

# ELER ENTS

PEOPLE - PASSION - PALAN



Quality ingredients, cooked to perfection — It's this simple mantra that sums up everything our kitchen believes 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 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

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**

Pyrmont | Walsh Bay | Haberfield

## cheese, crust & churned

#### chili marinated olives 19 gf v

roasted garlic | rosemary | fresh chili | chili oil crumbed fetta | halaby pepper | grilled lemon + add grilled sourdough 6

#### confit garlic ciabatta slices 26 v

four pieces ciabatta slices garlic parsley butter | pecorino | confit garlic + add extra piece garlic bread 6

#### toast and tallow 26 cn

homemade whipped beef tallow and balsamic butter | warm challah bread | chives sea salt | spiced dukkha | hot honey | olive oil and balsamic | beetroot mousse | fetta serves 2 to 3 people | + add extra challah bread 7

#### caramelised tomato and olives bruschetta 26

slow roasted heirloom cherry tomatoes | marinated olives onions | confit garlic | pesto lemon vinaigrette | white anchovies caramelised balsamic | toasted sourdough | micro herbs + add extra piece bruschetta 18 | + add fresh burrata 8ea

#### fried burrata in spicy vodka sauce 34 ca

fried crumbed burrata | creamy vodka sauce | chili butter oil pecorino | hazelnuts | chives | fried sage | garlic bread

#### fried haloumi slab 32 v

chili manuka honey | beetroot fetta relish pomegranate | fried leek | balsamic glaze

#### grilled sweet corn ribs 24 v

butter and smoked paprika | pecorino | fried jalapeno | parsley aleppo pepper | remoulade sauce | truffle aioli | herb oil



#### premium sydney rock oyster gf ca

7.5 each | minimum three pieces / freshly shucked | moscato-tabasco mignonette

#### broiled herb butter escargot 28

baked snails in shells | garlic herb butter parmesan | grilled lemon | warm challah

#### crispy calamari 32

fried baby squid | chili | jalapeno | fried sage | rosemary aleppo pepper | lemon | fried leek | parsley | spicy tartare sauce

#### garlic and rosso king prawns 36

five pan fried king prawns | garlic harissa butter | chili oil | confit garlic vodka rosso | chili | smoked paprika | leek | grilled lemon | fried sage | grilled bread

### butcher's bites

#### marrow steak tartare 44

coarsely minced tenderloin | roasted bone marrow | shallots | capers | pickles | chives quail egg yolk | signature truffle tartare sauce | fried leek | tobiko | potato crisps

#### beef and herb meatballs 28

five meatballs | sugo sauce | shaved pecorino | fried sage | frilled bread

#### tallow glazed beef and cheese empanada 28 ca

two large empanadas | slow cooked premium beef | cheese toasted sesame seeds | beetroot relish | chimichurri

#### signature roasted bone marrow 36 ca

slow-roasted split-bone marrow | spice rub | herb crust caramelized onion and mushroom ragout | chimichurri velouté grilled lemon | warm challah + add extra piece bone marrow 15

#### hat honey chicken wings 36

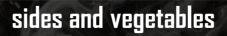
eight fried chicken wings | signature spice rub | hot honey | halaby pepper toasted sesame seeds | remoulade sauce | honey habanero bbg sauce | blue cheese ranch

#### buffalo beef skewers 34 gf | three skewers

spiced garlic smoked beef skewers | buffalo butter sauce chimichurri velouté | fried jalapeno | micro herbs + add extra skewer 10







steakhouse chips v 9 sml | 16 lrg garlic and rosemary seasoning

russet baked potatoes 22 sml | 29 lrg tobiko butter cream sauce | herb oil | fried sage

truffle parmesan steakhouse chips v 28 sml | 42 lrg truffle mix | shaved truffle | truffle aioli | truffle oil

loaded fries ca 24 sml | 38 lrg veal jus | beef bolognaise | pecorino

signature marrow pom puree gf 19 sml | 26 lrg rendered beef fat potato puree | roasted bone marrow confit garlic | red wine jus | herb sea salt | chives

roasted dutch carrots v gf cn 22 sml | 33 lrg garlic harissa manuka honey | crumbed fetta | toasted sesame | dukkha

arilled sweet corn ribs v 24 sml | 36 lrg

butter and smoked paprika | pecorino | fried jalapeno | parsley aleppo pepper | remoulade sauce | truffle aioli | herb oil

chargrilled broccolini v 22 sml | 33 lrg whipped fetta and beetroot relish | toasted gremolata crumb | fried leek

reef and range forbidden fried rice v 29 sml | 48 lrg black ebano rice | beef ragu | blue swimmer crab | confit garlic | leek | mushroom | asparagus | chili | chives | red wine jus | tobiko | fresh herbs

steamed asparagus gf 24 sml | 36 lrg / beef bacon | quail egg | hollandaise sauce | halaby pepper

garlic and thyme portabella mushrooms v 22 sml | 33 lrg mushroom sauce | truffle oil | pecorino | chives

