



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

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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.

15% Public holiday surcharges apply. Items and prices may change without notice
V- Vegetarian | VG- Vegan | DF- Dairy Free | GF- Gluten Free | CA- Contains Alcohol | CN- Contains Nuts
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

*surcharge applies to all card transactions

ELEMENTS BAR AND GRILL

Pymont | Walsh Bay | Woolloomooloo



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

ESTD 2018

A LA CARTE MENU

ELEMENTS

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

bread to start

garlic ciabatta slices 24 v

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

honey brie butter board 19 v cn 🌶️

two pieces of our signature warm seeded green bagels, served with whipped brie butter, topped with crumbed pistachio and dukkha, pomegranate, spiced manuka honey and salt flakes

caramelised tomato and stracciatella bruschetta 28

slow roasted heirloom cherry tomatoes, white anchovies, finely chopped onions dressed in lemon vinaigrette, on a bed of fresh milky stracciatella, served on a toasted sourdough and drizzled with caramelised balsamic

cold bar

premium sydney rock oyster 7.5 each gf 🌶️

freshly shucked to order, served with moscato-tobasco mignonette

truffle steak tartare 42 df gf 🌶️

coarsely minced premium tenderloin, shallots, capers, pickles, dijon and grain mustard, lemon juice, worcestershire, tabasco, truffle mix, chives, fried leek, served with raw egg yolk, shaved truffle, and truffle chips

stracciatella di vacca with saffron poached pear 32 v gf ca cn 🌶️

hand torn long strips of stretched mozzarella curd in a rich and delicate milky cream, topped with spiced manuka honey, saffron poached pear, finished with crumbed hazelnut, pomegranate

salty nibbles

fried haloumi chips 32 v 🌶️

soft and fluffy haloumi fingers lightly coated and fried in thin oil, drenched in manuka honey, harissa chili and garlic sauce, served on a bed of beetroot fetta relish, garnished with pomegranate, fried leek and balsamic glaze, sweet herb chili sauce

dips and olives 26 v

marinated olives served in a hot pot, beetroot and fetta relish, honey brie butter, served with grilled pita bread

hot starters

signature buffalo calamari 29 🌶️

flower cut baby squid lightly dusted with seasoned flour and fried in thin oil served on home made buffalo hot sauce, drizzled with hot honey, finished aleppo pepper, fried leek, fresh lemon and spicy tartare sauce

classic beef and herb meatballs 28 ca

five meatballs braised in red wine and sugo sauce, simmered in a rich homemade napolitana sauce, topped with freshly shaved pecorino, served with warm artisan bagel

short rib ragù hotpot 26 ca 🌶️

slow-cooked beef short rib ragù in red wine and arrabbiata sauce, parmesan, fresh herbs, served with grilled pita bread

signature roasted bone marrow 36 ca

slow-roasted split-bone marrow seasoned with our spice rub, topped with caramelized onion and mushroom sauteed in red wine jus, toasted gremolata crumbs, beef fat chimichurri velouté, served with grilled lemon and sourdough bread

shared entrée

garlic parmesan prawns 46 **ca** 🌶️

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 sourdough bread

hot honey chicken wings 36 🌶️🌶️

eight fried chicken wings coated and seasoned with our signature spice rub, tossed in hot honey and halaby pepper, served with remoulade sauce, honey habanero bbq sauce and blue cheese ranch for dipping

pita panache 34 **ca** 🌶️

pulled short rib beef ragu, bbq beef cubes, purple cabbage coleslaw, beef fat chimichurri veloute, and burnt lemon, served on two pieces of grilled pita bread

sizzling garlic beef skewers | 3 skewers **gf** 34 🌶️

garlic marinated smoked beef cubes served on skewers, brushed with beef fat chimichurri velouté, served on a hot stone

kids' meals

available for children up to 8 years old

fried chicken schnitzel and chips 18

crispy fried chicken schnitzel, served with chips and tomato sauce

kids bolognese pasta 15 **ca**

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



salads and greens

whipped fetta and beetroot greek salad 28 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

