



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 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

Pymont | 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

ocean nibbles

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

hot honey chicken wings 36 🌶️

eight fried chicken wings | signature spice rub | hot honey | halaby pepper
toasted sesame seeds | remoulade sauce | honey habanero bbq 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

pasta series

spicy vodka beef ragout with roasted bone marrow ca 
48 individual | 94 to share

chili | confit garlic | beef short rib ragout | creamy arrabbiata | vodka
black mafalda | pecorino | chili butter oil | roasted bone marrow | micro herbs

ragù alla bolognese with burrata
38 individual | 74 to share

signature 12-hour beef ragù | red wine | napolitana sauce
linguine | fresh burrata | fried sage

creamy crab linguine ca 
52 individual | 102 to share

blue swimmer crab meat | confit garlic | vodka
asparagus | creamy salsa rosa | tobiko | micro herbs

squid ink mafalda with spicy prawns 
46 individual | 90 to share

pan fried king prawns | cherry tomatoes | chili | confit garlic
champagne | butter cream sauce | pecorino | micro herbs

truffle pesto chicken rigatoni cn
46 individual | 90 to share

pan fried chicken | portobello mushrooms | creamy basil pesto | truffle mix
white wine | pecorino romano | shaved truffle | truffle oil | fried sage

add | gluten free pasta 5 | four grilled prawns 14

signature burgers

fork and knife buffalo cheeseburger 38 ca | double stack +12 

250gm wagyu beef patty | melted provolone cheese | lettuce
tomato | jalapeno | mushroom and onion jam | blue cheese ranch
buffalo hot sauce | veal jus | pretzel milk bun | steakhouse chips

philly cheese stack burger 38

250gm wagyu beef patty | slow cooked philly beef cheese
chargrilled capsicum | onion | mushroom | leek | provolone
truffle aioli | spicy aioli | pretzel milk bun | steakhouse chips

smoked bacon burger 38 | double stack +12 

250gm wagyu beef patty | candied beef bacon | lettuce | tomato | provolone cheese
remoulade sauce | honey habanero sauce | pretzel milk bun | steakhouse chips

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 | grilled broccolini | slow roasted cherry tomatoes | saffron and olive oil emulsion soup | burnt lemon | fresh herbs

butter poached glacier 51 toothfish 78

grilled asparagus | roasted carrots | leek | tomato tobiko butter cream sauce | herb oil | grilled lemon

velvet chicken supreme ca

half 42 | full 79

cream cheese and herb sous-vide chicken | grilled to order
garlic harissa butter basting | tallow pom puree
dutch baby carrots | veal jus | fried leek | chives | grilled lemon
swap for mushroom sauce +l

herb crusted portobello mushrooms 44 vg df cn

warm broccolini salad | chargrilled capsicum | caramelised cherry tomatoes | rocket
truffle mix | gremolata crumbs | shaved truffle | truffle oil | hazelnuts | fried leek

salads and greens

signature greek salad 28 v gf

creamed fetta and roasted beet | tomato | cucumber | onion | chargrilled capsicum | oregano
marinated olives | crumbed fetta | extra virgin olive oil and lemon vinaigrette | fried leek

broccolini and haloumi salad 32 v cn

chargrilled broccolini | grilled haloumi | caramelised heirloom tomatoes
horseradish vinaigrette | shaved pecorino | chargrilled capsicum
toasted gremolata crumbs | hazelnuts | toasted sesame seeds | aged balsamic

rocket and pear salad 26 v gf cn

rocket | sweet pear | shaved pecorino romano
white balsamic vinaigrette | crumbed pistachio

caesar salad 28 🌶️

cos lettuce | truffle caesar dressing | toasted | gremolata crumbs
quail eggs | beef bacon | white anchovies | pecorino

burrata caprese salad 29 v gf

heirloom cherry tomatoes | fresh burrata | chives | salsa verde | aged balsamic | fried sage

grilled lettuce garden salad 28 v gf cn

grilled lettuce | gourmet tomatoes | onion | cucumber
shaved parmesan | pistachio | lemon vinaigrette | truffle mayo

