached plums, vanilla syrup and caramelized hazelnuts

Orange & White Chocolate Brûlée **£7.50** **V**

Raspberries and Biscoff

Chocolate Cremeux **£7.50** **VG**

Black cherries, oat crunch and chocolate soil

Tiramisu **£7.50**

Espresso, Savoiardi, mascarpone, cocoa and Tia Maria

Cheesecake of the Day **£7.50** **V**

Please ask your server

Selection of Cheeses **£9.25**

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

Gelato

Lemon Indulgence Sundae **£7.50** **GF**

Lemon cake, raspberries, vanilla gelato, lemon sorbet and raspberry coulis

Chocolate Indulgence Sundae **£7.50** **V**

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

Coppa Gelato **£5.25** **V** **GF**

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

Affogato **£4.25** **V** **GF**

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

Kids Meringue & Gelato **£4.00** **V** **GF**

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