

Elements

Lunch Menu

Small Plates

~ Brussel Sprouts -tomato, onion and arugula	7
~ Risotto - mushrooms and spinach	7
~ Shrimp - tortilla chips and salsa	9
~ Mussels - chorizo and tomato	8
~ Ravioli - du jour	8
~ Chicken - Korean bbq and kim chee	7
~ Fritters - jonah crab, red onion and pepper	9

Soups

~ Soups du Jour	4
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Sandwiches

all sandwiches are served with your choice of fresh shoestring potatoes or a side house salad

~ Crispy Eggplant Parmesan	7
roasted tomatoes and smoked mozzarella cheese	
~ Panko crusted Crab Cake	11
old bay aioli and house made pickles	
~ Grilled Ahi Tuna	11
pineapple salsa on flour tortilla	
~ Southern Fried Chicken	8
roasted peppers and cheddar cheese	
~ Amy's Grilled Chicken Salad	8
apples, almonds, golden raisins and honey mustard dressing	
~ BBQ Pulled Pork	8
cheddar cheese and coleslaw	

Salads

all salads are served with fresh hot bread and in your choice of small or large salad
add herb grilled chicken--\$3, lemon grilled shrimp-- \$4, pan roasted salmon --\$5 or Pan Seared Scallops--- \$8

~ Caesar Salad	4/8
roasted garlic crustini, asiago cheese and creamy parmesan dressing	
~ Spinach Salad	5/9
roasted mushrooms, pickled red onions, roasted peppers, blue cheese and balsamic vinaigrette	
~ Spring Green Salad	4/8
cherry tomatoes, red onions, cucumbers and balsamic vinaigrette	
~ Arugala Salad	5/9
roasted tomatoes, peppers, red onions and red wine vinaigrette	
~ Panzanella	5/9
warm Italian bread salad topped with asiago cheese and reduced balsamic vinegar	

Please be patient we cook every plate fresh and just for you...