

## starters

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### Today's Soup

a changing selection, cup \_ 5 bowl \_ 7

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### Elemental Salad

⇨ mesclun greens, house-made croutons, cucumbers, and cherry tomatoes with maple or champagne vinaigrette \_ 5

### Vermont Poutine

hand-cut fries, Vermont cheddar, onion-beer gravy \_ 8

### Mushroom Asiago Strudel

⇨ mushrooms and asiago cheese baked in pastry served with roast red pepper coulis \_ 9

### Calamari Ricardo

🔥 fried calamari tossed with pepperoncini, red peppers, kalamata olives and olive oil; served on mixed greens \_ 9

### Pumpkin and Apple Risotto

⇨ creamy pumpkin risotto studded with gala apples \_ 6

### Wings

🔥 Korean or traditional Buffalo-style chicken wings; jicama sticks  
half dozen \_ 6 dozen \_ 11

### Maple Scallop Buttons

jumbo scallops wrapped in bacon with a maple glaze served with pumpkin and apple risotto \_ 14

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\* Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness, especially if you have certain medical conditions.

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## the light side

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### Today's Not-So-Elemental Salad

⇨ our Elemental salad dressed up for a night on the town \_ 12

### Today's Flatbread

created nightly, your server will fill you in on the details \_ 12

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### Red Curry Mussels

fresh PEI mussels steamed in coconut milk and red curry, served with seaweed salad \_ 12

### Big E's Burger

12 oz of fresh ground beef grilled your way\* topped with lettuce, tomato and onion; served on a homemade roll with Elements fries \_ 13

### Catfish Po' Boy

fried catfish served New Orleans po' boy style on a long roll with Cajun tartar sauce, lettuce and tomato; served with Elements fries \_ 14

### Pulled Pork Sliders

house made pulled pork served on apple cheddar buns topped with barbecue sauce, cilantro slaw; cinnamon Elements fries \_ 13

## side projects

⇨ Elements Fries \_ 3

⇨ Garlic Mashed Potatoes \_ 3

⇨ Today's Fresh Veg \_ 3

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⇨ Look for this symbol for vegetarian dishes...

🔥 and this means spicy!

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## dinners

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### Fish On!

We'll bring you news of today's fish and the chef's preparation....  
market price

### Today's Pasta

... and we'll tell you about today's pasta preparation \_ market price

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### Green Mountain Sirloin

grilled sirloin shoulder tenderloin\*  
with bordelaise sauce; paired with  
bacon, mushroom, blue cheese risotto  
or Elements fries \_ 23

### Chicken Provence

grilled chicken breast stuffed with  
roast red peppers, fontina cheese  
and spinach; served with house made  
gnocchi and today's vege \_ 19

### Maple Roast Pork Loin

served with bourbon mashed sweet  
potatoes and today's vege \_ 18

### "Big Island" Tofu

↪ crispy tofu drizzled with coconut curry  
sauce served with soba noodles dressed  
in a sweet chili sauce topped with  
edamame seaweed salad \_ 19

### Steak and Portabello Asiago

steak tips and portabello mushrooms  
braised in bourbon demi-glace with  
cherry tomatoes and asparagus served  
over fettuccine with asiago cheese \_ 19

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↪ Look for this symbol for vegetarian dishes...

🔥 and this means spicy!

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18% gratuity will be added for parties of 6 or more.

We can not split checks for parties of 6 or more.

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## prix fixe

\$29, \$35 with a paired glass of wine.

### FIRST COURSE (CHOOSE ONE)

Today's Soup

Elemental Salad

### MAIN COURSE (CHOOSE ONE)

Chicken Provence

wine pairing: Riff Pinot Grigio, 2010  
(Dolomites, Italy)

"Big Island" Tofu

wine pairing: Riff Pinot Grigio, 2010  
(Dolomites, Italy)

Steak au Poivre

🔥 grilled bistro steak\* with crushed  
peppercorns, dijon mustard cream  
sauce, and garlic mashed potatoes  
(entrée only \_ 19)

wine pairing: Morse Code Shiraz 2008  
(Padthaway, Australia)

### DESSERT (CHOOSE ONE)

Apple Crisp

Flourless Chocolate Torte

## THINK LOCAL!



We would like to thank our regular  
local farm partners featured on  
Elements' menus.

