



★ ELEMENTS BAR & GRILL ★

YOUR LOCAL STEAKHOUSE

MENU

Visit us at www.elementsbarandgrill.com.au
#elementsbarandgrill for your feature on
facebook & instagram

All prices are GST inclusive. We have taken all care in preparing your meal, however olives may contain pits, small bones may be present in fish or meat dishes. All dishes may contain traces of nuts and gluten. All meat portions are based on average weight before cooking.

Welcome to Elements Bar & Grill, your new local steakhouse, run with excellence and with incredible food to match! Using top-end produce and the finest cooking techniques, we aim to give you the best quality dining at the most affordable prices possible. Your new favourite eatery, we will give your tastebuds some explosive enjoyment with our finest-cut steaks, burgers and pastas. And, if you're the adventurous type, we suggest you have a look at our great range of shared platters, where any meat lover will find something to love. On top of all that, we have a great range of craft beers to complement your meal – and if beer isn't your drop of choice, then have a look at our extensive wine and cocktail menu, with something sure to tantalise you among our unique options. A family restaurant and bar in the heart of the buzzing Darlinghurst area, we're looking forward to hosting you for a superb dining experience!

our moto: "run for excellence. success will follow..."

2017, **berton black metal shiraz**, yenda, new south wales 9.90/glass, 22.90/carafe, 39.90/bottle

2016, **stonefish shiraz**, margaret river, western australia 14.90/glass, 34.90/carafe, 59.90/bottle

2013, **el nino shiraz**, pyrenees, victoria 65.90/bottle

2016, **claymore dark side of the moon shiraz**, clare valley, south australia 89.90/bottle

2015, **paxton jones block shiraz**, mclaren vale, south australia 159.90/bottle

2016, **trapiche merlot**, mendoza, argentina 11.90/glass, 27.90/carafe, 49.90/bottle

2014, **chateau grandjean bordeaux**, bordeaux, france 79.90/bottle

2015, **italo cescon merlot**, friuli, itali, 129.90/bottle

2016, **calappiano pinot noir**, delle venezie, italy 14.90/glass, 34.90/carafe, 59.90/bottle

2017, **baby doll pinot noir**, marlborough, new zealand 79.90/bottle

2016, **riorret pinot noir**, lusatia park, victoria 179.90/bottle

2015, **mt. Monster cabernet sauvignon**, limestone coast, south australia 14.90/glass, 34.90/carafe, 59.90/bottle

2016, **berton reserve cabernet sauvignon**, coonawarra, south australia 75.90/bottle

2014, **robert oatley finesterre cabernet sauvignon**, margaret river, western australia, 149.90/bottle

2016, **gran lomo malbec**, argentina 14.90/glass, 34.90/carafe, 59.90/bottle

2014, **the executioner, shiraz cabernet sauvignon viognier**, mildura, victoria 119.90/bottle

2014, **sessantanni primitvo**, manduria, italy 249.90/bottle

2017, **luna rosa**, central ranges, new south wales 11.90/glass, 27.90/carafe, 49.90/bottle

2017, **vinoque rose**, yarra valley, victoria 79.90/bottle

2017, **maison aix rose**, provence, france 119.90/bottle



- 2017, **berton chardonnay**, yenda, new south wales 9.90/glass, 22.90/carafe, 39.90/bottle
- 2014, **midnight promise chardonnay**, hunter valley, new south wales 19.90/glass, 45.90/carafe, 95.90/bottle
- 2014, **phi chardonnay**, lasatia park, yarra valley, Victoria 169.90/bottle
- 2017, **richland pinot grigio**, griffith, new south wales 9.90/glass, 22.90/carafe, 39.90/bottle
- 2017, **printhe mountain pinot gris**, orange, new south wales 14.90/glass, 34.90/carafe, 59.90/bottle
- 2016, **italo cescon pinot grigio grave**, friuli, italy 109.90/bottle
- 2017, **debortoli deen sauvignon blanc**, griffith, new south wales 9.90/glass, 22.90/carafe, 39.90/bottle
- 2016, **stonefish sauvignon blanc**, margaret river, western australia 14.90/glass, 34.90/carafe, 59.90/bottle
- 2017, **baby doll sauvignon blanc**, marlborough, new Zealand 79.90/bottle
- 2015, **le clos sauvignon blanc**, loire, france 98.90/bottle
- 2017, **shaw and smith adelaide hills**, south australia 109.90/bottle
- 2017, **d'arenberg riesling**, mclaren vale, south australia 9.90/glass, 22.90/carafe, 39.90/bottle
- 2017, **claymore joshua tree riesling**, watervale, clare valley, south australia 69.90/bottle
- 2014, **hugel riesling**, alsace, france 135.90/bottle
- 2017, **mt. lawson semillon sauvignon blanc**, mudgee, new south wales 9.90/glass, 22.90/carafe, 39.90/bottle
- 2016, **leeuwin estate classic dry white**, margaret river, western australia 69.90/bottle
- 2016, **pierro ltc semillon sauvignon blanc chardonnay**, margaret river, western australia 139.90/bottle
- 2017, **berton moscato frizzante**, yenda, new south wales 9.90/glass, 22.90/carafe, 39.90/bottle
- 2016, **san marzano verdeca**, puglia, Italy 75.90/bottle
- 2017, **gundog the chase semillon**, hunter valley, new south wales 119.90/bottle