> surf 'n' turf 20 gf four chargrilled prawns | hollandaise sauce

## kids' meals

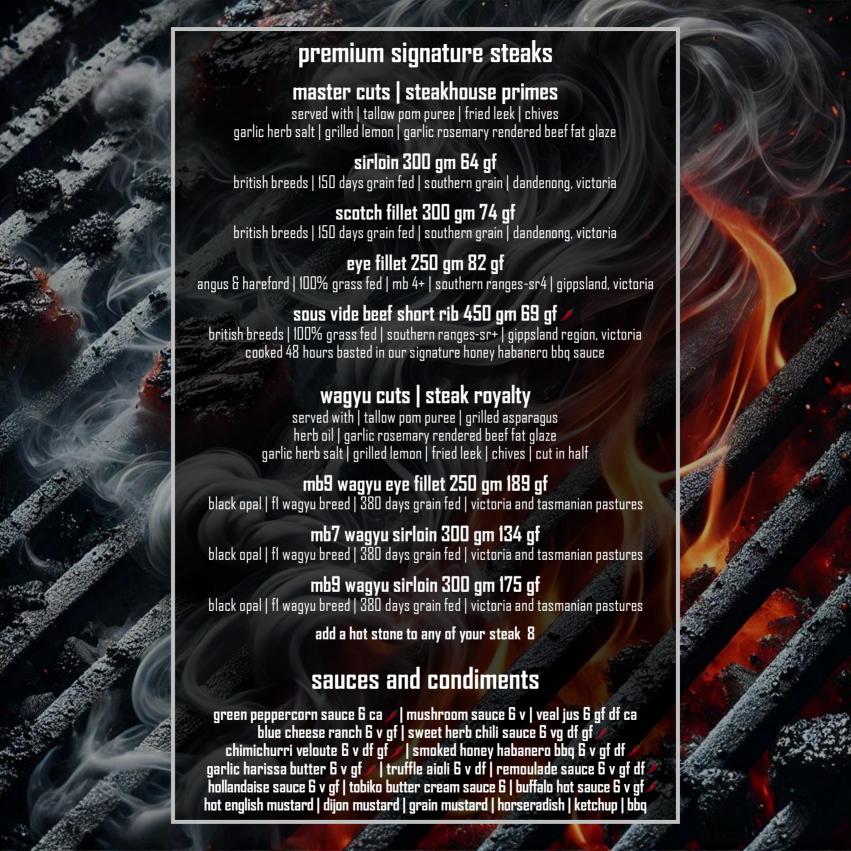
8 years and younger

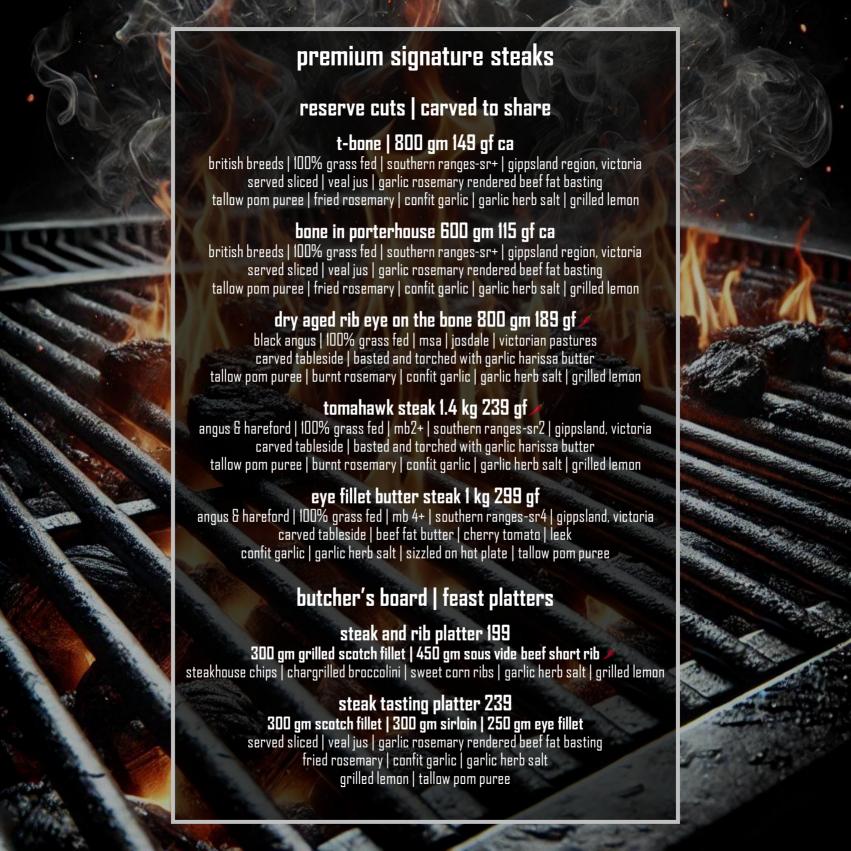
fried chicken bites and chips 15 crispy fried chicken pops | steakhouse chips | tomato ketchup

kids bolognese pasta 15

beef bolognese sauce | rigatoni pasta | parmesan

kids' vanilla ice cream one scoop 4 | two scoops 7 add toppings - chocolate sauce +2 | 100s and 1000s +2





#### cigar bar cohiba shorts 1 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. \*only available at pyrmont