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Hosts: Kate and Martin Bertolini  
Florence and Keith Chamberlin  
Executive Chef: Eric Kadle

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## dessert, coffee + tea

### Today's Crème Brulée

a changing selection of custard with caramelized sugar crust \_ 7

### Today's Vermont Cheeses

a duo of artisanal Vermont cheeses served with crostini and changing selection of mustards, pickles and fresh fruit \_ 12

### Apple Strudel à la Mode

apples baked in pastry served with vanilla ice cream \_ 7

### Flourless Chocolate Torte

with chocolate ganache and raspberry coulis \_ 7

### Peach Cobbler

peaches baked with biscuit pastry topped with whipped cream \_ 7

### Ice Creams

French vanilla ice cream, chocolate ice cream or lemon sorbet, served with maple biscotti \_ 5

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## COFFEE + TEA

Fresh Brewed Coffee \_ 2

Espresso \_ 2.5 single, 3.25 double

Cappuccino \_ 3.25 single, 4.25 double

Tea Selection \_ 1.5

Hot Chocolate \_ 1.5



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## dessert wines

Boyden Valley Winery

Gold Leaf Maple Dessert Wine

(Vermont) 39 btl (500/ml) \_ 7 gl

## especially spirited

The Macallan, 12 year old Scotch \_ 10

The Glenlivet, 12 year old Scotch \_ 9

Knob Creek Bourbon \_ 9

Woodford Reserve Bourbon \_ 11

Tequila Reservo 1800 Reposado \_ 9

Patron Tequila \_ 11

Don Julio Tequila \_ 11

Vermont Spirits Gold Vodka \_ 10

Harveys Bristol Creme \_ 7

Porto Fiest, 10 years \_ 9

Grand Marnier \_ 9

Hennessy Cognac \_ 8

Courvoisier VSOP Cognac \_ 9

B&B \_ 9

Drambuie \_ 9

Cointreau \_ 9

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**SPARKLING**

Veuve Clicquot Yellow Label  
**Champagne** (France) 76 btl

Perrier Jouet Grand Brut **Champagne**  
(France) 62 btl \_ 32 half btl

Schramsberg Mirabelle Brut  
Methode **Champagne**  
(Napa, California) 26 btl

Jeio Bisol **Prosecco**  
(Veneto, Italy) 24 btl

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**WHITE**  
crisp medium

Lucien Crochet "La Chene"  
**Sancerre** 2008 (France) 56 btl

Riff Alois Lageder **Pinot Grigio** 2010  
(Dolomites, Italy) 26 btl \_ 7 gl

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Aronà **Sauvignon Blanc** 2010  
(Marlboro, New Zealand) 26 btl \_ 7 gl

3 Brooms **Sauvignon Blanc** 2010  
(Marlboro, New Zealand) 31 btl \_ 8 gl

Kung Fu Girl **Riesling** 2010  
(Columbia Valley, Washington)  
26 btl \_ 7 gl

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**full**

Alpha Zeta **Soave** 2010  
(Verona, Italy) 26 btl \_ 7 gl

Tariquet unoaked **Chardonnay** 2010  
(France) 29 btl \_ 7.5 gl

Leese-Fitch **Chardonnay** 2009  
(Sonoma, California) 29 btl \_ 7.5 gl

Smith-Madrone **Chardonnay** 2008  
(Napa Valley, California) 42 btl

Château Ducasse **Bordeaux** 2010  
(Bordeaux, France) 30 btl \_ 7.75 gl

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**ROSE**

Crane Lake **White Zinfandel** 2009  
(California) 19 btl \_ 6 gl

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Chalone **Pinot Noir** 2009 (Monterey,  
California) 31 btl \_ 8 gl

Willamette Valley Vineyards  
**Pinot Noir** 2008  
(Willamette Valley, Oregon) 42 btl

