



ELEMENTS BAR AND GRILL
ESTD 2018
MASTERS OF STEAK
PURVEYORS OF FLAVOUR



ELEMENTS

ESTD 2018 ***

PEOPLE · PASSION · PALATE

E L E M E N T S B A R A N D G R I L L

ESTD 2018

MASTERS OF STEAK

E L E M E N T S

P U R V E Y O R S O F F L A V O U R

Quality ingredients, cooked to perfection – It's this simple mantra that sums up everything our kitchens believe in, creating a dining experience to rival the best.

Our award-winning restaurants offer a hearty menu celebrating the finest produce and the best cooking techniques, complemented by a lively vibe and friendly, welcoming service.

Each of our venues has its own unique personality, so after you've fallen in love with one, why don't you try another? Steak is our specialty, featuring the choicest cuts, sizzled and seared to a succulent sensation. But our commitment to awe-inspiring cuisine extends into every meal we prepare, culminating in a diverse menu, featuring something for everyone to indulge in.

With perfect pasta and vegetarian delights, it's not overcomplicated but rather a marriage of fine food and flavour, resulting in the mouth-watering menu sitting before you, celebrating some of the finest food Sydney has to offer.

No matter which venue you find yourself dining at today, we love to share. As purveyors of flavour, all our venues feature share plates that delight the tastebuds and satisfy the soul, tantalisingly treading the precipice of perfection with a selection of the best craft beers and finest wines available to elegantly complement your steak. The Elements Bar and Grill family are connoisseurs of cuisine, masters of steak and purveyors of flavour and we are here to "steak our claim" as an Australian dining sensation.

Our motto: "run for excellence, success will follow..."

All prices are GST inclusive. We have taken all care in preparing your meal; however, olives may contain pits and small bones may be present in fish or meat dishes. All dishes may contain traces of nuts, gluten and allergens. All meat, chicken and fish portions are based on average weight before cooking.

10% Public holiday surcharges apply. Items and prices may change without notice

V- Vegetarian | VG- Vegan | DF- Dairy Free | GF- Gluten Free | G- Glass 150ml, C- Carafe 350ml, B- Bottle 750ml

visit us at www.elementsbarandgrill.com.au | #elementsbarandgrill for your feature on Facebook and Instagram

share your experience with complimentary guest Wi-Fi | Elements Guest Network | Password: Elements2192

ELEMENTS BAR AND GRILL

Darlinghurst | Pyrmont | Haberfield | Woolloomooloo

E L E M E N T S B A R A N D G R I L L

ESTD 2018

MOCKTAIL MENU

E L E M E N T S

M A S T E R S O F S T E A K . P U R V E Y O R S O F F L A V O U R

strawberry mojito mocktail 18

fresh strawberry, lime, strawberry syrup, lime juice, mint leaves, lemonade



electric blue mocktail 18
fresh lemon, blue curacao, passionfruit syrup, lime juice, lemonade

mango picante mocktail 18

mango puree, lime juice, tabasco, simple syrup, soda



lychee mojito mocktail 18

fresh lychee, lychee syrup, fresh lime, mint leaves, lemonade



virgin mary 18
tomato juice, worcestershire sauce, dash of tabasco, salt and pepper

passionfruit mojito 18

passionfruit puree and pulp, fresh lime, mint, lime cordial, soda water



cranberry mojito mocktail 18
maraschino cherry, lime, mint, raspberry cordial, lime cordial, cranberry juice



watermelon mocktail 18
watermelon syrup, fresh lime juice, raspberry syrup, pineapple juice, soda water

craft beer on tap 15

stone and wood pacific ale | kosciuszko pale ale | kirin lager
white rabbit dark ale | james squire ginger beer

bottled beer 13

asahi | corona | peroni | cascade light

cider 12

strongbow apple cider dry | sparkling blossom rosé

craft shandy 12

soft drinks

carbonated drinks 6 | pepsi | pepsi max | dry ginger ale
lemonade | solo | sunkist | tonic water | soda water
juice 6 | apple | orange | tomato | pineapple | cranberry
lemon-lime bitters 7 | **pink lemonade 6**

sparkling water 9/one litre bottle | **still water 9**/one litre bottle



ELEMENTS BAR AND GRILL
ESTD 2018
BAR MENU
ELEMENTS
MASTERS OF STEAK. PURVEYORS OF FLAVOUR

nueva sangria

nueva red sangria 42/litre

nueva rose sangria, house shiraz,
brandy, fresh lime juice, peach
schnapps, orange juice, lime cordial,
mango syrup, lemonade, soda freshly
sliced oranges and strawberries

nueva rose sangria 42 /litre

nueva rose sangria, elderflower
liqueur, vodka, peach schnapps,
fresh lime juice, passionfruit syrup,
lime cordial, orange juice, lemonade,
soda and fresh chopped oranges



**long island
iced tea 32**

vodka, gin, rum,
tequila, triple sec, simple
syrup, lemon juice, coke



electric iced tea 30

white rum, gin, vodka,
tequila, blue curacao,
sour mix, lemonade



blue devil 26

vodka, blue curacao,
passionfruit syrup,
lime juice, pineapple juice



midori illusion 26

midori, vodka, triple sec,
fresh lemon juice,
pineapple juice



pornstar martini 27

vanilla vodka, prosecco,
passionfruit puree,
fresh lime juice, vanilla syrup



mango mojito 27

white rum, mango syrup, fresh
lime juice, mint leaves, lime
cordial, orange juice, soda water



passion lady 257

gin, sauvignon blanc,
elderflower liqueur,
passionfruit syrup,
fresh lime juice



screwdriver 25

vodka, orange juice,
orange slice



amaretto sour 26

amaretto, lemon juice,
agave syrup, bitter,
egg white



ELEMENTS BAR AND GRILL
ESTD 2018
COCKTAIL MENU
ELEMENTS
MASTERS OF STEAK. PURVEYORS OF FLAVOUR

cocktails

cosmopolitan 27

vodka, triple sec,
cranberry juice, fresh lime



french kiss martini 27

vodka, blanco vermouth,
lime juice, pineapple juice,
chambord, strawberry syrup



aperol spritz 25

aperol, prosecco,
soda water, orange slice



dirty margarita 27

tequila, triple sec, fresh lime
juice, simple syrup hint of
spice



el diablo 26

gold rum, chambord,
lime wedges, ginger beer



classic negroni 27

dry gin, campari, rosso
vermouth, orange twist



watermelon breeze 25

vodka, watermelon syrup,
fresh lime juice, lemonade,
raspberry cordial, pineapple juice



