

# element

## Dietary Menu

**GF** Gluten free **V** Vegetarian **VG** Vegan

Garlic bread (**V**) \$7 / \$9

Garlic & cheese bread (**V**) \$9 / \$11

Vegetable spring roll (**V**) \$11 / \$13

Vegan schnitzel with sweet potato chips & salad (**VG**) \$20 / 22

Vegetarian burger (**V**) \$16 / \$18

Vegetable stir fry with hokkien noodles (**V**) \$16 / \$18

Avocado salad (**VG**) \$15 / \$17

*asian mix, avocado, cherry tomato, cucumber, onion with  
homemade dressing (**V**, **VG**, **GF**)*

*add chicken (**GF**) \$4*

*add beef (**GF**) \$4*

*add prawns (**GF**) \$5*

Falafel bowl (**V**) \$16 / \$18

*falafel, cumin roasted pumpkin, asian mix, cherry tomato, cucumber,  
spanish onion & hommus*

Creamy garlic prawns with rice (**GF**) \$20 / \$22

*pan fried prawns cooked in a cream garlic sauce served with rice*

Chicken scallopini (**GF**) \$24 / \$26

*served with creamy mushroom sauce with mash & wok tossed vegetables*

250g sirloin steak (**GF**) \$25 / \$27

*choice of two sides & sauce - chips, salad, mashed potato, salad, wok tossed vegetables or  
steamed rice. Sauce - gravy, peppercorn, mushroom, garlic cream*

300g rump steak (**GF**) \$26 / \$28

*choice of two sides & sauce - chips, salad, mashed potato, salad, wok tossed vegetables or  
steamed rice. Sauce - gravy, peppercorn, mushroom, garlic cream*

300g pork cutlet (**GF**) \$26 / \$28

*choice of two sides & sauce - chips, salad, mashed potato, salad, wok tossed vegetables or  
steamed rice. Sauce - gravy, peppercorn, mushroom, garlic cream*

### SIDES

Chips (**V**) \$5 / \$7

Creamy mashed potato (**V**, **GF**) \$5 / \$7

Garden Salad (**V**, **VG**, **GF**) \$5 / \$7

Wok tossed vegetables (**V**, **VG**, **GF**) \$6 / \$8

Steamed rice (**V**, **VG**, **GF**) \$3 / \$5



### Dietary requirements and food allergies

Please note that all the care is taken when catering for special dietary and food allergies requirements, dietary symbols should be used as a guide only. Ingredients such as seafood, shellfish, sesame seeds, eggs, white flour, fungi and dairy products are all used in the kitchen. While all care is taken to prepare the meals as listed (particularly plant based), there is a small risk meals may come into contact with other ingredients whilst being prepared.

Please inform staff of your allergies or specific requirements to assist with your requests.

# coffee shop

## Dietary Menu

GF Gluten free V Vegetarian VG Vegan

Vegetable frittata with garden salad (V, GF)

Curry vegan filo with garden salad (VG)

Gluten free bread is available for sandwiches, extra surcharge

All pizzas are available on Gluten Free bases, please ask staff extra surcharge

Garlic pizza  
*fresh garlic, extra virgin olive oil*

Margherita  
*fresh tomato, mozzarella, pesto, tomato base*

Hawaiian  
*shredded ham, pineapple, mozzarella*

Pepperoni  
*spicy pepperoni, tomato base, mozzarella*

Aussie  
*bbq sauce, diced bacon, egg, mozzarella*

BBQ Chicken  
*marinated chicken breast, onion, mushroom, mozzarella, smoky bbq*

Vego  
*capsicum, olives, baby spinach, artichokes, onion, pineapple, mushroom, mozzarella*

Supreme  
*salami, bacon, ham, capsicum, olives, onions, mozzarella, pineapple, mushroom, tomato base*

BBQ Meat Lovers  
*bbq sauce, mozzarella, ham, salami, bacon*

Chicken & Prawn  
*prawns, chicken, mushroom, shallots, capsicum, mozzarella*



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