

# elements

RESTAURANT • BAR • BANQUETS • EVENTS

Quality ingredients, attention to detail and that special sizzle - it's what we're passionate about.

## APPETIZERS

### **Firecracker Shrimp ..... \$9.25**

Lightly breaded and tossed in a red chili sauce

### **Ultimate Buffalo Chicken Wings ..... (6) \$6 or (12) \$10.50**

Tossed in our house made hot sauce or barbeque

### **Street Tacos ..... \$8.25**

Grilled chicken in our own garlic parmesan sauce, topped with freshly made pico de gallo, served on warm flour tortillas with sour cream and fresh lime

### **Grand Quesedilla ..... \$8 (add chicken +\$2.75)**

Chargrilled jalapeno peppers, onions, roasted corn & black beans, cheddar & jack cheese in a flour tortilla, served with pico de gallo and sour cream

### **Loaded Tater Tots ..... \$8.25**

Topped with green onion, bacon, cheddar and pepper jack cheese, and sour cream

### **St. Louis Original Toasted Rav's ..... \$8.25**

Meat filled ravioli lightly breaded and deep fried, topped with parmesan cheese and served with marinara sauce

### **Baked Stuffed Portabella ..... \$8.50**

With harvest grain couscous, red quinoa & wild rice blend, spinach, grilled zucchini, tomatoes, caramelized onions, with marinara and balsamic drizzle. Served with grilled garlic ciabattas

## SOUP & SALADS

### **Chef's Soup of the Day ..... Cup \$4.50 Bowl \$6.50**

### **Black and Bleu Steak Salad ..... \$15**

Blackened sliced sirloin on a bed of mixed greens with fire roasted peppers and caesar dressing, topped with crumbled bleu cheese

### **Garden Chopped Salad ..... \$11.75**

Romaine and heritage mixed greens with grilled chopped chicken breast, bacon, tomatoes, red onion, red cabbage, and crumbled blue cheese tossed together with penne pasta.  
Recommended with our house sweet italian dressing

### **Traditional Caesar Salad ..... \$8 (add chicken +\$2.75)**

Romaine lettuce, parmesan cheese, and croutons, tossed in a caesar dressing and served with a grilled ciabatta

### **Cobb Salad ..... \$12.50**

Romaine lettuce, blue cheese crumbles, cucumber, bacon, eggs, tomato, shredded carrots, and topped with chopped grilled chicken

### **Chef Salad ..... \$11.75**

Mixed greens, turkey, ham, egg, and mozzarella cheese

\* add chicken +\$2.75 or shrimp +\$3.50 to any salad

# SANDWICHES / BURGERS / PANINIS

Served with your choice of one side item

## **Smoked Pulled Pork Sandwich..... \$11**

Barbequed shredded pork, with pickled red cabbage, slaw, and crispy onion straws, on a toasted ciabatta roll

## **Grilled Chicken Panini..... \$11**

Marinated chicken breast with swiss cheese, lettuce, tomato, and herbed ranch on grilled sourdough bread

## **Fire Roasted Veggie Panini Wrap ..... \$10.25**

Zucchini, squash, portabello mushrooms, green and red bell peppers, red onion and feta cheese in a grilled flour tortilla

## **Mesquite Grilled Chicken Panini Wrap ..... \$11.25**

Marinated and grilled chicken breast with mesquite seasoning, spinach, pepper jack cheese, bacon, tomato, and barbeque ranch, in a grilled flour tortilla

## **Jack Daniels Burger ..... \$11.25**

1/2 lb. angus beef, topped with pepper jack cheese and a Jack Daniels glaze. Served on a toasted brioche bun

## **St. Louis Burger ..... \$11.25**

1/2 lb angus beef with american or provolone cheese, carmelized onions and our special sauce. Served on a toasted brioche bun

## **BBQ Cheddar Bacon Burger ..... \$11.75**

1/2 lb angus beef topped with barbeque sauce, crisp bacon, and cheddar cheese. Served on a toasted brioche bun

## **Roasted Corn and Black Bean Sliders ..... \$11.25**

Topped with tomato, sliced red onion & chipolte mayo on brioche rolls

# ENTREES

## **Grilled Chicken Portabello..... \$17**

Fire roasted with fresh squash, tomatoes, garlic roasted portobello mushrooms with a chardonnay sauce on a blend of couscous, red quinoa, and wild rice, basil pesto drizzle

## **Fire Roasted Garden Pasta..... \$10.50**

Zucchini, squash, grape tomatoes, red onions, penne pasta, italian herbs and parmesan cheese sauteed with garlic, white wine and olive oil with grilled ciabatta (add chicken +\$2.75 or shrimp +\$3.50)

## **Blackened Chicken Alfredo ..... \$16**

Marinated and grilled sliced chicken breast, roasted garlic, mushrooms, charred tomatoes, and penne pasta tossed in our house made alfredo sauce with grilled ciabatta (substitute shrimp +\$1.25)

## **Fresh Garden Asian Stir Fry ..... \$12.25**

Zucchini, mushrooms, pea pods, grape tomatoes, roasted red peppers, onions, bok choy, in a garlic sesame sauce, and served with basmati rice (add chicken +\$2.75 or Shrimp +\$3.50)

**Below items served with your choice of 2 sides**

## **Grilled Citrus Salmon ..... \$17**

8 oz grilled salmon finished in a citrus butter sauce

## **Sauteed Tilapia Florentine ..... \$16.50**

With braised spinach and tomatoes on cous cous, red quinoa & vegetable blend, with lemon poppy vinaigrette

## **Elements Signature Steak ..... \$19**

Specially seasoned and chargrilled center cut 8 oz. sirloin, served with mushroom sauce and onion straws

## SIDES

French Fries ..... \$3.50  
Tator Tots ..... \$ 3.25  
Harvest Grain Cous Cous, Red Quinoa,  
and Vegetable Blend ..... \$3.75  
Pub Chips ..... \$3.25  
Fresh Seasonal Vegetables ..... \$3.75  
Garlic Mashed Potatoes ..... \$3.75  
Coleslaw ..... \$3.25  
House Salad ..... \$5  
Fresh Seasonal Fruit Salad ..... \$4.25

## DESSERTS

NY Style Cheesecake ..... \$6.75  
St. Louis Original Goopy Butter Cake ..... \$ 6  
Carrot Cake ..... \$6  
Double Choccolate Cake ..... \$6.50  
Fudge Brownie Sundae ..... \$6.25  
"Vanilla Bean" Ice Cream Sundae ..... \$6.25

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Have an upcoming event?

Let *Elements Banquet and Event Center*  
take care of your guests.  
Call 314-291-6800

[www.elementsstlouis.com](http://www.elementsstlouis.com)

\* Please note that some of our dishes may contain traces of nuts. For guests with special dietary requirements or allergies who may want to know about the food ingredients used, please ask a member of the restaurant team.

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