sparkling wine

150ml glass / 350ml carafe / 750ml bottle

jean pierre brut classique, bilbul, new south wales 9.90/glass, 22.90/carafe, 39.90/bottle
rococo, dixon's creek, victoria 69.90/bottle
2013, **peterson's pinot noir chardonnay**, hunter valley, new south wales 109.90/bottle
2012, **clover hill vintage**, pipers river, tasmania 169.90/bottle

casabianca prosecco d.o.c., treviso, italy 14.90/glass, 34.90/carafe, 59.90/bottle
la gioiosa prosecco d.o.c.g., valdobiadene, Italy 69.90/bottle
2016, **san venanzio extra dry**, valdobiadene, Italy 119.90/bottle
2017, **ca del bosco prestige cuvee franciacorta**, erbusco, italy 259.90/bottle

nicolas feuillatte champagne nv, chouilly, champagne, france 198.90/bottle
ruinart brut nv, reims, champagne, france 349.90/bottle
2007, **ca del bosco annamaria clementi Franciacorta**, erbusco, italy 859.90/bottle

beer

craft beer on tap 11.90

pale ale
indian pale ale
american pale ale
furphy
(ask us for today's selections)

australian and imported bottled beer 9.90

carlton draught
corona
asahi
hanh light
(ask us for today's selections)

non-alcoholic beverage

soft drinks 4.90

coke, coke zero, lemonade, lemon squash, fanta

lemon lime bitters 5.90

juice 3.90

apple, orange, pineapple, cranberry

sparkling water 1lt 6.90

sparkling water glass 3.90

barman's mocktail 12.90

corkage/cakage

per person 2.50



signature and international cocktails

elements red sangria 1lt 35.90

house shiraz, brandy, fresh lime juice, peach schnapps, orange juice, lime cordial, mango syrup, lemonade, fresh sliced oranges

elements white sangria 1lt 35.90

house chardonnay, elder flower liqueur, vodka, peach schnapps, fresh lime juice, passionfruit syrup, lime cordial, orange juice, lemonade, fresh chopped strawberries

sydney refresher 18.90

bombay sapphire, passionfruit syrup, sliced cucumber, fresh lime wedges, mint leaves and soda water

french kiss martini 20.90

vodka, chambord, sweet vermouth, grenadine, fresh lime juice, pineapple juice

moscato mojito 20.90

white rum, sour mix, mint leaves, simple syrup, moscato, soda water

mango mojito 20.90

white rum, mango syrup, fresh lime juice, mint leaves, lime cordial, orange juice and soda water

negroni sbagliato 20.90

campari, prosecco, sweet vermouth, orange twist

classic negroni 20.90

dry gin, campari, sweet vermouth, orange twist

boozy chocolate 22.90

baileys, tequila, white chocolate liqueur, chocolate syrup, milk

midori fusion 20.90

midori, malibu, watermelon syrup, pineapple juice

midori illusion 20.90

midori, vodka, tippie sec, fresh lemon juice, pineapple juice

watermelon breeze 18.90

vodka, watermelon syrup, fresh lime juice, raspberry cordial, lemonade, pineapple juice

electric iced tea 20.90

White rum, gin, vodka, tequila, blue curacao, sour mix, lemonade

blue devil 18.90

vodka, blue curacao, passionfruit syrup, lime juice, pineapple juice

el diablo 20.90

Gold rum, Chambord, lime wedges, ginger ale

creamy berry 20.90

strawberry baileys, vodka, fresh strawberry, raspberry syrup, milk

passion lady 20.90

gin, sauvignon blanc, elderflower liquor, passionfruit syrup, fresh lime juice

lady blue 20.90

malibu, dry gin, blue curacao, pineapple juice, sparkling wine



entrée and tapas

herbed garlic bread 8.90 **v**

grilled bread with dry oregano 7.90 **v**
served with sea salt, olive oil and balsamic

triple dips and bread 14.90 **v**
pesto, olive tapenade, cumin beetroot and chickpea relish

house special marinated warm olives 16.90 **v** **df**
served with cumin beetroot and chickpea relish,
toasted walnut crisp bread

