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elements
restaurant • bar • room service

nibbles

Vegetarian Sharing Plate *V* £4.75 £8.50

Roasted artichoke hearts, grilled pitta bread, hummus, potato wedges and vegetable tempura, with sour cream and chive dip

Indian Sharing Plate £5.00 £9.50

Tandoori chicken skewers, spinach pakora, lamb samosa and mini poppadoms, with mango chutney and mint yoghurt

Oriental Sharing Plate £5.00 £9.50

Grilled lamb satay, teriyaki salmon skewers, vegetable spring rolls and prawn crackers, with sweet chilli and mirin dips

Mediterranean Sharing Plate £5.00 £9.50

Bresaola, salami Milano, Serrano ham, semi-dried yellow tomatoes, roasted artichokes, olives and warm flatbread

starters

Soup of the Day £4.95

Tomato & Basil Bruschetta *V* £4.95

With rocket salad and shaved Parmesan

Roasted Sardines on Cherry Tomato £5.25

Served on focaccia bread with garlic and rosemary

Smoked Chicken Salad £5.50 £8.50

With baby gem lettuce, quail's egg, pea and radish shoot salad and baby black pudding

Tian of Crab & Avocado £5.85

With celeriac remoulade and tomato gazpacho

Fisherman's Plate £6.50

Smoked mackerel pâté, cured and oak-smoked salmon, marinated crayfish tails, pickled cucumber, horseradish crème fraîche

Small portion = starter size dish

Full portion = main size dish

*Available 24/7 Vegetarian *V**

Enjoy your meal in the comfort of your room
for a £3 service delivery charge

main courses

Beetroot & Mascarpone Risotto ✓ £10.95
With crumbled Wensleydale cheese

Asparagus & Goat's Cheese Tart ✓ £11.00
With baby new potatoes and rocket salad

Salmon & Rocket Pasta £12.00
With fresh and smoked salmon

Malaysian-Style Noodles £13.50
Strips of rump steak, shiitake mushrooms, fresh ginger, shallots and oyster sauce

Chicken Schnitzel £13.75
With spring onion potato cake, wilted chard and a dressing of lemon, yoghurt and coriander

Piri Piri Chicken £14.00
With sweet potato fries and summer coleslaw

Spicy Sweet Pork £14.50
With papaya salad and sticky rice

Fillet of Sea Bass £15.25
With tomato and chorizo tortellini, caramelised chicory and red onion salsa

Thyme-Roasted Duck Breast £15.95
With glazed peaches, runner beans and potato fondant

New Season Rump of Lamb £16.50
With braised puy lentils, grilled aubergines and gratin dauphinoise

**9oz British Rib Eye Steak
or 8oz Fillet Steak** £19.95/£22.95
With sautéed mushrooms, baby plum tomatoes and French fries
– A choice of pepper, béarnaise or red wine sauce £1.50

sides

Char-grilled Marinated Vegetables £3.00

Sweet Potato Fries £3.00

French Fries £3.00

Buttered Mashed Potato £3.00

Rocket Salad £3.00

Garlic Bread with Mozzarella £3.00

Onion Rings with Chilli Mayonnaise £3.00

your favourites

Caesar Salad ✓
Cos lettuce, Parmesan cheese, croutons and anchovies – enjoy plain or with char-grilled chicken breast
Plain £7.50
With chicken £9.95

Three-Egg Omelette ✓ £9.00
Choice of cheese, ham or mushroom, with French fries and a green salad

Elements Burger £12.50
Our very own recipe: 8oz of 100% ground prime cut beef, with lettuce, smoky bacon, Swiss cheese, tomato and red onion chutney in a sesame seed bun. Served with jalapeños, onion rings and French fries

Traditional Fish & Chips £12.50
With homemade beer batter, chunky pea purée and tartare sauce

Rigatoni Bolognese £13.00
Classic pasta dish with a beef ragu, white wine, shallots and fresh tomatoes, with shaved Parmesan