add extra | four grilled prawns l4 | grilled chicken pieces l2

sides and vegetables

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

grilled 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

premium signature steaks

master cuts | steakhouse primes

served with | tallow pom puree | fried leek | chives
garlic herb salt | grilled lemon | garlic rosemary rendered beef fat glaze

sirloin 300 gm 64 gf

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

scotch fillet 300 gm 74 gf

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

eye fillet 250 gm 82 gf

angus & hereford | 100% grass fed | mb 4+ | southern ranges-sr4 | gippsland, victoria

sous vide beef short rib 450 gm 69 gf

british breeds | 100% grass fed | southern ranges-sr+ | gippsland region, victoria
cooked 48 hours basted in our signature honey habanero bbq sauce

wagyu cuts | steak royalty

served with | tallow pom puree | grilled asparagus
herb oil | garlic rosemary rendered beef fat glaze
garlic herb salt | grilled lemon | fried leek | chives | cut in half

mb9 wagyu eye fillet 250 gm 189 gf

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

mb7 wagyu sirloin 300 gm 134 gf

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

mb9 wagyu sirloin 300 gm 175 gf

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

add a hot stone to any of your steak 8

sauces and condiments

green peppercorn sauce 6 ca | mushroom sauce 6 v | veal jus 6 gf df ca
blue cheese ranch 6 v gf | sweet herb chili sauce 6 vg df gf
chimichurri veloute 6 v df gf | smoked honey habanero bbq 6 v gf df
garlic harissa butter 6 v gf | truffle aioli 6 v df | remoulade sauce 6 v gf df
hollandaise sauce 6 v gf | tobiko butter cream sauce 6 | buffalo hot sauce 6 v gf
hot english mustard | dijon mustard | grain mustard | horseradish | ketchup | bbq

premium signature steaks

reserve cuts | carved to share

t-bone | 800 gm 149 gf ca

british breeds | 100% grass fed | southern ranges-sr+ | gippsland region, victoria
served sliced | veal jus | garlic rosemary rendered beef fat basting
tallow pom puree | fried rosemary | confit garlic | garlic herb salt | grilled lemon

bone in porterhouse 600 gm 115 gf ca

british breeds | 100% grass fed | southern ranges-sr+ | gippsland region, victoria
served sliced | veal jus | garlic rosemary rendered beef fat basting
tallow pom puree | fried rosemary | confit garlic | garlic herb salt | grilled lemon

dry aged rib eye on the bone 800 gm 189 gf

black angus | 100% grass fed | msa | josdale | victorian pastures
carved tableside | basted and torched with garlic harissa butter
tallow pom puree | burnt rosemary | confit garlic | garlic herb salt | grilled lemon

tomahawk steak 1.4 kg 239 gf

angus & hereford | 100% grass fed | mb2+ | southern ranges-sr2 | gippsland, victoria
carved tableside | basted and torched with garlic harissa butter
tallow pom puree | burnt rosemary | confit garlic | garlic herb salt | grilled lemon

eye fillet butter steak 1 kg 299 gf

angus & hereford | 100% grass fed | mb 4+ | southern ranges-sr4 | gippsland, victoria
carved tableside | beef fat butter | cherry tomato | leek
confit garlic | garlic herb salt | sizzled on hot plate | tallow pom puree

butcher's board | feast platters

steak and rib platter 199

300 gm grilled scotch fillet | 450 gm sous vide beef short rib
steakhouse chips | chargrilled broccolini | sweet corn ribs | garlic herb salt | grilled lemon

steak tasting platter 239

300 gm scotch fillet | 300 gm sirloin | 250 gm eye fillet
served sliced | veal jus | garlic rosemary rendered beef fat basting
fried rosemary | confit garlic | garlic herb salt
grilled lemon | tallow pom puree

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

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

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ESTD 2018 **MASTERS OF STEAK** ELEMENTS
PURVEYORS OF FLAVOUR

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