broccolini and haloumi salad 32 cn 🌶️

grilled broccolini, asparagus, grilled haloumi, caramelized tomato, salsa verde dressing, shaved pecorino, toasted gremolata crumbs and hazelnuts

rocket and saffron poached pear salad 26 v gf ca cn

rocket leaves and parmesan tossed in white balsamic vinaigrette, topped with shaved pecorino romano cheese and crumbed pistachio, crowned with our home-made saffron poached pear

caesar salad 28 🌶️

cos lettuce tossed in creamy pickle mayo, topped with toasted gremolata crumbs, quail eggs, beef bacon, anchovies, and pecorino

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



pasta series

spicy vodka beef ragout 42 ca 🌶️🌶️

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 stracciatella 38 ca

home-made premium ground beef, slow-cooked in our rich napolitana sauce tossed with linguine pasta and served with a fresh stracciatella on top

truffle gorgonzola tortellini 44 v ca

roasted butternut pumpkin and sage tortellini, tossed in creamy gorgonzola and truffle sauce, deglazed with white wine and saffron, topped with roasted mushroom, finished with pecorino cheese and shaved truffle

creamy crab linguine 48 ca

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 46 ca 🌶️

pan fried king prawns and cherry tomatoes cooked with prawn head oil, fresh chili, confit garlic, deglazed in champagne, finished with butter, cream and parmesan, served with fresh herbs

chicken pesto rigatoni 41 ca cn

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

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



house-made smoked burgers

all burgers are made with our signature milk pretzel bun, smoked with hickory and served in a glass dome to your table for the ultimate burger experience; 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. all burgers are served with steakhouse chips with our garlic and rosemary seasoning

fork and knife buffalo blue-cheese burger 38 ca 🌶️
250gm wagyu beef patty, melted provolone cheese both inside and out, coleslaw, blue cheese ranch, served in a toasted glazed milk pretzel bun with the bottom bun soaked in buffalo hot sauce and red wine jus

primal smoked burger 38 🌶️
250gm beef patty, grilled portabella mushroom and capsicum, caramelised onion, melted provolone cheese, signature burger sauce, spicy bbq, served in a toasted glazed milk pretzel bun

drunken bacon burger 38 ca 🌶️
250gm dry-aged and wagyu patty glazed in red wine jus, grilled spiced honey beef bacon, cos lettuce, tomato, provolone cheese, and remoulade sauce

burger extras | extra patty 12 | gluten free bun 4 | grilled beef bacon 7 | extra cheese 5

grilled and baked

crispy skin humpty doo barramundi 52 gf

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

pecorino wasabi glacier 51 toothfish 78 gf 🌶️

150gm toothfish marinated with pecorino, kibbled pepper and a hint of wasabi, served with warm tomato salsa with leek and capers, steamed asparagus, hollandaise sauce, salsa verde, and burnt lemon

sous vide beef short rib 68 gf 🌶️

450gm beef short rib cooked 48 hours, basted in our signature spicy habanero bbq sauce, served on a bed of mascarpone parmesan potato puree and roasted dutch carrots, finished with red wine jus and chives

steak and rib platter 174 🌶️

300gm grilled scotch fillet and 450gm sous vide beef short rib cooked 48 hours basted in our signature spicy habanero bbq sauce, served with a basket of chips, grilled broccolini, sweet corn ribs

all you can eat steak and ribs 119 pp | available monday to thursday
devour on unlimited sirloin steaks and beef short ribs, comes with
bottomless steakhouse chips, garden salad and mushroom sauce
this offer is available only if all patrons at the table order it

buffalo baked chicken 42 gf 🌶️

half chicken marinated in our signature cream cheese and blended herb marinade, cooked sous vide and then grilled to perfection, basted with harissa garlic butter, served with potato puree, sweet corn ribs, house made buffalo butter sauce, fried leek, and grilled lemon

mushroom shakshuka 38 vg df gf cn

grilled portabella mushrooms on a bed of arrabiatta sauce cooked with chargrilled capsicum and olives, served with grilled broccolini and pistachio crumbs