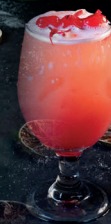
strawberry daiquiri 26

white rum, strawberries,
simple syrup, lime juice



sex on the beach 26

vodka, peach schnapps,
orange juice, cranberry juice



bloody marry 26

vodka, tomato juice,
tabasco, worcestershire,
lime juice, salt and pepper



creamy berry 26

strawberry baileys, vodka,
fresh strawberry,
raspberry syrup, milk

**elements gold 26**

vodka, aperol, passionfruit
syrup, vanilla, fresh lime

**grasshopper 26**

crème de menthe,
crème de cacao,
fresh cream

**frozen devil's apple 26**

vodka, midori, green apple
syrup, fresh lime juice,
grapefruit bitter

**frozen mango loco 26**

white rum, coconut rum,
mango pure, pineapple juice,
fresh lime juice

**caprioska 26**

vodka, simple syrup,
fresh lime wedges.

**dirty martini 27**

vodka, dry vermouth,
olive brine, olives

**dry martini 27**

vodka, dry vermouth,
lemon peel

**espresso martini 27**

vodka, coffee liqueur,
simple syrup, espresso coffee

**mai tai 26**

rum, triple sec, almond syrup,
orange juice, fresh lime juice



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COCKTAIL MENU
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MASTERS OF STEAK. PURVEYORS OF FLAVOUR

cocktails

frozen margarita 26

tequila, triple sec,
simple syrup,
fresh lime juice

**pina colada 26**

white rum, coconut cream,
malibu, fresh lime juice,
pineapple juice

**sydney refresher 26**

bombay sapphire,
passionfruit syrup,
sliced cucumber, mint leaves,
fresh lime wedges, soda water

**moscow mule 26**

vodka, ginger beer,
fresh lime juice

**classic margarita 27**

tequila, triple sec,
simple syrup
fresh lime juice

**negrini sbagliato 26**

campari, prosecco,
rosso vermouth,
orange twist

**whiskey sour 26**

bourbon, lemon juice,
agave syrup, bitter,
egg white

**boozy chocolate 26**

baileys, tequila,
white chocolate liqueur,
chocolate syrup, milk

**midori fusion 26**

midori, malibu,
watermelon syrup,
pineapple juice

**pine-coco martini 26**

malibu, white rum,
pineapple juice,
fresh lime





ELEMENTS BAR AND GRILL

ESTD 2018

A LA CARTE MENU

ELEMENTS

MASTERS OF STEAK. PURVEYORS OF FLAVOUR

ELEMENTS BAR AND GRILL
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ENTRÉE & STARTERS
MASTERS OF STEAK. PURVEYORS OF FLAVOUR

bread to start

garlic ciabatta slices 16 v

country style ciabatta slices (four pieces), smothered with garlic, butter, parsley and baked under an open flame

warm artisan bagel 18 v

sesame and poppy seed bagels served with whipped fetta and beetroot relish, sea salt, spiced dukkha and aged balsamic

extras | artisan bagel 5 | gluten-free bread 3

cold bar

steak tartare 32 df 🌶️

coarsely minced premium tenderloin, shallots, capers, pickles, dijon and grain mustard, worcestershire, tabasco, lemon juice, olive oil, served with raw egg yolk and artisan crackers

burrata and asparagus 28 v gf 🌶️

steamed asparagus with salsa verde, fresh burrata, aged balsamic, almond flakes and watercress salad

salty nibbles

haloumi fries 28 v 🌶️

soft and fluffy haloumi lightly coated and fried in thin oil, drenched in manuka honey, harissa chili and garlic sauce, garnished with pomegranate and served with sweet chili herb sauce

marinated warm olives 18 v

marinated olives served in a hot pot, beetroot hummus and sea salt grissini



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ENTRÉE & STARTERS
ELEMENTS
MASTERS OF STEAK. PURVEYORS OF FLAVOUR

hot starters

salt and aleppo pepper calamari 26

flower cut baby squid lightly dusted with seasoned flour and fried in thin oil, sprinkled with aleppo pepper, served with watercress salad, fried leek, fresh lemon and signature tartare sauce

beef and herb meatballs in creamy sugo sauce 27

five meatballs braised in red wine and sugo sauce, simmered in a rich and creamy green peppercorn sauce, served with warm artisan bagel

