



ELEMENTS
ESTD 2018 * * *
PEOPLE · PASSION · PALATE

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

ELEMENTS
ESTD 2018 ***

ELEMENTS BAR AND GRILL

Pymont | Walsh Bay | Haberfield

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 | CS- Contains Sesame

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

cheese, crust & churned

chilli marinated olives 19 gf v 🌶️ | add three sourdough soldier toast and dukkha +6
roasted garlic | rosemary | fresh chilli | chilli oil
crumbed fetta | halaby pepper | grilled lemon

confit garlic ciabatta slices 27 v | add extra piece garlic bread +6ea
four pieces ciabatta slices | garlic parsley butter | pecorino | confit garlic

toast and tallow 19 🌶️ | add extra challah bread +5ea
salt bush beef tallow butter | spicy beef nduja | manuka hot honey
chives | sea salt | warm challah bread

stracciatella and heirloom tomato bruschetta 27 v cn
heirloom tomatoes | confit garlic | stracciatella | genovese basil and pine nuts pesto
extra virgin olive oil | aged balsamic | toasted charcoal sourdough | micro herbs

fried burrata in spicy vodka sauce 34 v cn 🌶️
fried crumbed burrata | creamy vodka sauce | chilli butter oil | crispy nero rice
pecorino | hazelnuts | chives | fried sage | sourdough soldier toast and dukkha

fried haloumi slab 32 v cn 🌶️
chilli manuka honey | beetroot fetta relish | pistachio crumb
fried leek | caramelized balsamic

freshly shucked oysters

sydney rock oyster df gf | 8 each | minimum three pieces

yuzu kosho tabasco mignonette | fresh lemon

oyster crudo df | 12 each | minimum three pieces

freshly shucked sydney rock oysters | finger lime and tobiko caviar
yuzu kosho tabasco mignonette | fresh lemon

grilled oyster | 12 each | minimum three pieces

freshly shucked sydney rock oysters | tobiko | calabrian chilli nduja
herb butter emulsion | chives | pecorino | grilled lemon

ocean nibbles

broiled herb butter escargot 29

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

chilli lime fried octopus 32 df

fried octopus tentacles | chilli | garlic shoot | aleppo pepper | pumpkin velouté
grilled lemon | fried leek | parsley | squid ink and finger lime aioli

garlic and rosso king prawns 38 | add extra prawn +7ea

five grilled whole king prawns | nduja butter | chilli butter oil | confit garlic | vodka rosso
fried chilli | grilled lemon | fried sage | sourdough soldier toast and dukkha

crab cake 32

tobiko & tarragon beurre monté | evoo | young garlic scapes | shishito peppers
chives | micro herbs | squid ink and finger lime aioli | lime caviar

butcher's bites

marrow steak tartare 44 df

coarsely minced tenderloin | roasted bone marrow | shallots | capers | pickles | quail egg yolk
signature truffle tartare crème | fried leek | tobiko | chives | sourdough soldier toast and dukkha

beef and parmesan cigars 28 | three cigars | add extra beef cigar +8ea

italian beef and parmesan mix wrapped and fried in crispy pastry
sugo sauce | shaved pecorino | fried sage | chives

salteña wagyu empanada 28 🌶️ | two empanadas | add extra empanada +12ea

braised wagyu beef brisket | gouda cheese | jammy yolk egg
beetroot relish | bush herb chimichurri verde | chives

signature roasted bone marrow 36 ca | add extra bone marrow + 15ea

slow-roasted split-bone marrow | blue miso onion marmalade | roasted garlic
finger lime | grilled lemon | beef fat glazed challah bread

hot honey stuffed chicken wings 36 🌶️

three crispy deboned chicken wings | stuffed with prawn, crab and scallop mousse
chilli garlic manuka honey | halaby pepper | forbidden puffed rice | chilli butter oil
charred habanero and smoked honey bbq | smashed cucumber and garlic scape salad

chimichurri churrasco 28 🌶️

brazilian spiced garlic smoked beef churrasco | bush herb chimichurri verde
rocket, fennel, kamut and radicchio salad | yuzu lime vinaigrette | gremolata herb crumbs

beef ragu hot pot 26 ca

braised beef short rib ragu | confit garlic | creamy pomodoro sauce
parmesan | pecorino | sourdough soldier toast and dukkha

salads and greens

chef's signature market salad 28 v

whipped fetta and roasted beet | heirloom tomatoes | smashed cucumber | blistered shishito peppers
oregano | spanish onion | marinated olives | crumbed fetta | gremolata herb crumbs
fried leek | extra virgin olive oil and lemon vinaigrette

