

ELEMENTS
RESTAURANT

ANTI PASTO

£7.00

Herb Crusted & Pan Fried Mediterranean Sardine
served with Tomato Salsa & Black Olives

Roasted Red Pepper & Vine Tomato Soup
Crème Fraiche & Herbs (V)

Buffalo Mozzarella
Plum Tomatoes & Basil Pesto (V)

San Danielle & Gammon Knuckle Ham
Pickled Dill Cucumber, Wild Rocket &
Capucine Capers

Soft Goats Cheese, Roasted Red Pepper
& Black Olive Tapenade

PASTA

Starter
Main

£8.00

£16.00

Pumpkin & Pecorino Romano Raviolis
Wilted Spinach, Pine Nut & Rocket (V)

Gorgonzola Gnocchi
Paris Mushrooms & Herbs (V)

Glazed Goats Cheese Fettuccini
Broccoli Cream (V)

SALADS

£16.00

Grilled Tuna Steak
Caponata Salad, Rocket & Parmesan

Chicken Caesar
Free Range Breast of Chicken, Romano Cos Lettuce,
Pecorino & Garlic Croutes

SIDE ORDERS

£3.50

Fat Chips
Courgette Fritters
Creamed Potato & White Truffle Mash
Fine Beans with Extra Virgin Olive Oil
Radicchio, Rocket & Parmesan Salad

FISH

£16.00

Pan Fried Fillet of Sea Bass
Herb Risotto & Fennel Cream

Sautéed Wing of South Coast Skate
Crushed New Potatoes, Lemon, Herbs & Capers

Ragout of Seafood
Salmon, King Prawns & Mussels
with Linguini, Cream & Parmesan
(£4.00 Supplement)

MEAT

£16.00

Sautéed Rump Steak (8oz 30 Day Aged Grain Fed)
Hand Cut Fat Chips, Watercress & Sauce Béarnaise
(£6.00 supplement)

Pork Fillet wrapped in Parma Ham
Tender Leek & Potato Mash, Apple, Sage & Aged Balsamic

Grilled Calves Liver & Bacon
Potato Puree & Cipolline Onion Jus

Breast of Sussex Light Chicken
Creamed Potato, Vinaigrette of Spring Vegetables,
Onion Rings & Parmesan

DESSERTS

£7.00

Affogato
Espresso, Dark Chocolate & Vanilla Ice Cream
White Chocolate & Almond Biscotti

Tapioca Panna Cotta
Orange, Honey & Almonds

Flourless Chocolate Cake
Red Cherry Sauce & Crème Fraiche

Tiramisu
Savoardi soaked Biscuits in Espresso Coffee & Marsala
with Chocolate & Mascarpone

Italian & Continental Cheese
Celery, Grapes & Biscuits
(£2.00 supplement)

Dishes may contain nuts or other products that could cause allergic
reactions. Please discuss any concerns with the Food Services
Manager or a member of the Restaurant Team.

A Discretionary 12.5% service charge will be added to all bills.