



Firsts & Small Plates

Soup du Jour

Cup-6 Bowl- 8

Classic Wedge Salad - Iceberg lettuce with Cucumbers, Tomatoes, Red Onion, Bacon, House Made Bleu Cheese Dressing **11**

***Sherman's Caesar Salad** - Polenta Croutons, Olive Tapenade (*gf*) **11**

Petite 7

Element House Salad - Romaine, Iceberg & Spinach, Pickled Beets, Onions, Cucumber, Chickpeas, Tomato, Parmesan Black Pepper Dressing (*gf*) **11**

Petite 7

Cheese Plate - Our Selection of Three Cheeses with Crackers & Fruit **12**

Roasted Butternut and Burrata(*na*)- Warm Burrata Cheese, with Greens, Butternut Squash, Dried Cranberries, Walnuts and Balsamic Drizzle **12**

Element Wings - Choose between our Buffalo or Garlic Parmesan Wings. Served with House Bleu Cheese or Ranch Dressing **12**

Pork Carnitas Nachos (*gf*) - Homemade Carnitas, Refried Black Beans, Queso, Pico de Gallo, Sour Cream, and Guacamole **14**

Coconut Chili Calamari ** - Hand Cut, Flash Fried **15**
Tossed with our own Coconut Chili Sauce

PEI Mussels Classic - White Wine, Garlic, Sauteed Onions, Butter (*gf*) **14**

Kung Pao Veggies (*na*)- Flash Fried Cauliflower, Carrots and Celery with our own Kung Pao Sweet & Spicy Sauce and Peanuts **12**

gf- gluten free, na -contains nuts

These items are cooked to desired temperatures. See Health WarningConsuming raw or undercooked meats, poultry, seafood shellfish or eggs may increase your risk of food borne illness

317 E. Main Street, Front Royal, VA 22630- 540-636-1695

element

Entrees

Pinocchio's Finnochio Chicken -

Angel Hair Pasta, Sliced Chicken Breast,
Fennel, Capers, Sundried Tomatoes, Onions, Spinach,
Parmesan Cheese, and Orange Cream Sauce

22

Pan Roasted Bone-In Chicken (gf)- with Sautéed

Spinach, Mashed Potatoes and Au Jus
~This entrée has a longer roasting time~

22

****Blackened Pork Tenderloin (gf)-** Mignonettes
of Pork, Mango Chutney with Loaded Smashed Potatoes
and Green Beans

25

Biryani Vegan Bowl (gf)- Seasoned Butternut
Squash, Peppers, Carrots, Red Onion, and Sweet Potatoes
Served Over Saffron Basmati with Onion Sweet Potato
Pakora and Raita Drizzle

20

Fish & Chips-

House Batter Fried Cod with our Hand Cut Fries & Tartar
18

Shrimp Udon- Stir Fried Vegetables, and Shrimp,
Tossed with Noodles and our own Udon Sauce

23

****Pipian Rojo Salmon (gf)-** Pan Roasted Salmon,
Red Chile Pumpkin Seed Sauce, Cilantro Lime Rice, and
Cucumber Ginger Salsa

25

****Beef Bistro Tenders-** Smothered in Mushroom
Gravy and served with Lobster Mac n Cheese and Broccoli

30

STEAKS

Seared Filet Mignon - 36
8oz approx.

Grilled Ribeye Steak- 34
16 oz approx.

Grilled N.Y. Strip -26
12 oz approx.

Pan Roasted Sirloin- 22
8oz approx.

STEAK SIDES

Potato Au Gratin- 5

French Fries- 4

Mashed Potatoes- 4

Asparagus- 4

Broccoli- 4

Green Beans-4

Sauteed Mushrooms-3

Sauteed Onions-3

SAUCES

Red Wine Sauce

Hollandaise

Cognac Cream

Chimichurri

gf- gluten free, na -contains nuts

Our Chef creates each dish & accompaniments to complement each other. Therefore, we ask that there are no substitution requests. Such requests may be subject to an additional charge. Thank you for your understanding!

Dinner is Served Tuesday - Saturday from 5pm to 9pm

20% Gratuity Added to Parties of 6 or More

Split Plate Charge \$2.50

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