ruby orchard rocket salad 28 v gf cn

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

charred octopus and fennel salad 32 gf

radicchio | garlic scape | marinated olives | heirloom tomato | grapefruit
finger lime | evoo | forbidden puffed rice | lime vinaigrette

burrata and ancient grain fregola salad 29 v cn

heirloom tomatoes | garlic scape | kamut | chives | fried sage
genovese basil and pine nuts pesto | aged balsamic

bitter leaf and citrus salad 26 v gf cn

radicchio | heirloom tomatoes | smashed cucumber | spanish onion
yuzu lime vinaigrette | pecorino | hazelnut | dukkha

kids' meals | 8 years and younger

chicken bites and chips 18

fregola napolitana 15

vanilla ice cream | one scoop 4 | two scoops 7

add toppings - chocolate sauce +2 | 100s and 1000s +2

pasta series

beef short rib ragout and duck ravioli cn | 54 individual | 99 to share 🌶️

confit garlic | shallots | calabrian chilli sausage in classic pomodoro | hazelnut | pecorino | micro herbs

pan fried wagyu lasagna cn | 46 individual | 90 to share

signature 12-hour wagyu ragù lasagna | sliced and pan-fried | classic vodka sauce
beef fat butter | basil and pine nuts pesto | pecorino | fried sage

squid ink fregola with nduja prawns | 52 individual | 98 to share 🌶️

grilled whole king prawns | diced octopus | fregola sarda | shallots | chilli | confit garlic
champagne butter nero sauce | parmesan | nduja butter | caviar lime | micro herbs | chilli butter oil

truffle pesto gnocchi with burrata cn v | 46 individual | 90 to share

ricotta gnocchi | creamy basil pesto | shallots | white wine
pecorino romano | shaved truffle | truffle oil | fried sage

creamy crab linguine 59 ca 🌶️

blue swimmer crab meat | squid ink linguine | confit garlic | white wine reduction
shallots | garlic scape | creamy salsa rosa | tobiko | chilli butter oil | chives

++ upgrade to tableside lobster experience

creamy lobster and crab linguine 259 ca | served tableside 🌶️

creamy crab linguine with western australian lobster 600gm | gremolata crumbs | grappa flambé

gluten free pasta +5

grilled and baked

smoked miso noir burger 42 ca | add small basket of chips +7

300gm signature patty with a mix of premium beef, lamb and duck mince | provolone cheese
cucumber pickles | miso gorgonzola caramelized onion | black garlic and finger lime aioli | gf bun +2ea

velvet chicken supreme 48 ca

cream cheese and herb sous-vide chicken | grilled to order | harissa and beef tallow basting | portobello mushroom
pumpkin and chestnut cream | fregola and ancient grains | veal jus | micro herbs | grilled lemon

old bay crispy skin humpty doo barramundi 56

pan seared fresh barramundi fillet 220gm with old bay seasoning
fennel, young garlic scape and grapefruit salad | tobiko & tarragon beurre monté
puffed black rice | chargrilled asparagus | evoo | grilled lemon | fried leek

butter poached lobster 229

western australian whole lobster 600gm | chargrilled broccolini | pumpkin and chestnut cream
spring garlic | gremolata crumbs | herb butter emulsion | grilled lemon | chilli butter oil | micro herbs

herb crusted mushrooms with gnocchi fritto 44 v cn | vegan option available

fried ricotta gnocchi | shallots | spring garlic | confit garlic blanc | pumpkin and chestnut mousseline
gremolata herb crusted portobello mushrooms | hazelnut | fried sage | fried leek

steak and rib platter 189 | mb2 300gm sirloin | 450gm sous vide beef short rib

garlic rosemary rendered beef fat basting | garlic herb salt | grilled lemon
tallow pom puree | chargrilled broccolini | honey roasted dutch carrots

steak tasting platter 234 gf

mb2 sirloin 300gm | mb9 wagyu skirt 250gm | mb4 eye fillet 250gm
garlic rosemary rendered beef fat basting | garlic herb salt | grilled lemon
fried rosemary | roasted garlic | garlic herb salt | tallow pom puree

signature master cuts

served with | tallow pom puree | garlic rosemary rendered beef fat basting | garlic herb salt | grilled lemon

mb2 sirloin 300gm 68 gf

british breeds | 150 days grain fed | southern grain-sr2 | dandenong, victoria

mb9 wagyu sirloin 300gm 199 gf

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

japanese a5 ~ mb9++ wagyu sirloin 200gm 259 gf

kagoshima | japanese black full blood wagyu breed | 600 days grain fed | kagoshima prefecture, kyushu, japan

mb7 wagyu scotch fillet 400gm 199 gf | served sliced

sir harry wagyu | pure breed australian wagyu | 430 days citrus fed | elbow valley | southern queensland

mb4 eye fillet 250gm 89 gf

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

mb9 wagyu eye fillet 250gm 199 gf

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

mb9 wagyu skirt steak 250gm 78 gf

full blood australian wagyu | hancock 2gr | 400 days grain fed | northern new south wales

sous vide beef short rib 450gm 72 gf

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

cooked 48 hours | basted with charred habanero and smoked honey bbq

add a hot stone to any of your steaks 8

all steaks are subject to supply and seasonal availability to ensure we serve only the finest quality cuts. in the event a selected item is unavailable, it may be substituted with a similar or superior cut of equal or greater quality.

