

Starters / Nibbles

Garlic Pizza Base £5.95 Vg (can be Gf)

Parsley and garlic oil

Garlic Pizza Base £6.95 V N (can be Gf)

Basil pesto and mozzarella

Garlic Pizza Base £6.50 Vg (can be Gf)

Sweet red onion, rosemary, garlic and olive oil

Bowl of Marinated Olives £6.25 Vg N

Smoked almonds

Crab & Fennel Bruschetta £9.50

West country cheddar, lemon and pickled fennel, hollandaise

Mushroom Arancini £8.75 Vg Gf

Black truffle mayonnaise

Tempura Prawn Tails £8.95 Gf

Sweet chilli dipping sauce

Crispy Calamari £8.25 Gf

Panko crumb with lemon mayonnaise

Homemade Soup & Warm Bread £7.50

Please ask your server for today's soup

Sharing Plates

Antipasti Platter £18.25

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

Vegan Antipasti Platter £16.95 Vg

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

Oven-Baked Camembert £15.95 N V

Honey, truffle, broken cashew nuts, caramelised onion and ciabatta

Bread Selection £7.95 V Vg

Sourdough, grissini, ciabatta, olive oil & balsamic

Salads

Elements Grand Chicken Caesar £16.95

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

Orzo Pasta & Feta £16.95 Vg Gf N

With smoked almonds, raisins, vegan feta, black olives and a light orange & olive oil dressing

Roasted Halloumi & Beetroot £16.95 N V

Pickled walnuts, pomegranate seeds, baked goats cheese and molasses dressing

[Add lemon chicken for £2.00](#)

Pizza

Margherita £10.95 V

San Marzano, mozzarella, oregano and basil leaf

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

Salsiccia £15.95

San Marzano, mozzarella, Italian salami, spicy Nduja, chicken and fennel

Granchio £15.95

San Marzano, mozzarella, crab meat, prawns, salsa verdi and a roquitto pepper salad

Capra £13.95 V

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

Calzone (folded) £14.95 N

San Marzano, mozzarella, lemon chicken, pepperonata and cashew nuts, served with a dressed salad

[All adult sized pizzas are available as gluten-free or with vegan cheese](#)

Mains

Steak of the Day £26.95 Gf

With compound butter, house blushed tomatoes, seasoned fries, crispy onions and Caesar dressed rocket.

[Ask your server for todays steak.](#)

Slow Braised Belly Pork £19.50 Gf

Slow cooked with garlic and herbs, sat with crushed new potatoes, braised red cabbage and a wholegrain mustard cream sauce

6oz Beef/Crispy Chicken Thigh Burger £16.50

Monterey Jack cheese, gherkin, vine tomato, lettuce and house burger sauce, all inside a floured bun with fries

Vegan Bean Burger £15.75 Vg

Vegan cheese, gherkin, vine tomato, lettuce and house burger sauce all inside a vegan floured bun with fries

Fish & Chips £16.95 Gf

Beer-battered pieces of fish with seasoned fries, petit pois and homemade tartare sauce

Chicken Saltimbocca £19.75 Gf

Mozzarella, sage and prosciutto, roasted new potatoes or seasoned fries, fine beans and a rich white wine velouté

Warm Chickpea & Beetroot Ragout £17.95 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 & Wild Mushroom Penne £17.95

Sautéed chicken and wild mushrooms cooked with white wine, parsley, garlic and cream

Crayfish Mac 'n' Cheese £19.95

Crayfish Mac 'n' Cheese bound in a thermidor sauce of dijon mustard, cream and gruyere cheese with a pangattato crumb

Penne Puttanesca £16.95 Vg

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

[Add chicken for £2.00](#)

Linguini Carbonara £16.95

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

Lasagne Classico £15.75

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

[Gluten-free penne is available](#)

Sides

Seasoned Fries £4.95 V

Seasoned with rosemary sea salt

Truffled Parmesan Fries £6.95 V

Buttered New Potatoes £4.95 V

Served with parsley

Caesar Salad £7.50

Cos, parmesan, anchovies, croutons and Caesar dressing

Rocket Salad £6.25 V Gf

Sun-blushed tomatoes, parmesan, olive oil

Sauces

Peppercorn Sauce £3.95

Blue Cheese Sauce £3.95 V

Hollandaise Sauce £3.95 V

Little Ones

Hot Baked Macaroni Cheese £7.95 V

Warm ciabatta

Pasta Bolognese £7.95

Warm ciabatta

Chicken Breast or Beef Burger £8.95

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 £7.50

Half the dough, choose a pizza from the main menu

Fresh Battered Fish & Chips £8.25

With a mayonnaise dip

Dessert

Chocolate, Peanut & Fudge Tart £7.50 N Vg

Vegan vanilla gelato and sweet chocolate sauce

Classic Vanilla Brûlée £7.50 V

Shortbread biscuits and sugared strawberries

Tiramisu £7.50 V

Espresso, Savoiardi, mascarpone, cocoa and Tia Maria

Cheesecake of the Day £7.50 V

Please ask your server

Raspberry Posset £7.50 V Gf

Broken meringue, berries and strawberry dust

Selection of Cheeses £9.25 V

Brie, blue, yarg and smoked Applewood cheddar with quince jelly and crisp biscuits

Gelato

Banoffee Indulgence Sundae £7.50 V Gf

Banana puree, vanilla gelato, sticky toffee pudding, banana gelato and torched banana

Chocolate Indulgence Sundae £7.50 V Gf

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