1 kilo buffalo wings 24.90 **df**
coated in our signature spicy habanero sauce,
served with more habanero sauce for dipping

salt and pepper calamari 14.90 **df**
tossed in butter, onion, red capsicum and parsley,
served with lime aioli and fresh lemon

sirloin steak tartare 23.90 **df**
shallots, capers, pickles, dijon mustard,
lemon juice, olive oil, egg yolk, crisp bread

signature roasted bone marrow 23.90 **df**
topped with sautéed mushroom and caramelized onion,
served with burnt lemon, grilled bread

tomato and olives bruschetta 18.90
seasonal fresh tomatoes, kalamata olives, shallots and
parsley tossed in extra virgin olive oil and lemon dressing
garnished with fetta cheese and anchovies, served on grilled
bread, glazed with caramelized balsamic

chimichurri wagyu meatballs 19.90 **df**
cooked in al pomodoro sauce, served with grilled bread

saffron garlic prawns with spiced dukkha 22.90
served with grilled bread

haloumi fries 19.90 **v**
served on a bed of rocket finished with caramelized
balsamic glaze,

elements charcuterie 59.90
beef bresaola, steak tartare, roasted bone marrow, grilled
haloumi, marinated warm olives, beetroot and chickpea
relish, olive tapenade, crisp bread

vegetarian charcuterie 49.90 **v**
chargrilled capsicum and zucchini ribbons, roasted pumpkin,
fetta, grilled haloumi, marinated warm olives, pesto,
beetroot and chickpea relish, grilled bread

- extra bread / gluten free bread 3.50

salads

traditional greek salad 16.90 **v** **gf**
seasonal tomato, cucumber, onion, kalamata olives,
capsicum, mixed leaves, fetta cheese, dried oregano, extra
virgin olive oil and lemon dressing

broccoli and grilled haloumi salad 22.90 **v** **gf**
chickpea, toasted almond, mixed leaves
lemon juice, olive oil

rocket, pear and walnut salad 15.90 **v** **gf**
baby rocket, thinly sliced pear, toasted walnuts, parmesan,
white balsamic vinaigrette, caramelised balsamic

green chicken salad 24.90
grilled chicken breast on top of shaved ribbons of zucchini and
cucumber, avocado, pine nuts, parmesan, pesto dressing

roasted pumpkin and beetroot salad 24.90 **v** **gf**
fetta cheese, rocket leaves, walnuts,
chardonnay vinaigrette



pasta

baby squid and chorizo pappardelle 27.90

baby squid, spanish chorizo, confit garlic, creamy pink sauce, fresh herbs, topped with parmigiano reggiano

squid ink linguine with spicy prawns 33.90

confit garlic and habanero chili, fresh tomato, butter, fresh herbs, deglazed in champagne

chimichurri meatball fettuccini 28.90

confit garlic, red wine reduction, al pomodoro sauce, grana padano, fresh herbs, topped with mascarpone

signature roasted beetroot gnocchi 24.90 v

hand-made gnocchi, confit garlic, slow roasted beetroot puree, cream, whiskey flambe, mushroom, peas, grana padano, toasted pine nuts, fresh herbs, topped with mascarpone

creamy pesto chicken pappardelle 25.90

home-made pesto, cream, sundried tomato, fresh herbs, parmigiano reggiano

mains

grilled barramundi fillet 37.90

mushy peas, cumin beetroot and chickpea relish, served with rocket and parmesan salad and grilled broccolini

grilled chicken breast 32.50

mascarpone and nutmeg potato puree, grilled broccolini chorizo, portabella mushroom in garlic and butter, chili oil, red wine jus

mushroom and haloumi stack 28.90

portabella mushrooms in al pomodoro sauce, chargrilled capsicum, melted cheese, layered with haloumi, baked together in the oven, cumin beetroot and chickpea relish, served with rocket and parmesan salad

