

# elements

## home delivery menu

Full menu and daily specials are available in the restaurant

### Starters & Sides

GARLIC BREAD (v)	£2.55
MOZZARELLA AND TOMATO SALAD /fresh basil, pesto and extra virgin olive oil (v)	£5.40
CAESAR SALAD / cos, grana padano, anchovies, croutons, Caesar dressing	£4.75
MIXED SALAD / mixed leaves, tomatoes, red onion, cucumber, olive oil and balsamic dressing (v)	£3.20
SEASONED CHIPS (v)	£2.75
BUTTERED NEW POTATOES (v)	£2.75

### Pasta

CRAB SPAGHETTI / sautéed crab meat, garlic chilli, zested lemon and diced tomato. Finished with rocket and tasty crumbs	£10
CHICKEN AND MUSHROOM TAGLIATELLI / a rich and creamy sauce of sautéed chicken & mushrooms, herbs and parmesan	£9.50
TAGLIATELLI BOLOGNAISE / we use a traditional Italian recipe and serve tossed with pasta tagliatelli.	£9
SPAGHETTI CARBONARA / smoked pancetta, garlic & parsley tossed with egg and parmesan (without pancetta and parmesan (V))	£9
SPINACH AND RICOTTA RAVIOLI / tossed in basil pesto, pinenuts, olives, cherry tomatoes and parmesan (V without parmesan)	£9
LASAGNE CLASSIC / layers of fresh pasta, delicate béchamel and bolognaise	£9
SPAGHETTI WITH MEATBALLS / chilli, roast peppers, caramelised onion and tomato sauce	£9

### Mains

BEEF BURGER / juicy 6oz burger with beef tomato, rocket, caramelised onion, mozzarella, pesto mayo and seasoned fries.....	£9
FRITTO MISTO DI MARE / local battered fish served with seasoned fries, lemon mayonnaise, rocket salad	£12
CHICKEN SALTIMBOCCA/ chicken breast wrapped in prosciutto ham and stuffed with mozzarella, served with a white wine and cream sauce, new potatoes or French fries & green beans.....	£13

### Salads

GRAND CHICKEN CAESAR / chicken breast, crispy pancetta, boiled egg, anchovies, Ciabatta croutons, cos lettuce, Caesar dressing and parmesan shavings	£9
SALMON NICOISE / poached salmon, mixed leaves, tomato, green beans, new potatoes, boiled egg, olives, citrus and tarragon dressing	£10

Follow us on [Facebook.com/elements.life](https://www.facebook.com/elements.life)  
We will be posting daily and weekly offers and promotions

### Pizza

BONDI / mozzarella and tomato...pure and simple (V)	£7.50
CLOUDBREAK / baked in the traditional way with tomato and mozzarella, then topped with more mozzarella, prosciutto and a layer of fresh rocket as it leaves the pizza oven ((V) without prosciutto ham)	£9
WAIKIKI / baked with tomato, mozzarella, garlic oil & olives then topped with spinach, free range egg, cherry tomato & parmesan	£9
J-BAY / artichokes, mushrooms, red peppers, Santos tomatoes, olive and garlic oil, tomato and pesto sauce (V)	£9.50
MALIBU / a big helping of pepperoni for those who love their flavours strong and simple	£9
MALIBU HOT / as above but with jalapeno, red peppers and garlic!!	£9.50
PUERTO ESCONDIDO/ chilli beef, hot sausage, chicken, chorizo, green chillies, red and yellow peppers	£9.50
PIPELINE / prosciutto ham, mushrooms, pineapple	£9
MUNDAKA / roast chicken, fire roasted red peppers, mushrooms (please advise with or without chilli)	£9
KIRRA / elements calzone, folded pizza base filled with ricotta, mozzarella, salami, basil, cherry tomatoes & spinach. Served with a mixed side salad	£12.90
TAHITI / garlic prawns, tuna, anchovies, roast peppers & olives	£9.50

Create your favourite Pizza / Simply add prosciutto ham, mozzarella, chicken, pepperoni, king prawns, tuna, pancetta, or chargrilled vegetables. All extras charged at £1.50 apart from King Prawns at £1.95.

### Drinks / home delivery prices

<b>WHITE WINE</b>	
TASARI BIANCO - ITALY / crisp dry, fruity	£9
OLIVER AND GREG'S SAUVIGNON BLANC - SOUTH	£10
OLIVER AND GREG'S PINOT GRIGIO - ITALY	£10
<b>ROSE WINE</b>	
TRULLI PINOT GRIGIO BLUSH - ITALY	£12
<b>RED WINE</b>	
TASARI ROSSO - ITALY	£9
OLIVER AND GREG'S MERLOT - CHILE	£10
OLIVER AND GREG'S SHIRAZ - AUSTRALIA	£10
<b>BOTTLED BEER</b>	
CORONA	£2.60
MAGNERS / 500ML	£3.50
<b>SOFT DRINKS</b>	
COCA-COLA /LEMONADE / 2LTS	£3.50
CORNISH SPRING WATER / SPARKLING OR STILL 75CL	£2

Eat at elements, phone for a delivery or come for a takeaway and enjoy a drink while you wait. (15% discount applies to takeaway orders)

and don't forget to visit our website [www.elements-life.co.uk](http://www.elements-life.co.uk) to take advantage of our regular food and drink offers...