

Starters / Nibbles

Garlic Pizza Base £6.50 Vg (can be Gf)
Parsley and garlic oil

Garlic Pizza Base £7.75 V N (can be Gf)
Basil pesto and mozzarella

Garlic Pizza Base £6.95 Vg (can be Gf)
Sweet red onion, rosemary, garlic and olive oil

Bowl of Marinated Olives £6.25 Vg N
Smoked almonds

Pomodoro Bruschetta £9.95 N Vg (can be Gf)
Vine tomato, pickled shallots and pesto on toasted sourdough with pea shoots and balsamic

Mushroom Arancini £9.75 Vg Gf
Black truffle mayonnaise

Tempura Prawn Tails £9.75 Gf
Sweet chilli dipping sauce

Crispy Calamari £9.50 Gf
Panko crumb with lemon mayonnaise

Homemade Soup & Warm Bread £8.95
Please ask your server for today's soup

Sharing Plates

Antipasti Platter £18.95
King prawn tails, cured meats, mozzarella, soft artichokes, goat's cheese, olives, rocket and tomato salad, ciabatta and grissini breadsticks

Vegan Antipasti Platter £17.95 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 £16.50 V
Studded with rosemary and garlic with warm ciabatta and chutney

Bread Selection £7.95 V Vg
Sourdough, grissini, ciabatta, olive oil & balsamic

Salads

Elements Grand Chicken Caesar £17.95
Chicken breast, crispy pancetta, soft boiled egg, anchovies, croutons, cos lettuce, Caesar dressing, parmesan and prosciutto crisps

Roasted Butternut and Falafel £17.95 Vg Gf
Fried tofu, vegan feta, sunblush tomatoes and guacamole

Roasted Halloumi & Beetroot £17.95 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 Cavolfiore £15.95 Vg N
Romesco sauce, vegan cheese, pesto, roasted cauliflower and dressed rocket

Bolognese £16.50
San marzano, mozzarella, bolognese sauce, bocconcini, rocket and Parmesan

Tonno £16.50
San marzano, mozzarella, tuna, red onion, black olives and white anchovies

Capra £13.95 V
San Marzano, mozzarella, caramelised onion, spinach, roquitto pepper pearls, goats cheese, rocket and balsamic drizzle

Calzone (folded) £15.95
San Marzano, mozzarella, ricotta, mushroom, ham and spinach

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

Mains

Slow Braised Belly Pork £20.95 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 Breast Burger £17.95
Monterey Jack cheese, gherkin, vine tomato, lettuce and house burger sauce, all inside a floured bun with fries
[Add bacon for £1.95](#)

Vegan Falafel Burger £16.50 Vg
Vegan cheese, gherkin, vine tomato, lettuce, mint and cucumber yogurt, all inside a vegan floured bun with fries

Fish & Chips £17.95 Gf
Beer-battered piece of fish with seasoned fries, petit pois and homemade tartare sauce

Chicken Saltimbocca £20.95 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 £18.95
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

Pappardelli Caponata £17.25 N Vg
Pan fried aubergine, sun blush tomatoes, capers, passata, white wine and spinach, finished with pesto and kale crisps.
[Add chicken for £2.00](#)

Spaghetti Carbonara £16.95
Smoked pancetta, garlic, parsley, tossed egg yolk, cream and parmesan V without pancetta

Lasagne Classico £16.50
Slow-cooked Bolognese, bechamel, pasta sheets, and mozzarella, finished with grated parmesan

[Gluten-free penne is available](#)

Sides

Seasoned Fries £5.25 V
Seasoned with rosemary sea salt

Truffled Parmesan Fries £7.25 V

Olive Oil Roasted New Potatoes £5.95 Vg
Served with parsley

Caesar Salad £7.75
Cos, parmesan, anchovies, croutons and Caesar dressing

Rocket Salad £6.50 V Gf
Sun-blushed tomatoes, parmesan, olive oil

Roasted Fine Beans £5.95 Vg
Olive oil and sesame

Garden Salad £6.25 Vg
Young leaves, vine tomato, cucumber, red onion and micro herbs, balsamic and oil dressing

Sauces

Peppercorn Sauce £3.95

Blue Cheese Sauce £3.95 V

Hollandaise Sauce £3.95 V

Salsa Verde £3.95 Vg

Truffle Cream £4.25 V

Little Ones

Hot Baked Macaroni Cheese £7.95 V
Warm ciabatta

Pasta Bolognese £7.95
Warm ciabatta

Chicken Breast or Beef Burger £9.50
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 £7.95
Half the dough, choose a pizza from the main menu

Fresh Battered Fish & Chips £8.75
With a mayonnaise dip

Dessert

Lemon Curd Tart £8.25 V
Torched meringue, macerated raspberries and passion fruit

White Chocolate & Muscovado Brûlée £8.25 V N
Shortbread biscuit and sugared strawberries

Tiramisu £8.25 V
Espresso, Savoiardi, mascarpone, cocoa and Tia Maria

Cheesecake of the Day £8.25 V
Please ask your server

Raspberry Posset £8.25 V Gf
Broken meringue, berries and sugar dust

Chocolate brownie £8.95 Vg
Vegan vanilla gelato, chocolate soil, blueberries, chocolate sauce

Selection of Cheeses £11.50 V
Brie, blue, yarg and smoked Applewood cheddar with quince jelly and crisp biscuits

Gelato

Banoffee Indulgence Sundae £8.25 V Gf
Banana puree, vanilla gelato, sticky toffee pudding, banana gelato and torched banana

Chocolate Indulgence Sundae £8.25 V Gf
Brownie bites, vanilla and chocolate gelato, chocolate sauce and Chantilly cream

Coppa Gelato £5.95 V Gf
Two scoops of gelato, ask your server for today's flavours

Affogato £4.95 V Gf
One scoop of vanilla ice cream, topped with a shot of espresso (add a shot of liqueur—priced accordingly)

Kids Meringue & Gelato £4.95 V Gf
Meringue with a scoop of gelato, choose either chocolate, fruit or toffee sauce