vegan menu

signature avocado and dukkha on toast 24.90 vg df

a thick layer of our beetroot and chickpea relish on toasted bread, topped with sliced avocado, fresh tomato, drizzled with olive oil, sprinkled with dukkha and finished with caramelized balsamic glaze

vegan mushroom stack 26.90 vg df

portobella mushrooms cooked with al pomodoro sauce, stacked with chargrilled capsicum, zucchini ribbons, topped with roasted pumpkin, baked together in the oven, served with cumin beetroot and chickpea relish with a side of broccolini with toasted almonds and caramelized balsamic

warm mediterranean salad 26.90 vg df gf

zucchini, chargrilled capsicum, potatoes, & roasted pumpkin baked together and tossed with rocket and extra virgin olive oil, finished with homemade dukkha and shaved toasted almonds

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dry aged wagyu charcoal smoked burgers – served with steakhouse chips

primal smoked 23.90

250gm dry aged wagyu beef patty, caramelised onion, grilled portobello mushroom, melted cheese, pickles, mustard aioli & signature habanero bbq sauce, charcoal brioche bun

classic american blt 24.90

250gm dry aged wagyu beef patty, grilled bacon, lettuce, tomato, mustard aioli and tomato sauce, melted cheddar cheese, charcoal brioche bun

signature rib and patty 55.90

250gm dry aged wagyu beef patty, one 24 hour cooked beef short rib, melted cheddar cheese, mustard aioli & signature habanero bbq sauce, charcoal brioche bun

cheese burger 21.90

250gm dry aged wagyu beef patty, pickles, melted cheddar cheese poured on top, mustard aioli & signature habanero bbq sauce, charcoal brioche bun

drunken bacon 25.90

250gm dry aged wagyu beef patty, whiskey flambé bacon, caramelised onion, lettuce, tomato, melted cheddar cheese, sriracha aioli & signature habanero bbq sauce, charcoal brioche bun

the big el 35.90

two 250gm dry aged wagyu beef patty built into a double decker burger, caramelised onion, lettuce, pickles, melted cheddar cheese, mustard aioli & signature habanero bbq sauce, charcoal brioche bun

mediterranean chicken 23.90

grilled chicken breast, char grilled capsicum, cumin beetroot and chickpea relish, lettuce, spanish onion, melted cheddar cheese, lime aioli, charcoal brioche bun

deviled chicken and chorizo 23.90

spicy crispy chicken breast, chorizo, lettuce, spanish onion, tomato, melted cheddar cheese, mustard aioli & sriracha, charcoal brioche bun

grilled fish 29.90

grilled barramundi fillet, cucumber, spanish onion, lettuce, lime aioli, charcoal brioche bun

gardenburg 23.90

grilled halloumi, portabella mushroom, chargrilled capsicum, shaved zucchini, lettuce, caramelized onion, cumin beetroot and chickpea relish, sriracha aioli, charcoal brioche bun

white brioche buns and gluten-free buns available

extras

extra patty	12.50
double cheese	3.50
bacon	4.50
whiskey bacon	5.50
mushroom	4.50
fried egg	3.00
charcoal bun	2.00
gluten-free bun	2.50

saucers

sriracha aioli	2.50
lime aioli	2.50
spicy habanero	3.50
spicy bbq	3.50
chili oil	3.50
chimichurri	3.50



all burgers are served smoked in hickory

premium steaks - served with signature mascarpone and nutmeg potato puree

t-bone steak 37.90

400 gm, msa, 100% grass fed
riverina, new south wales

yearling rib eye on the bone 48.90

400 gm, dry aged, 100% grass fed
coominya, south-east queensland

scotch fillet (rib eye) 37.90

300 gm, dry aged, mb2+
darling downs, southern queensland

sirloin steak (porterhouse) 36.90

300 gm, msa, dry aged, mb2+
gippsland, south-east victoria

eye fillet (fillet steak) 44.90

250 gm, msa, dry aged, mb2+
gippsland, south-east victoria

shared steak platters - served with four side dishes of your choice

2 kg standing rib roast 279.90

dry aged, mb2+
please allow minimum 1 hour

2.4 kg tomahawk steak 295.90

dry aged, mb2+
please allow minimum 40 minutes

1 kg sirloin steak 159.90

dry aged, mb2+
please allow minimum 40 minutes

1 kg scotch fillet steak 165.90

dry aged, mb2+
please allow minimum 40 minute

pre-order any of the shared steak platters and
we will cook it sous vide for 24 hours for the
ultimate melt in your mouth steak experience.