short rib ragù hotpot 27 | recommended |

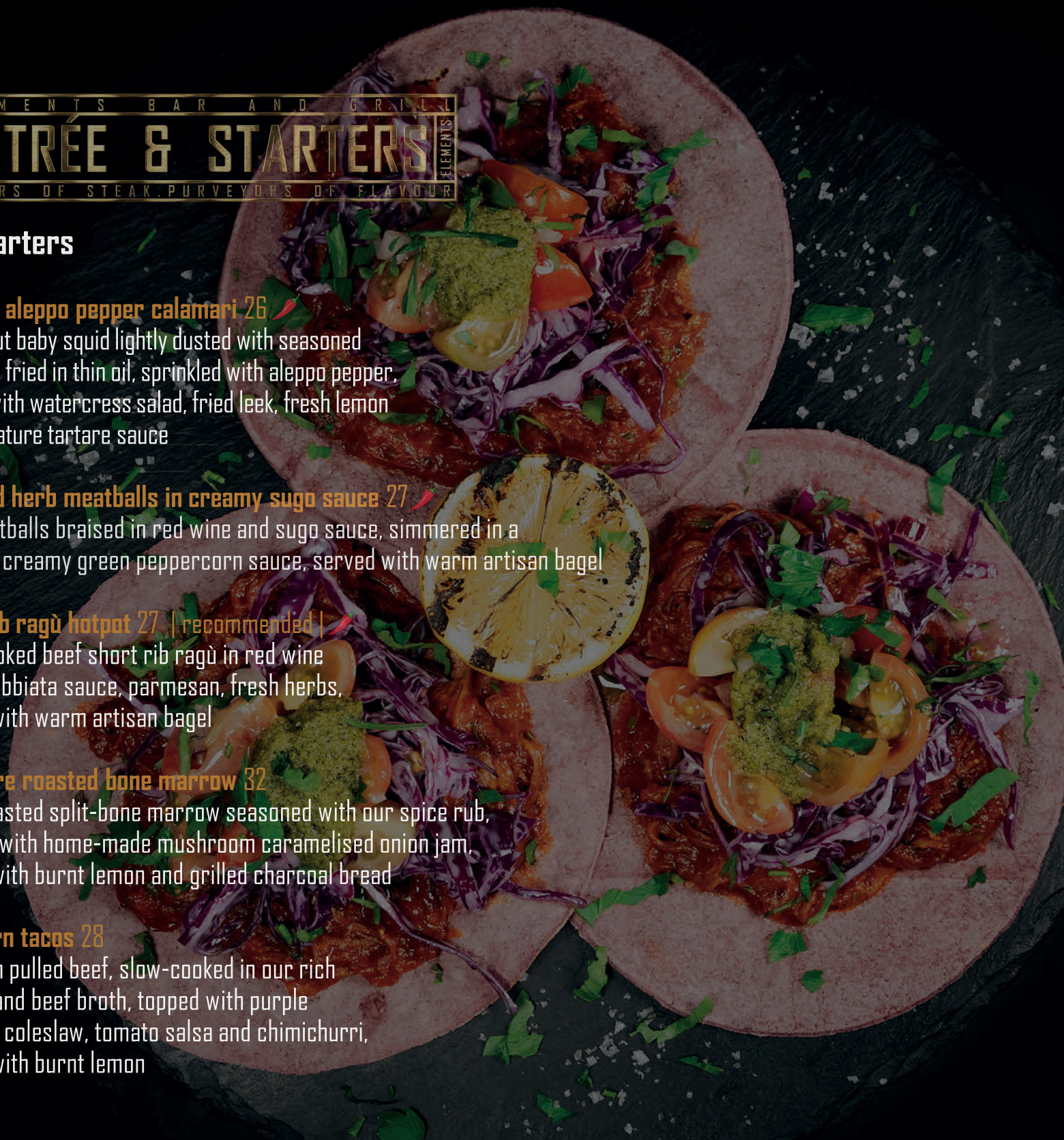
slow-cooked beef short rib ragù in red wine and arrabbiata sauce, parmesan, fresh herbs, served with warm artisan bagel

signature roasted bone marrow 32

slow-roasted split-bone marrow seasoned with our spice rub, finished with home-made mushroom caramelised onion jam, served with burnt lemon and grilled charcoal bread

blue corn tacos 28

premium pulled beef, slow-cooked in our rich tomato and beef broth, topped with purple cabbage coleslaw, tomato salsa and chimichurri, served with burnt lemon



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ENTRÉE & STARTERS
MASTERS OF STEAK. PURVEYORS OF FLAVOUR

shared entrée

heirloom tomato and olives bruschetta 32 v

heirloom cherry tomatoes, finely chopped onions and marinated olives dressed in basil vinaigrette, on a bed of whipped fetta and beetroot relish, served on toasted charcoal sourdough and drizzled with caramelised balsamic

garlic parmesan prawns 42

eight prawns cooked in garlic harissa butter, confit garlic, deglazed in white wine, finished with prawn head oil, parmesan cheese, served with grilled lemon and grilled charcoal bread

buffalo chicken wings 35 df 🌶️

ten chicken wings cooked with our signature habanero sauce and fried before serving, tossed in halaby pepper served with our buffalo hot sauce, spicy bbq sauce and remoulade sauce

garlic beef skewers 34

two beef skewers marinated in garlic and a blend of spice, grilled to perfection and served with whipped fetta and beetroot relish, dressed rocket and toasted almonds

ELEMENTS BAR AND GRILL
ESTD 2018
SALADS AND GREENS
MASTERS OF STEAK. PURVEYORS OF FLAVOUR

whipped fetta and beetroot greek salad 26 v gf

home-made whipped fetta and beetroot relish, tomato, cucumber, onion, kalamata olives, crumbed fetta, dried oregano, extra virgin olive oil and lemon dressing, topped with fried leek

grilled vegetable and watercress salad 34 v gf

grilled broccolini, asparagus and dutch carrots tossed in salsa verde dressing, toasted almond flakes, shaved pecorino, dressed watercress and truffle oil

rocket and pear salad 24 v gf

thinly sliced brined pear and rocket leaves tossed in white balsamic vinaigrette, topped with shaved pecorino romano cheese and almond flakes

potato and chicken salad 32 df gf

moroccan grilled chicken, roasted potato, onion, leek, radicchio, cherry tomato, steamed asparagus, pomegranate, tossed in our gribiche dressing (hard-boiled egg sauce)

burrata and risoni caprese salad 32 v | recommended |

heirloom cherry tomatoes, marinated olives and risoni tossed in basil dressing served with fresh creamy burrata and balsamic glaze

add extra | four grilled prawns 14 | grilled chicken piece 12





ELEMENTS BAR AND GRILL
ESTD 2012
PASTA SERIES
ELEMENTS
MASTERS OF STEAK. PURVEYORS OF FLAVOUR.

spicy vodka beef ragout 38 🌶️

fresh chili and confit garlic, sous vide beef short rib simmered in arrabbiata sauce, deglazed with vodka, served with fresh black mafalda, garnished with pecorino romano cheese

ragù alla bolognese with burrata 36 | recommended |
home-made premium ground beef, slow-cooked in our rich napolitana sauce tossed with risoni pasta and served with a fresh burrata on top

creamy gorgonzola tortellini 38 v
roasted butternut pumpkin and sage tortellini, asparagus tossed in creamy gorgonzola sauce, deglazed with white wine, finished toasted almonds and pecorino cheese

add | gluten free pasta 3 | four grilled prawns 14 | 100gm crab 16

creamy crab orzo 44 | recommended |
blue swimmer crab, confit garlic, cherry tomatoes tossed in a white wine reduction and a rich creamy prawn bouillabaisse

squid ink mafalda with spicy prawns 42 🌶️🌶️
pan fried king prawns and cherry tomatoes cooked with prawn head oil, fresh chili, confit garlic, deglazed in champagne, finished with butter, served with fresh herbs

chicken pesto rigatoni 38
pan fried chicken in creamy basil pesto sauce with pecorino cheese, deglazed in white wine, mixed with rigatoni pasta