Schug Carneros **Pinot Noir** 2008  
(California) 48 btl

Chemin des Papes **Cote du Rhone**  
2008 (Rhône, France) 26 btl \_ 7 gl

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House of Independent Producers  
"La Bourgeoisie" **Merlot** 2008  
(Columbia Valley, Washington)  
26 btl \_ 7 gl

Matanzas Creek **Merlot** 2006  
(Bennett Valley, California) 45 btl

2 Copas **Malbec/Tempranillo**  
2010 (Mendoza, Argentina)  
26 btl \_ 7 gl

Pennywise **Petite Sirah** 2009  
(Napa, California) 26 btl \_ 7 gl

Yalumba **Shiraz/Viognier** 2009  
(South Australia) 29 btl \_ 7.5 gl

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Las Perdices **Malbec** 2009  
(Mendoza, Argentina) 29 btl \_ 7.5 gl

Morse Code **Shiraz** 2009  
(Padthaway, Australia) 26 btl \_ 7 gl

Powers **Cabernet Sauvignon**  
2008 (Columbia Valley, Washington)  
29 btl \_ 7.5 gl

Leese-Fitch **Cabernet Sauvignon** 2009  
(Sonoma, California) 31 btl \_ 8 gl

Honig **Cabernet Sauvignon** 2008  
(Napa Valley, California) 52 btl

Garard Old-Vine **Zinfandel** 2009  
(Napa Valley, California) 40 btl

**RED**  
lighter

medium

**bold**

## FANCY DRINKS!

### Elemental Cosmos

a modern classic made with your choice of flavored vodkas: blueberry, citron, mandarin, raspberry, or ruby red \_ 8

### Or make it a Rude Cosmo

made with Jose Cuervo tequila \_ 8

### Kalahari Jackal

Stoli vodka, Amarula liquor, Coke and cream \_ 8

### Orleans Ice Wine Spritzer

Eden Iced Apple Wine "Orleans" (basil infused), soda and a twist \_ 7

### Pumpkin Spiced Martini

Stoli vodka, pumpkin liquor, Bailey's Irish Cream, nutmeg and cinnamon \_ 8

### Dilly Bean Martini

Absolut vodka, dilly bean juice with a dilly bean garnish \_ 8

### Autumn Gold

Jim Beam Bourbon, Vermont maple syrup and apple cider \_ 8

### Pomegranate Margarita

Jose Cuervo tequila, Cointreau, lime, sour mix and pomegranate juice \_ 8

### Sometimes Sunny in St. J.

Absolute Ruby Red, grapefruit juice and champagne \_ 8

## REGIONAL BEERS ON TAP

Ask your server for our current draft selections \_ 4.5

## BOTTLED BEER

Miller Lite, Coors Light \_ 3.5

Amstel Light, Corona, Labatt Blue, Heineken, Samuel Adams Lager, Clausthauer (alcohol free),

Bards (gluten free) \_ 4

Stella Artois \_ 4.25

## THINGS THAT BUBBLE

Pepsi, Diet Pepsi, Ginger Ale, Sprite \_ 2

Reed's Original Ginger Brew,

Virgils Root Beer \_ 2.5

San Pelegrino, litre \_ 5

## AFTER DINNER

Harveys Bristol Creme \_ 7

Porto Fiest, 10 years \_ 9

Grand Marnier \_ 9

Hennessy Cognac \_ 8

Courvoisier VSOP Cognac \_ 9

B&B \_ 9

Drambuie \_ 9

Cointreau \_ 9

Boyden Valley Winery Gold Leaf

Maple Dessert Wine (Vermont)

39 btl (500/ml) \_ 7 gl

## ESPECIALLY SPIRITED

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The Glenlivet, 12 year Scotch \_ 9

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Don Julio Tequila \_ 11

Vermont Spirits Gold Vodka \_ 10

## kids menu

Grilled Cheese \_ \$5  
on our homemade bread



Pizza \_ \$6  
a personal cheese pizza

Chicken Fingers \_ \$6  
house made chicken fingers >  
BBQ sauce > green vegetable >  
Elements fries