wagyu rump steak 35.90

300 gm, dry aged, wagyu mb5+
diamantina shire, western queensland

1.2 kg tomahawk 134.90

100% grass fed, mb2+
great southern, western australia
please allow minimum 40 minutes

sous vide beef short rib 38.90

100% grass fed, mb2+
riverina, new south wales
slow cooked for 48 hours, finished with
a blow torch sear on the outside, basted
with our signature habanero bbq sauce

signature steak on stone 38.90

scotch fillet 300 gm seared and served rare
on a sizzling hot stone for you to finish off
your every bite to your liking

1 kg wagyu rump steak 155.90

dry aged mb5+
please allow minimum 40 minutes

1 kg rib eye on the bone 159.90

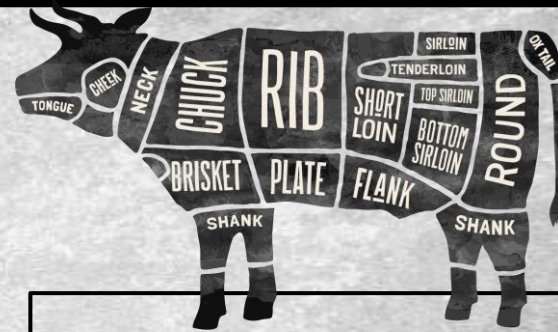
dry aged, mb2+
please allow minimum 40 minutes

steak & rib platter 109.90

300gm sirloin steak mb2+ and
one sous vide beef rib
go **double meat** 179.90

1 kg eye fillet butter steak 219.90

dry aged, mb2+
lightly seared, carved rare tableside,
hot garlic and rosemary infused
butter poured on top



go surf 'n' turf 11.9

add four chargrilled prawns to go with your steak
served with hollandaise sauce on the side

sides

diced potatoes 12.90

sautéed in rendered beef fat, garlic and rosemary

potato puree with mascarpone and nutmeg 11.90

steakhouse chips 6.90

sweet potato fries 8.9

creamed spinach with grana padano 12.90

portabella mushroom in garlic & butter 11.90

mushy peas with 63 degree sous vide egg 11.90

char grilled broccolini 12.90

caramelized balsamic and toasted almond flake

garden salad 7.90

creamed corn with chilli oil 11.90

roasted pumpkin with spiced dukkha 12.90

grilled zucchini ribbons tossed in olive oil 11.90

sauces 3.50

- red wine jus / mushroom sauce
- hollandaise sauce / spicy habanero
- signature spicy bbq / habanero chili oil
- chimichurri / spicy green peppercorn sauce

all steaks are butchered and
portioned in house. steak portions are
calculated based on average weight
before cooking



kids meal

elements kids fried chicken breast and chips 9.90
ice-cream, kids juice or soft drink

kids chicken napolitana pasta 9.90
ice-cream, kids juice or soft drink

dessert

warm sticky date pudding 14.90
candied walnuts, butter scotch sauce,
cream chantilly, cinnamon stick

"strawberry and cream" crème brûlée 14.90
garnished with strawberries and mint soaked in chombard

amaretto tiramisu 15.90
layers of bacardi and coffee soaked short bread
with a rich and thick cream folded with amaretto and mascarpone

death by chocolate 16.90
chocolate and strawberry sauce, chocolate ice cream,
dark chocolate dusting, fresh berries

dessert platter 59.90
warm sticky date pudding, "strawberry and cream" crème brûlée,
amaretto tiramisu, death by chocolate, vanilla ice cream, cream chantilly, fresh berries

affogato 15.90
espresso coffee, frangelico, vanilla ice-cream

hot and cold beverages

coffee 3.90 sml/4.50 lrg
cappuccino, latte, mocha, flat white,
hot chocolate, piccolo, espresso,
chai latte, long black

tea 3.90
english breakfast, earl grey, peppermint,
green tea, chamomile tea

iced coffee 8.90
with ice-cream and cream chantilly

iced chocolate 8.90
with ice-cream and cream chantilly

iced mocha 8.90
with ice-cream and cream chantilly

1 scoop of vanilla ice-cream 3.90

2 scoops of vanilla ice-cream 6.90

dessert wine

2015, de bortoli noble one 375ml
(riverina, new south wales)
135.90/bottle

2009, fattoria lavacchio vin santo riserva 500ml
(tuscany, italy).
239.90/bottle

extras 0.50

- extra shot
- extra decaf
- extra chocolate
- extra tea bag
- extra cream