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KIDS' MENU
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MASTERS OF STEAK. PURVEYORS OF FLAVOUR

kids' meals | available for children up to 8 years old

fried chicken cubes and chips 15

crispy fried chicken pieces,
served with chips and tomato sauce

kids bolognese pasta 15

home-made premium ground beef, slow-cooked in our rich napolitana
sauce tossed with rigatoni pasta and served with parmesan

kids' dessert | *available for children up to 8 years old

vanilla ice cream one scoop 4 | two scoops 7
toppings | chocolate sauce 2 | 100s and 1000s 2



ELEMENTS BAR AND GRILL
ESTD 2018
SMOKED BURGERS
ELEMENTS
MASTERS OF STEAK. PURVEYORS OF FLAVOUR

all burgers are made with our signature charcoal milk bun, smoked with hickory and served in a glass dome to your table for the ultimate burger experience; it comes with a complimentary side of steakhouse chips. our burger patties are made with the finest quality homemade ground beef. it is a delicate mixture of **wagyu beef** along with some black angus beef and dry-aged offcuts. the result is a massive thick patty seasoned lightly and cooked to perfection for the juiciest burger

primal smoked burger 38 🌶️

250gm dry-aged and wagyu beef patty, grilled beef bacon, homemade mushroom and caramelised onion jam, provolone cheese, tomato, radicchio, signature burger sauce and habanero bbq sauce

drunken bacon burger 38 | recommended | 🌶️

250gm dry-aged and wagyu patty, whiskey flambé beef bacon, tomato, fried leek, radicchio, provolone cheese, gribiche sauce and signature burger sauce

surf 'n' turf burger 46 🌶️

250gm dry-aged and wagyu patty, grilled prawns, tomato, spanish onion, radicchio, provolone cheese, signature burger sauce, spicy bbq sauce

big el cheeseburger 55 🌶️

two 250gm dry-aged and wagyu patties built into a double-decker burger, provolone cheese, signature burger sauce and habanero bbq sauce

deviled chicken and coleslaw 36 | recommended | 🌶️🌶️

spicy crispy chicken, chargrilled capsicum, provolone cheese, tomato, purple cabbage coleslaw, signature burger sauce, buffalo hot sauce

burger extras | go big | gluten free bun 4 | grilled beef bacon 7 | extra cheese 5



ELEMENTS BAR AND GRILL
ESTD 2018
SEAFOOD BOUNTY
ELEMENTS
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crispy skin barramundi 48 gf

pan seared fresh barramundi fillet 220gm, served with rocket and parmesan salad, grilled broccolini, chimichurri, whipped fetta and beetroot relish and burnt lemon

pecorino wasabi salmon fillet 47 gf | recommended | 

fresh salmon fillet 200gm, marinated with pecorino, kibbled pepper and a hint of wasabi, served with potato puree, steamed asparagus, beetroot relish, salsa verde and burnt lemon

dusted fish and chips 44

lightly dusted flounder fillets fried in thin oil, three grilled prawn, served on a bed of mushy peas, steakhouse chips, remoulade sauce and grilled lemon

ELEMENTS BAR AND GRILL
ESTD 2018
CHICKEN & VEGAN
ELEMENTS
MASTERS OF STEAK. PURVEYORS OF FLAVOUR

moroccan chicken 42

chicken thigh marinated in moroccan spices, grilled to perfection, served with potato puree, roasted carrots, grilled mushroom, mushroom sauce, grilled lemon

vegan mushroom stack 38 vg df gf

portabella mushrooms cooked with al pomodoro sauce, layered and stacked with chargrilled capsicum, baked together and served with dressed rocket, chimmichurri and chargrilled broccolini dressed with caramelised balsamic and almond flakes





PADDOCK TO PLATE

OUR BEEF PROGRAMME

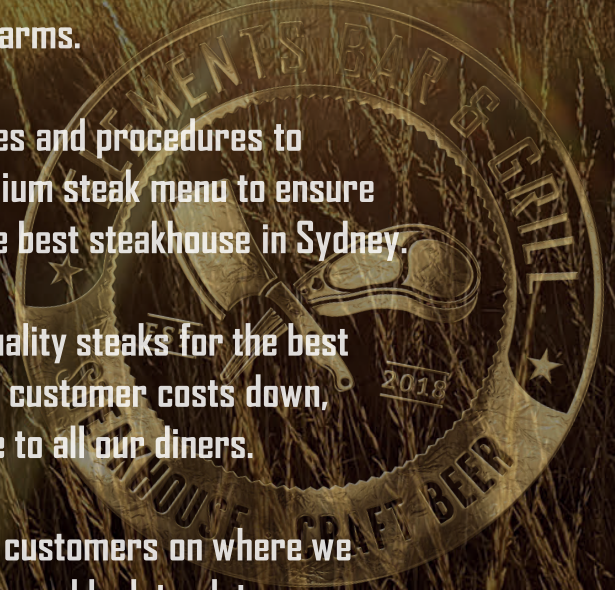
Steak is our business, therefore, our boundless love for meat and the ever-evolving journey to perfect our steaks is not only restricted to our kitchen but also through sourcing the best quality cattle and farms.

Elements implement regimented cooking techniques and procedures to maintain consistency and quality across our premium steak menu to ensure customer satisfaction and to achieve status as the best steakhouse in Sydney.

We operate with the mantra of serving the best quality steaks for the best price, sacrificing none of the quality while keeping customer costs down, therefore making premium steak dining affordable to all our diners.

Our goal is to offer complete transparency to our customers on where we source our meat cuts and the journey it takes from paddock to plate so you know the whole story of your steak.

We care about our steaks because we care about you and your experience at Elements Bar and Grill.