Thai-Style Penang Chicken Curry 24/7 £14.00
A red curry with coconut milk served with steamed jasmine rice and toasted flatbread

desserts

Selection of Ice Creams & Sorbets £3.95
Choose three from: crème fraîche and summer berry, rhubarb, lemon curd, chocolate, pistachio, sour cherry sorbet, mandarin sorbet

Chocolate Tart £4.15
A decadent combination of chocolate and pastry. Gluten-free chocolate tart available on request

Rhubarb & Custard Tart £4.95
With rhubarb ice cream

Blueberry Crème Brûlée £4.95
With lemon shortbread

Wild Strawberry Trifle £4.95
The classic English concoction of sponge, custard, fruit and cream

Lemon Meringue Cheesecake £4.95
With sour cherry sorbet

Selection of Sliced Fruits 24/7 £4.95
A classic selection of seasonal fruits

Selection of Cheeses £6.25
With fruit chutney and oat biscuits

Chocolate Elements £6.25
Chocolate fondant, milk chocolate and orange mousse, pistachio ice cream
Perfect for sharing

Coffee Gourmand £4.00
For when you can't manage a dessert: coffee served with mini raspberry and almond tart and macaroon

sandwiches

All served with crisps and dressed leaves

Mature Cheddar & Pickle ✓ £5.00
In white bread

Toasted Ham & Gruyère Cheese 24/7 £5.95
In white bread

Crayfish & Avocado £6.25
With Marie Rose sauce, in brown bread

Tuna Melt Panini 24/7 £6.75
Tuna, Cheddar cheese, sweetcorn and red onion

Chicken Panini 24/7 £6.85
Chicken, chorizo and Swiss cheese panini

Cajun Chicken £7.95
With cos lettuce and Emmenthal cheese, in toasted ciabatta

Elements Club Sandwich £9.95
A toasted double-decker sandwich, with chicken, bacon, tomato, egg mayonnaise and French fries

Minute Steak £10.50
With sautéed onions and horseradish, in toasted ciabatta, served with French fries

Enjoy our open sandwiches:

Mozzarella & Tomato £5.90
Olive tapenade, plum tomato, buffalo mozzarella and rocket

Parma Ham £6.25
With rocket, pesto, sun-blush tomato and Parmesan cheese

Smoked Salmon £6.25
Oak-smoked salmon with crab and chive mayonnaise

kids eat for half price

from this menu* or ask for the kids' menu

* Up to 12 years of age, when dining with parents



drinks

drinks

hot drinks

Espresso	£1.75
Black Coffee	£2.50
Americano	£2.50
Pot of Tea <i>Your choice of English Breakfast, Earl Grey, Darjeeling or herbal</i>	£2.50
Café au Lait	£2.60
Hot Chocolate	£2.60
Cappuccino	£2.75
Café Latte	£2.75
Café Mocha	£2.75

water

Abbey Well Still/Sparkling (33cl)	£2.00
Abbey Well Still/Sparkling (75cl)	£3.30
Badoit Sparkling (75cl)	£4.00
Evian Still (75cl)	£4.00

beer

Hoegaarden (330ml)	£3.85
Leffe Brune (330ml)	£3.85
Tiger (330ml)	£4.00
Peroni Nastro Azzurro (330ml)	£4.00

sparkling wine and champagne

Prosecco, Sant Orsola <i>Made from 100% Prosecco grown in the Veneto region of northeast Italy with its mild climate. Fine, persistent, soft fizz</i>	bottle	£22.50
Pommery POP <i>A single-serve 20cl bottle</i>		£9.25
Pommery POP Rosé <i>A single-serve 20cl bottle</i>		£10.30
Heidsieck & Co Monopole <i>Attractive, ripe and generous champagne</i>		£36.00
Pommery <i>Extremely rich, biscuity champagne of great length and persistence</i>		£41.00
Pommery Rosé <i>Complex toasty aromas, a champagne of great finesse</i>		£46.00

