

Elements



Rib-Eye

ENTRÉES

*RIB EYE 12oz 23.25

*NEW YORK 12oz 22

*PRIME RIB (AVAILABLE AFTER 5PM)
8oz 18.50 12oz 22.75 16oz 26.75

CHICKEN ALFREDO 14.75 (SUBSTITUTE SHRIMP FOR 4.25)
Grilled chicken cutlets, linguini pasta, cremini bella mushrooms & broccoli

PUB FISH & CHIPS 14.25
Beer battered halibut, fries, house slaw & tartar sauce

CHICKEN MARSALA 14
Pan finished chicken cutlets, cremini & bella mushrooms, scallions & creamed marsala reduction

SALADS - FULL 13.50, HALF 9.50

ELEMENTS HOUSE 5
WITH ENTREE 3

THE CALIFORNIAN

Chicken, turkey, bacon, tomato, avocado, mixed greens & avocado dressing

COBB

Chicken, bacon, greens, avocado, bleu cheese crumbles, tomato & egg

CHINESE CHICKEN

Chicken, napa cabbage, market spring greens, green onion, mandarin oranges, toasted shaved almonds, won-tons, ripped cilantro, ginger citrus soy dressing

UPGRADE TO GRILLED SALMON 5

MAKE IT A WRAP W/ FRIES, TOTS OR ONION RINGS 2.50

SOUPS - CUP 3.75, BOWL 6.75

BUFFALO CHILI
GREEN CHILI CHICKEN
SOUP OF THE DAY

SOUP & HALF SANDWICH
(OR HOUSE SALAD) 9.50
Your choice of turkey, ham, roast beef, or BLT



Californian Salad

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

APPS

QUESADILLA 11.50

Choice of braised chicken or pulled pork, cheddar jack blend, green chilies, olives, onion, tomato served with guacamole, salsa & sour cream

CALAMARI 10.50

Deep fried semolina calamari, served with lemon aioli & sweet sriracha cocktail

PULLED PORK FRIES 10

House smoked pork, house BBQ sauce, sour cream & green onion

CHICKEN NACHOS 10.50

Chips, braised chicken, jack & cheddar blend, black olives, pico salsa, guacamole & sour cream

BONELESS WINGS 10

BONE-IN WINGS 11

Frank's hot sauce or house BBQ

SOUTHWEST EGGROLLS 8

Crispy deep fried egg roll stuffed with smoked white meat chicken, black beans, pepper jack cheese, red peppers and spinach blended with southwestern spices

River Bowl



WINFIT

RIVER BOWL 8.50

Grilled chicken, brown rice, black beans, spinach, green onion, avocado, cilantro, sesame seeds and feta cheese. Served with a side of Diosa dressing and peanut sauce

730 Calories

*SIRLOIN 6oz 10.50

Grilled & served with Element's roasted garlic fresh herb relish Served with broccoli and choice of wild rice pilaf or a side salad

534-671 Calories

SALMON 4oz 9

Grilled & finished with a citrus butter sauce Served with broccoli and choice of wild rice pilaf or a side salad

458-595 Calories

CAJUN CHICKEN 8

Grilled with blended spices or BBQ Served with broccoli and choice of wild rice pilaf or a side salad

541-678 Calories

Nutrition information is based on the ingredients and cooking instructions as described in each recipe and are by nature based on statistical averages. Nutrition may vary based on methods of preparation, origin and freshness of ingredients.

Player's Choice Burger



SANDWICHES/BURGERS/TACOS

*PLAYERS CHOICE BURGER 14.50

Pick any 5 toppings; cheese, tomato, onion, green leaf, pickles, grilled onion, bacon, avocado, fried egg.

FRENCH DIP 11.50

Shaved Angus beef, served on a French baguette roll

BLACK JACK CLUB 11

Roasted turkey, smoked bacon, ham, aged cheddar, green leaf, tomato, red onion & classic mayo

BLT 10.50

Smoked bacon, green leaf & tomato

TACOS 10

3 flour tortillas with choice of braised chicken, pulled pork carnitas or fried halibut. Chicken and pork tacos come with lettuce, cheese, and fresh pico. Fish tacos come with house slaw & cilantro lime creme

INDIAN TACO 10

Fry bread, buffalo chili, cheddar jack blend, olives, tomato, onion, sour cream, & pico salsa

ALL BURGERS & SANDWICHES COME WITH CHOICE OF FRIES, TOTS, ONION RINGS, FRUIT OR SIDE SALAD

DESSERTS 7

TURTLE CHEESECAKE

BROWNIE A LA MODE

CARROT CAKE

CHOCOLATE BUNDT CAKE



Turtle Cheesecake