ELEMENTS BAR AND GRILL
ESTD 2018
PREMIUM STEAKS
ELEMENTS
MASTERS OF STEAK. PURVEYORS OF FLAVOUR

the classic t-zone

all steaks are served with a side of parmesan and mascarpone potato puree

sirloin steak | 300gm | marble score 4+ | 58 gf

180 days ration fed, north-eastern Victoria

satisfy your cravings with this juicy cut of steak, expertly chosen from the striploin and featuring a fat cap for added richness, with its smooth texture, bold flavour and ideal balance of marbling and tenderness, it's a must-try for all steak lovers

eye fillet | 250 gm | marble score 2+ | 68 gf

150 days ration fed, clermont, queensland

indulge in a cut of beef that is sourced from the tenderloin, known for its lean and tender texture. this juicy and succulent steak comes from the hind of the animal, which experiences little physical activity, resulting in its delicious flavour.

t-bone steak | 500gm | marble score 2+ | 78 gf

black angus, 150 days ration fed, north tamworth, nsw

a steak like no other, the t-bone combines two cuts in one. one side boasts a bold and beefy sirloin flavour, while the other side offers a mild and tender eye fillet taste, all separated by the signature t-shaped bone. sourced from the short loin of the animal, this iconic steak lets you enjoy the best of both worlds and indulge in the ultimate steak experience.

signature steak on stone 74 gf

a sizzling hot stone awaits before you, presenting a seared eye fillet to be finished to your desired taste. cook each bite to your satisfaction, a perfect choice for those who love their steak med-well or well-done.

surf 'n' turf 18 gf | add four chargrilled prawns to go with your steak | hollandaise sauce on the side

saucers | spicy green peppercorn sauce 6 | mushroom sauce 6 | red wine jus 6 | chimichurri 6
hollandaise 6 | buffalo hot sauce 6 | signature spicy bbq 6 | garlic harissa butter 6 | remoulade 6 | aioli 4



ELEMENTS BAR AND GRILL
ESTD 2018
PREMIUM STEAKS
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prime rib section

all steaks are served with a side of parmesan and mascarpone potato puree

scotch fillet | 300 gm | marble score 2+ | 66 gf

black angus, 160 days ration fed, riverina region, southern new south wales

our mouth-watering scotch fillet is sourced from the cube roll cut, ensuring a juicy and flavour-packed dining experience. also known as a boneless rib-eye steak, this cut comes from the prime rib section of cattle and is prized for its tenderness and taste. indulge in a steak that's rich, juicy and full of flavour, perfect for steak lovers seeking a truly satisfying meal.

rib-eye on the bone | 600 gm | dry aged | marble score 2+ | 98 gf | recommended

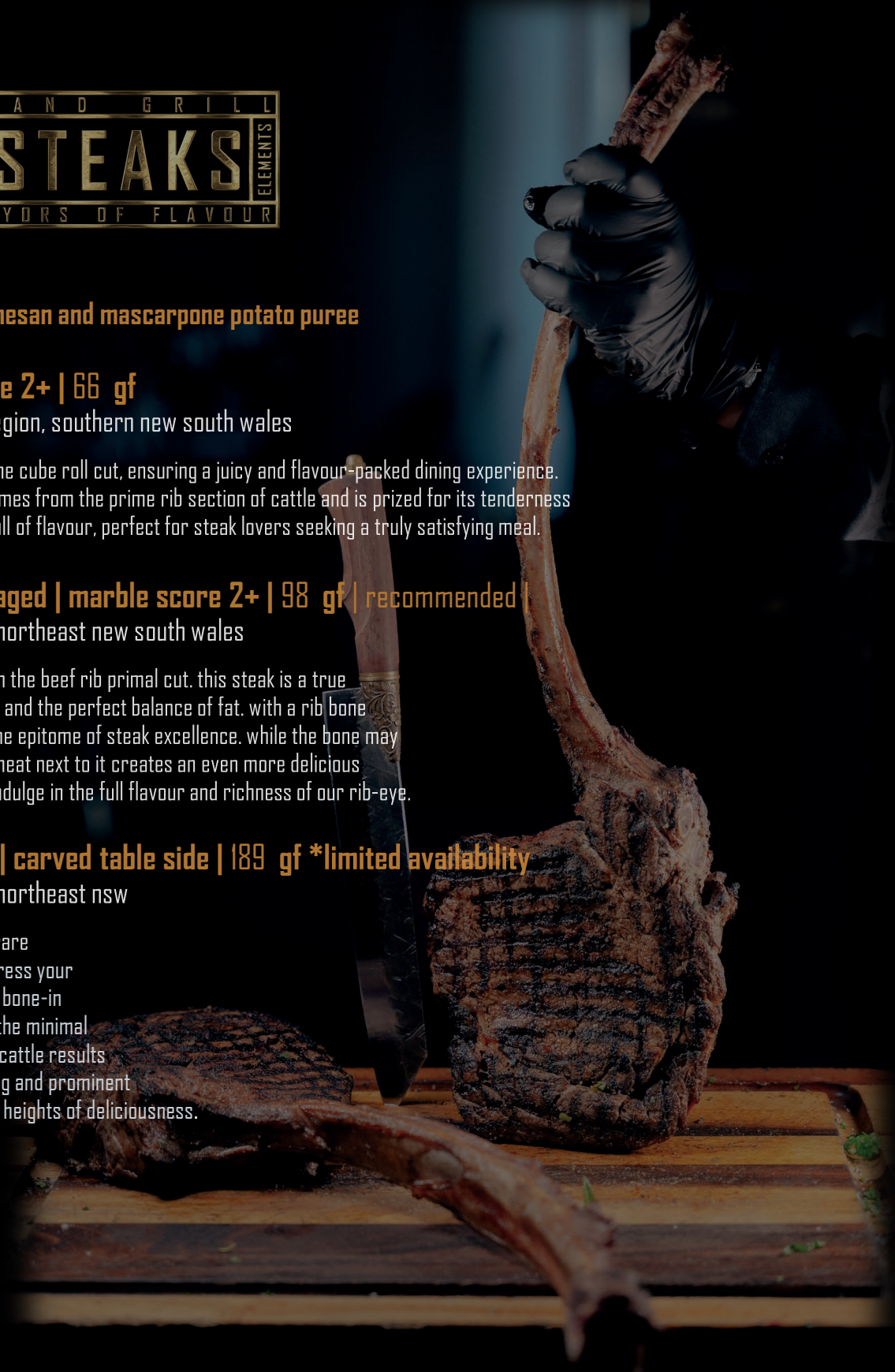
black angus, 180 days grain fed, tamworth, northeast new south wales

our succulent rib-eye steak is expertly carved from the beef rib primal cut. this steak is a true delicacy, known for its tender texture, juicy flavour and the perfect balance of fat. with a rib bone adding extra flavour and moisture, our rib-eye is the epitome of steak excellence. while the bone may make cooking more challenging, the slow-cooking meat next to it creates an even more delicious result. treat yourself to the royalty of steaks and indulge in the full flavour and richness of our rib-eye.