premium signature steaks

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

scotch fillet 300 gm 69

british breeds | 150 days grain fed | southern grain | dandenong, victoria

eye fillet 250 gm 78

angus & hareford | 100% grass fed | marble score 4+ | southern ranges-sr4 | gippsland region, victoria

sirloin 300 gm 56

british breeds | 150 days grain fed | southern grain | dandenong, victoria

t-bone | 500 gm 84

british breeds | 100% grass fed | southern ranges-sr+ | gippsland region, victoria

bone in porterhouse 600 gm 94

british breeds | 100% grass fed | southern ranges-sr+ | gippsland region, victoria

dry aged rib eye on the bone 800 gm 159 | carved tableside
black angus | 100% grass fed | msa | josdale | victorian pastures

tomahawk steak 1.4kg 199 | carved tableside

angus & hareford | 100% grass fed | marble score 2+ | southern ranges-sr2 | gippsland region, victoria

bistecca | 1 kg t-bone 168 | carved tableside

british breeds | 100% grass fed | southern ranges-sr+ | gippsland region, victoria

eye fillet butter steak 1kg 299 | carved tableside

angus & hareford | 100% grass fed | marble score 4+ | southern ranges-sr4 | gippsland region, victoria

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.

premium wagyu range

black opal | fl wagyu breed | 380 days grain fed | victoria and tasmanian pastures

mb9 wagyu eye fillet 250 gm 179

mb7 wagyu sirloin 300gm 97

mb9 wagyu sirloin 300gm 149

mb9 wagyu rump 300gm 76

***add a hot stone to any of your steak 8**



sides and vegetables

steakhouse chips 12 v | garlic and rosemary seasoning

truffle parmesan steakhouse chips 28 v

loaded fries 22 ca | loaded chips with veal jus, beef bolognaise sauce, pecorino

baked potatoes 20 vg gf df | garlic and rosemary

cheese crusted triple baked potato puree 18 v gf | mascarpone, parmesan, egg yolk

roasted dutch carrots 20 v gf cn | harissa and garlic manuka honey, spiced dukkha

grilled sweet corn ribs 22 v gf | butter and smoked paprika, pecorino, remoulade sauce

chargrilled broccolini 20 v | whipped fetta and beetroot relish, toasted gremolata crumb, fried leek

steamed asparagus 24 gf | beef bacon, quail egg, hollandaise sauce, halaby pepper

garlic and thyme portabella mushrooms 20 ca | mushroom sauce, pecorino

surf 'n' turf 20 gf | four chargrilled prawns, hollandaise sauce on the side

garden salad 16 vg gf df | lettuce, tomato, onion, cucumber, lemon vinaigrette

sauces and condiments

spicy green peppercorn sauce 6 ca 🌶️🌶️

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

mushroom sauce 6 ca

a classic steak sauce made freshly in-house with blended mushroom and our red wine jus to give a thick, creamy and buttery richness.

veal jus 6 gf df ca

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

blue cheese ranch 6

a creamy, tangy sauce with blue cheese, herbs, spices and grain mustard.

sweet herb chili sauce 6 df 🌶️

a fresh twist on classic sweet chili sauce, infused with aromatic herbs and spices for an extra layer of flavor, balancing sweetness and heat perfectly.

beef fat chimichurri veloute 6 df gf 🌶️

an uncooked blended sauce made of fresh and dried herbs, lots of lemon, garlic, olive oil and beef fat, a refreshing condiment to any steak.

buffalo hot sauce 6 v gf 🌶️🌶️

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.

smoked honey habanero bbq 6 v gf df 🌶️🌶️

home-made smoked bbq sauce made with a secret blend of ingredients infused with our signature spices, habanero sauce and honey.

hollandaise sauce 6 v gf

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

remoulade sauce 6 v gf 🌶️

a tangy mayo and mustard-based sauce with zesty hints of pickles and capers.

garlic harissa butter 6 v gf 🌶️

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

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

cigar bar

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

montcristo 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.



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