rosé wine

Corte Vigna Pinot Grigio Rosé <i>– Del Venezia, Italy Off-dry, light and fresh. High altitude vineyards contribute characters of morello cherry and strawberry freshness</i>	bottle	glass 25cl	glass 17.5cl	1=dry; 7=sweet	£18.00	£6.00	£4.00	4
Vendange White Zinfandel <i>– California, USA Delicate flavour, delicious strawberry aroma and zingy freshness</i>					£18.50	£6.60	£4.40	2

white wine

Cullinan View Chenin Blanc Robertson <i>– South Africa Deliciously fresh and creamy with peachy character</i>	bottle	glass 25cl	glass 17.5cl	1=dry; 7=sweet	£16.50	£5.75	£3.70	3
Luis Felipe Edwards Sauvignon Blanc <i>– Chile A typical, zingy, fresh Sauvignon Blanc: grassy, herby aromas with lime sorbet, melon and passion fruit</i>					£16.95	£5.65	£3.75	2
Grenache Blanc-Colombard Vin de France, J Moreau et Fils – France <i>Light, fresh and citrusy with floral notes</i>					£17.50	£6.00	£3.80	2
Pinot Grigio Marchesini – Italy <i>Lovely buttery, crisp and dry-style with pear fruit</i>					£18.25	£6.30	£3.90	2
The Gourmet Chardonnay – Australia <i>Fruit-driven Chardonnay, unoaked with zesty, citrusy fruit and a structure made for food</i>					£18.90	£6.15	£4.25	2
Kleine Zalze Sauvignon Blanc <i>– South Africa An outstanding wine, with both grapefruit and herbaceous character. Won Gold at the International Wine Challenge 2007</i>					£19.50	£6.75	£4.50	2
Veramonte Sauvignon Blanc Reserva <i>– Chile Exudes the classic gooseberry and cut-grass aromas associated with this variety</i>					£21.00	£7.20	£4.55	2
Villa Maria Chardonnay – New Zealand <i>With minimal handling the vibrant bouquet of gooseberries and limes is preserved</i>					£22.50	£7.50	£4.65	2
Sancerre La Fuzelle, Adrien Marechal <i>– France Distinctively elegant, laden with a racy crispness and an abundant gooseberry crunch</i>					£25.00	£8.70	£5.60	1

red wine

Luis Felipe Edwards Merlot – Chile <i>A soft smooth, approachable Merlot with rounded cherry and spiced plum notes</i>	bottle	glass 25cl	glass 17.5cl	A=light; E=full body	£16.50	£5.95	£3.85	C
Grenache-Syrah Vin de France, J Moreau et Fils – France <i>Blackberry-scented, light and refreshing red made from two of the best Rhône varieties</i>					£17.50	£6.00	£3.95	B
Pinot Noir Provincia di Pavia Terre D'Alteni, La Versa – Italy <i>Ripe cherry and red berry flavours underpinned with plummy fruit and savoury hints</i>					£17.95	£6.35	£4.10	C
Fleur du Cap Bergkelder Cabernet Sauvignon – South Africa <i>Deep ruby in colour with ripe berry, cherry and chocolate aromas and traces of vanilla and spices on the nose. Rich with a long finish</i>					£19.50	£6.55	£4.35	C
Marqués de Morano Rioja Crianza <i>– Spain Ripe cherry chunkiness with smooth raspberries in a creamy style</i>					£19.75	£6.50	£4.30	C
Finca Flichman Malbec Reserva <i>– Argentina Superb intensity with heady richness and a ripe, delicious red berry warmth</i>					£19.95	£6.70	£4.70	D
Ravenswood Vintners Blend Zinfandel <i>– California, USA. Matured in French oak for up to 12 months, giving greater complexity to the natural black pepper and spicy character of the wine</i>					£23.00	£7.70	£4.95	C
Château Lamothe-Cissac Haut-Médoc <i>– France. Deep garnet wine with a blackcurrant and cedar nose. Round and ripe with a firm finish</i>					£26.00	£8.70	£5.50	C

Our wines are also available in 12.5cl measures – please ask a member of staff