1.4 kg tomahawk | marble score 2+ | carved table side | 189 gf *limited availability

black angus, 180 days grain fed, tamworth, northeast nsw

please allow minimum of **45 minutes** for medium rare
add 15 minutes extra for every doneness after impress your
taste buds with our magnificent tomahawk steak, a bone-in
rib-eye cut that features a stunning long rib bone. the minimal
use of the muscles in this cut during the life of the cattle results
in a tender and juicy steak. the remarkable marbling and prominent
bone add to the flavour, elevating this steak to new heights of deliciousness.



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PREMIUM STEAKS
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handpicked wagyu

wagyu surf 'n' turf sirloin | 300 gm | marble score 9+ | 189 gf | *limited availability

purebred full blood wagyu, 500 days ration fed
served with parmesan and mascarpone potato puree,

steamed asparagus, chargrilled prawns, garnished with fried leek
experience the unparalleled flavour of wagyu beef, featuring exceptional marbling and an unrivaled meat texture. dubbed a "super beef," this luxurious cut offers a mouth-watering dining experience with its melting tenderness and delectable flavour. the marbled appearance is a hallmark of this premium cut, making it a truly extraordinary dining experience.

wagyu rump | 300gm | marble score 7+ | 66 gf

fl cross breed wagyu, 400 days grain fed,
tamworth, north-east new south wales

served with parmesan and mascarpone potato puree
savor the exquisite flavour of our rump steak, procured from the hindquarter's rump section - a veritable working muscle. with its significant marbling, it is renowned for its exceptional taste, albeit with a slightly firmer texture than its sirloin or ribeye counterparts. choose the beef eater's favourite cut for a superior dining experience.

surf 'n' turf 18 gf | add four chargrilled prawns to go with your steak | hollandaise sauce on the side
saucers | spicy green peppercorn sauce 6 | mushroom sauce 6 | red wine jus 6 | chimichurri 6
hollandaise 6 | buffalo hot sauce 6 | signature spicy bbq 6 | garlic harissa butter 6 | remoulade 6 | aioli 4

ELEMENTS BAR AND GRILL
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PREMIUM STEAKS
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kilo cuts

served with a side of parmesan and mascarpone potato puree | carved table-side

bistecca alla fiorentina | carved table side | 158 gf

1 kg t-bone steak, marble score 2+,
black angus, 180 days grain fed, tamworth, northeast nsw
please allow a minimum of **45 minutes** for medium rare
add 15 minutes extra for every doneness after

indulge in the classic flavours of an expertly grilled t-bone. this two-finger thick cut is carefully selected to ensure its juicy tenderness and bold, beefy flavour. best served medium rare, it provides a satisfying dining experience with each bite, creating a memorable meal to savor.

1 kg eye fillet butter steak | carved table side | 269 gf | recommended |

marble score 2+, 150 days grain fed, clairmont, queensland
please allow a minimum of 45 minutes for medium rare
add 15 minutes extra for every doneness after

a feast for the senses! expertly carved table-side for necessary theatrics, this premium cut of tenderloin is served on a sizzling hot plate, topped with a luxurious beef fat-infused butter. the delicate flavour and tender texture of this steak make it the perfect choice for a decadent dining celebration. savor every bite and indulge in this feast for the ultimate elements experience.

surf 'n' turf 18 gf | add four chargrilled prawns to go with your steak | hollandaise sauce on the side
saucés | spicy green peppercorn sauce 6 | mushroom sauce 6 | red wine jus 6 | chimichurri 6
hollandaise 6 | buffalo hot sauce 6 | signature spicy bbq 6 | garlic harissa butter 6 | remoulade 6 | aioli 4