reserve prime cuts

served with | tallow pom puree | garlic rosemary rendered beef fat basting
fried rosemary | slow roasted garlic | garlic herb salt | grilled lemon

mb2 t-bone 800gm 164 gf ca

british breeds | 100% grass fed | southern ranges-sr2 | gippsland region, victoria
served sliced with roasted shallot and burgundy bone jus

mb2 bone in porterhouse 600gm 124 gf ca

british breeds | 100% grass fed | southern ranges | gippsland region, victoria
served sliced with roasted shallot and burgundy bone jus

dry aged rib eye on the bone 800gm 199 gf | carved tableside

european breed | 100% grass fed | msa | rgn | tasmanian pastures, tasmania
basted and torched with nduja beef fat butter

mb2 tomahawk steak 1.5 kg 279 gf | carved tableside

angus & hereford | 100% grass fed | southern ranges-sr2 | gippsland, victoria
basted and torched with nduja beef fat butter

mb9 wagyu tomahawk gf | 1.6kg 499 | 2kg 599 | carved tableside | pre-order only

black opal | fl wagyu breed | 380 days grain fed | victoria and tasmanian pastures
basted and torched with nduja beef fat butter

eye fillet butter steak 1 kg 349 gf | carved tableside

angus & hereford | 100% grass fed | mb 4+ | southern ranges-sr4 | gippsland, victoria
finished tableside in nduja beef fat butter on a sizzling hot plate

mb9 salt baked wagyu eye fillet 500gm 399 gf | cracked and carved tableside | pre-order only

black opal | fl wagyu breed | 380 days grain fed | victoria and tasmanian pastures
oven-baked in a sealed salt crust, revealed, cracked and carved tableside.
basted and torched with nduja beef fat butter

sides and vegetables

steakhouse chips v 9 sml | 16 lrg

garlic and rosemary seasoning

crispy nduja baby potatoes 22 sml | 32 lrg

tobiko & tarragon beurre monté | dukkha | fried rosemary

truffle parmesan steakhouse chips v 28 sml | 46 lrg

truffle mix | shaved truffle | black truffle and roasted garlic creme

marrow pom puree gf df ca 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 22 sml | 33 lrg

garlic harissa manuka honey | crumbed fetta | dukkha

grilled sweet corn ribs v 24 sml | 36 lrg

butter and smoked paprika corn ribs | pecorino | parsley
aleppo pepper | bush herb chimichurri verde | black truffle and roasted garlic creme

chargrilled broccolini v 22 sml | 33 lrg

whipped fetta and beetroot relish | toasted gremolata crumb | fried leek

steamed asparagus cn 24 sml | 36 lrg

tobiko & tarragon beurre monté | halaby pepper | hazelnut | forbidden puffed rice

garlic and thyme portabella mushrooms v 22 sml | 33 lrg

truffle mushroom cream | truffle oil | pecorino | chives

surf 'n' turf

served with truffle and roasted champignon mushroom cream

broiled whole lobster | 600gm | western australia 199

two whole chargrilled octopus tentacles 18


two grilled tiger prawns 18

surf 'n' turf royale 219

western australian whole lobster 600gm and octopus | panfried in nduja butter
garlic scapes | confit garlic | chives | tobiko & tarragon beurre monté

sauces and condiments

truffle and roasted champignon mushroom cream 6 v

native peppercorn and green peppercorn sauce 8 ca gf 

roasted shallot and burgundy bone jus 8 gf df ca


bush herb chimichurri verde 6 v df gf 

tobiko & tarragon beurre monté 6

charred habanero and smoked honey bbq 6 v gf df 

truffle and roasted garlic crème 6 v df

black garlic, squid ink and finger lime aioli 6 df

chilli cured beef nduja 6 gf df 

whipped fetta and beetroot relish 6 v gf

genovese basil and pine nuts pesto 7 v gf cn

cigar bar

cohiba shorts | 21

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 | 77

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 | 95

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 | 115

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 | 165

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 | 189

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