ELEMENTS BAR AND GRILL
ESTD 2018
BBQ IMPRESSIONS
ELEMENTS
MASTERS OF STEAK. PURVEYORS OF FLAVOUR

sous vide beef short rib | 450 gm | marble score 2+ | 64 gf 🌶️

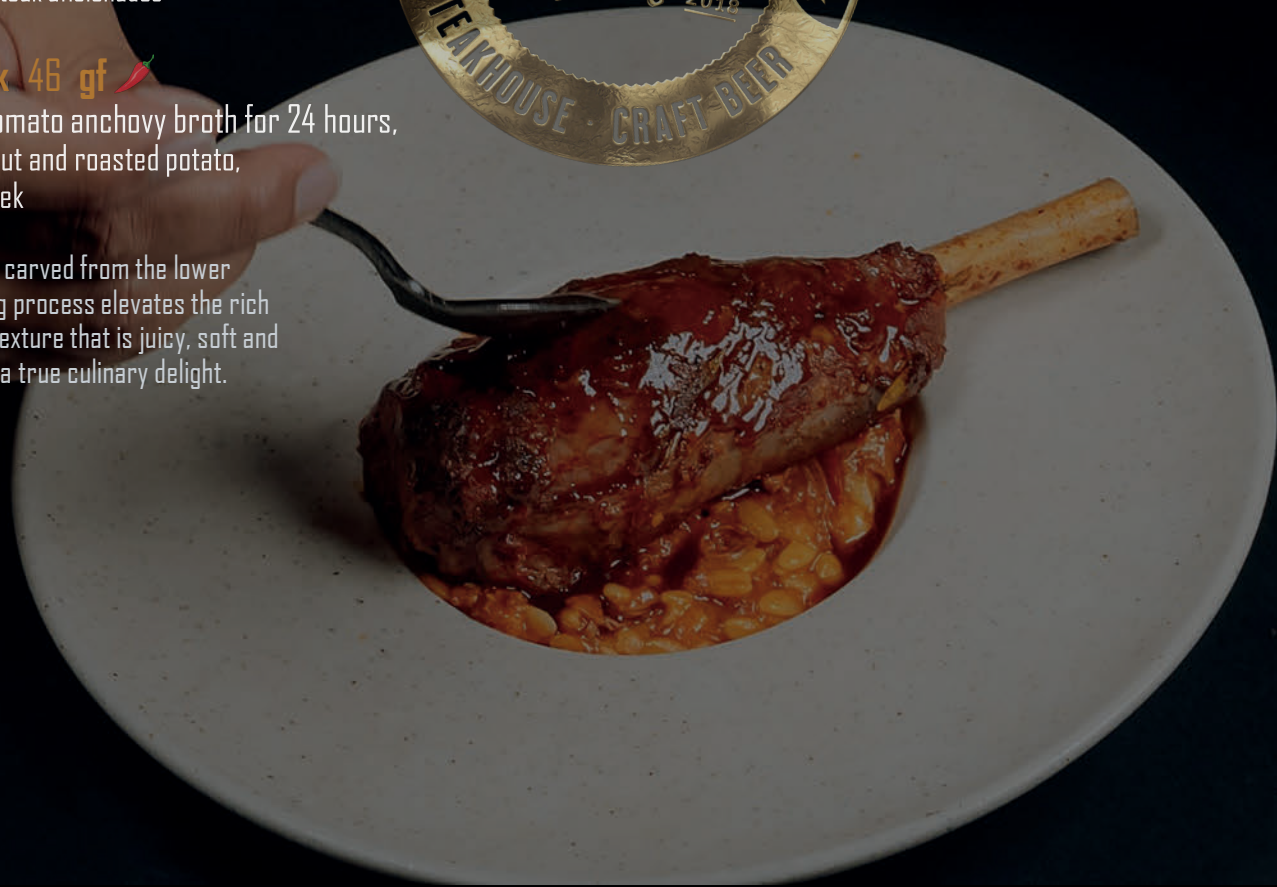
black angus, 160 days grain fed, riverina region, new south wales
slow-cooked for 72 hours, finished with a blow torch sear on the
outside, basted with our signature habanero bbq sauce, served
with parmesan and mascarpone potato puree, dukkha roasted
dutch carrots, red wine jus, garnished with watercress

experience the pick of rich flavour in the highly prized cut of beef
short ribs, expertly crafted from the rib section of cattle with a
well-balance of rib bone left in. slow-cooking transforms the meat
to velvety tenderness and juicy succulence, elevated by its abundant
marbling. a discerning choice for all steak aficionados

tomato braised lamb shank 46 gf 🌶️

500 gm lamb shank braised in tomato anchovy broth for 24 hours,
served with slow-cooked beef ragout and roasted potato,
garnished with veal jus and fried leek

savor the tenderness of a lamb shank carved from the lower
part of the back legs. the slow-cooking process elevates the rich
collagen within the shank into a silky texture that is juicy, soft and
simply melts in your mouth, making it a true culinary delight.



ELEMENTS BAR AND GRILL
ESTD 2018
SIDES & VEGETABLES
ELEMENTS
MASTERS OF STEAK. PURVEYORS OF FLAVOUR

sides and vegetables

nduja baked potatoes 18

mushy peas and gravy 16 v | fried leek

manuka honey roasted dutch carrots 18 v gf | spiced dukkha

potato puree with garlic harissa butter 9 v gf | mascarpone and parmesan

truffle parmesan steakhouse chips 18 vg df

sweet potato fries 14 vg df

garlic portabella mushrooms 16 vg gf | truffle oil

steamed asparagus 17 v | hollandaise sauce | halaby pepper

grilled sweet corn ribs 18 v gf | butter and smoked paprika, pecorino, remoulade sauce

chargrilled broccolini 18 vg gf df | caramelised balsamic, toasted almond flakes

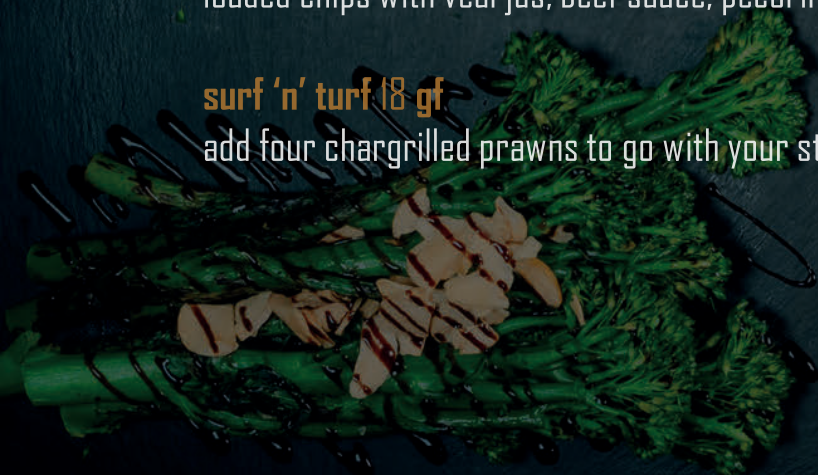
radicchio lemon salad 15 vg gf df

loaded fries 25

loaded chips with veal jus, beef sauce, pecorino and truffle oil


surf 'n' turf 18 gf

add four chargrilled prawns to go with your steak, served with hollandaise sauce on the side




ELEMENTS BAR AND GRILL
ESTD 2018
SAUCES & CONDIMENTS
MASTERS OF STEAK. PURVEYORS OF FLAVOUR


saucers and condiments

spicy green peppercorn sauce 6 v 
a creamy white sauce with a touch of gravy, packs a spicy punch from the chunky green peppercorns.

mushroom sauce 6 v
a classic steak sauce made freshly in-house with blended mushroom to give a thick, creamy and buttery richness.

veal jus 6 gf df
a very rich roasted veal broth reduced over 72 hours of cooking, leaving you with an intensely concentrated flavour of beef and red wine.

chimichurri 6 vg df gf 
an uncooked blended sauce made of fresh herbs, lots of lemon, garlic and olive oil, a refreshing condiment to any steak.

buffalo hot sauce 6 v gf df 
our signature sauce, made with confit habanero chili and garlic, mixed with our home-made spicy tomato sauce, a tangy hot sauce perfect for any chili lovers.

signature spicy bbq 6 v gf df 
home-made bbq sauce made with a secret blend of ingredients infused with our signature spicy habanero sauce and chili oil.

hollandaise sauce 6 v
a rich, buttery sauce made with eggs and olive oil, freshened with the lightest touch of lemon.

remoulade sauce 6 v
a tangy mayo and mustard based sauce with zesty hints of pickles and capers

aioli 4 v
mayonnaise mixed with our confit garlic puree

garlic harissa butter 6 v 
salted butter mixed with spicy harissa chili paste and confit garlic puree

condiments | hot english mustard | dijon mustard | grain mustard | horseradish



ELEMENTS BAR AND GRILL
ESTD. 2018
DEVILISH DESSERTS
ELEMENTS
MASTERS OF STEAK. PURVEYORS OF FLAVOUR

mont blanc 18 v

chestnut biscuit, milk chocolate cremeux, crunchy pailleté feuilletine, chestnut bavarois and vermicelli, candied chestnut

wattle seed and dulce de leche cheesecake 18 v

cocoa shortbread, wattle seed cheesecake, dulce de leche ripple, caramel glaze, hazelnuts

choc raspberry 18 vg

crispy rice biscuit, dark chocolate mousse, raspberry coulis, raspberry glaze

dessert platter 54 v

wattle seed and dulce de leche cheesecake, mont blanc, choc raspberry, vanilla ice-cream

affogato 18

espresso coffee, frangelico, vanilla ice-cream

cakeage 3pp | cakeage 30 per cake if over 12 people

dessert cocktails

boozy chocolate 26 | baileys, tequila, white chocolate liqueur, chocolate syrup, milk

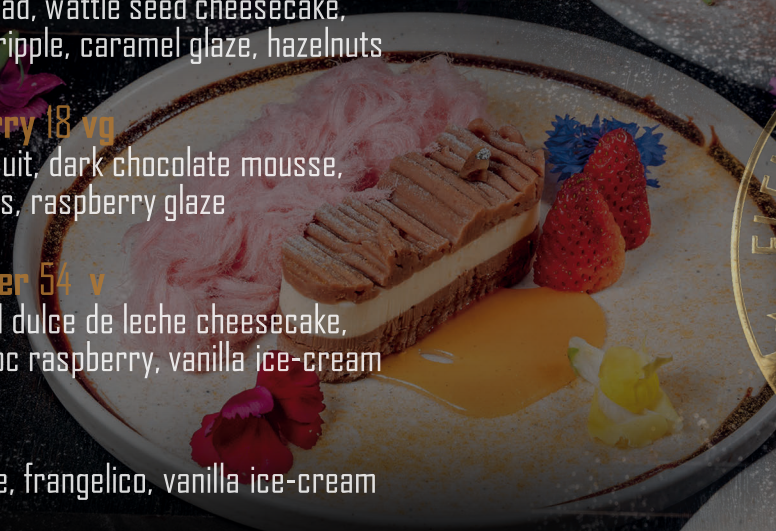
creamy berry 26 | strawberry baileys, vodka, fresh strawberry, raspberry syrup, milk

irish coffee 26 | coffee, brown sugar, jameson, whipped cream

dessert wine

wood park rutherglen muscat | rutherglen | victoria | 18 glass 120 ml | 75 bottle 500 ml

riversdale estate pictor winter harvest riesling | 2021 | coal river | tasmania | 95 bottle 375 ml



ELEMENTS BAR AND GRILL

ESTD 2018

AFTER DINNER DRINKS

ELEMENTS

MASTERS OF STEAK. PURVEYORS OF FLAVOUR

premium roasted espresso

short black 4 | doppio 5 | macchiato 5
long macchiato 6 | piccolo 5

espresso bar 5.5

cappuccino | latte | flat white
long black | chai latte
hot chocolate

cold coffee

iced latte 7 | iced mocha 8
iced long black 7 | iced chocolate 8

add on

ice-cream | whipped cream |

tea selection 6

english breakfast | earl grey | chai tea
peppermint tea | chamomile tea | green tea

extras |

decaf | extra shot | soy milk

digestifs

limoncello 14
fernet-branca 14
averna amaro 14
jägermeister 14
amaretto 14
ricard pastis 14
grappa russo siciliano 14
peach schnapps 14
caffo vecchio amaro del capo 15
lillet blanc 15

house port 26 | 60ml



ELEMENTS BAR AND GRILL
ESTD. 2018
CIGAR BAR
ELEMENTS
MASTERS OF STEAK. PURVEYORS OF FLAVOUR

cohiba shorts | 18

gauge: small ring 26: format: cigarillo
light to medium strength a great smoke when you're short of time.
lovely rich earthy flavours with some grassy, woody aromas

h. upmann half corona | 69

gauge: medium ring 44: format: half corona
the h. upmann is a great any time of the day smoke with its light flavour profile. a lovely sweetness and creaminess develop and aroma perfect with lots of nuttiness flavour lasting throughout the cigar

romeo y julieta no.2 | 84

gauge: medium ring 42: format: petit corona
medium bodied cigar, to be enjoyed any time of the day or for someone new to cigars. floral, nutty and herbal flavours throughout the cigar great introduction to cuban cigars australia's biggest selling cuban.

montecristo no.4 | 98

gauge: medium ring 42: format: mareva
great construction good draw and burning qualities, creamy with light cedar coffee and coco notes throughout the cigar, with woody flavours maintained throughout the smoking experience

partagas d no.4 | 149

gauge: heavy ring 50: format: robusto
excellent cigar with flavours right on target. toasty leathery base with a dominating wood and earthy tones. great draw and even burn which increases in strength, lots of peppery flavours from start to finish. one of the best robusto style cigars on the market, old school havana at its best.

romeo y julieta wide churchill | 169

gauge: heavy ring 55: format: montesco
very smooth and rich, flavours abundant and lots of sweet aromas, herbal and grassy with woody notes throughout the cigar a real medium body cigar from start to finish

it is illegal to sell tobacco products to a person under 18. it is illegal to purchase a tobacco product on behalf of someone under 18. we are a non-smoking venue and any cigar purchased from us can only be consumed off-premises maintaining general smoking guidelines and policy.





ELEMENTS

ESTD 2018 ★ ★ ★

PEOPLE · PASSION · PALATE

ELEMENTS BAR AND GRILL
ESTD 2018
MASTERS OF STEAK
PURVEYORS OF FLAVOUR

ELEMENTS
ESTD 2018 ★ ★ ★