



★ELEMENTS BAR & GRILL★

YOUR LOCAL STEAKHOUSE

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!

the menu

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



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red wine selection

shiraz

2017, *berton black metal shiraz* 6.90/glass, 15.90/carafe, 29.90/bottle
(yenda, new south wales)

2016, *stonefish shiraz* 8.90/glass, 17.90/carafe, 34.90/bottle
(margaret river, western australia)

2013, *el nino shiraz* 45.90/bottle
(pyrenees, victoria)

2016, *claymore dark side of the moon shiraz* 54.90/bottle
(clare valley, south australia)

2015, *paxton jones block shiraz* 89.90/bottle
(mclaren vale, south australia)

merlot

2016, *trapiche merlot* 6.90/glass, 15.90/carafe, 29.90/bottle
(mendoza, argentina)

2014, *chateau grandjean bordeaux* 55.90/bottle
(bordeaux, france)

2015, *italo cescon merlot* 84.90/bottle
(friuli, italy)

pinot noir

2016, *calappiano pinot noir* 8.90/glass, 17.90/carafe, 34.90/bottle
(delle venezie, italy)

2017, *baby doll pinot noir* 12.90/glass, 28.90/carafe, 55.90/bottle
(marlborough, new zealand)

2016, *riorret pinot noir* 98.90/bottle
(lusatia park, victoria)

cabernet sauvignon

2015, *mt. monster cabernet sauvignon* 8.90/glass, 17.90/carafe, 34.90/bottle
(limestone coast, south australia)

2016, *berton reserve cabernet sauvignon* 10.90/glass, 24.90/carafe, 45.90/bottle
(coonawarra, south australia)

2014, *robert oatley finesterre* 88.90/bottle
(margaret river, western australia)

blends and interesting reds

2016, *el grill malbec* 8.90/glass, 17.90/carafe, 34.90/bottle
(argentina)

2014, *the executioner shiraz cabernet sauvignon viognier* 15.90/glass, 34.90/carafe, 65.90/bottle
(mildura, victoria)

2014, *sessantanni primitivo* 149.90/bottle
(manduria, italy)

rose

2017, *luna rosa* 8.90/glass, 17.90/carafe, 34.90/bottle
(central ranges, new south wales)

2017, *vinoque rose* 55.90/bottle
(yarra valley, victoria)

2017, *maison aix rose* 74.90/bottle
(provence, france)

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white wine selection

chardonnay

2017, berton chardonnay (yenda, new south wales) 6.90/glass, 15.90/carafe, 29.90/bottle

2014, midnight promise chardonnay (hunter valley, new south wales) 12.90/glass, 28.90/carafe, 55.90/bottle

2014, phi chardonnay (lasatia park, yarra valley, victoria) 105.90/bottle

pinot gris/grigio

2017, richland pinot grigio (griffith, new south wales) 6.90/glass, 15.90/carafe, 29.90/bottle

2017, printhie mountain pinot gris (orange, new south wales) 10.90/glass, 24.90/carafe, 45.90/bottle

2016, italo cescon pinot grigio grave (friuli, italy) 75.90/bottle

sauvignon blanc

2017, debortoli deen (griffith, new south wales) 6.90/glass, 15.90/carafe, 29.90/bottle

2016, stonefish (margaret river, western australia) 8.90/glass, 17.90/carafe, 34.90/bottle

2017, baby doll (marlborough, new zealand) 55.90/bottle

2015, le clos sauvignon blanc (loire, france) 62.90/bottle

2017, shaw and smith sauvignon blanc sauvignon blanc 68.90/bottle

riesling

2017, d'arenberg riesling (mclaren vale, south australia) 6.90/glass, 15.90/carafe, 29.90/bottle

2017, claymore joshua tree (watervale, clare valley, south australia) 45.90/bottle

2014, hugel riesling (alsace, france) 92.90/bottle

blended whites

2017, mt. lawson semillon sauvignon blanc (mudgee, new south wales) 6.90/glass, 15.90/carafe, 29.90/bottle

2016, leeuwin estate classic dry white (margaret river, western australia) 45.90/bottle

2016, pierro ltc semillon sauvignon blanc chardonnay (margaret river, western australia) 82.90/bottle

interesting whites

2017, berton moscato frizzante (yenda, new south wales) 6.90/glass, 15.90/carafe, 29.90/bottle

2016, san marzano verdeca (puglia, italy) 55.90/bottle

2017, gundog the chase semillon (hunter valley, new south wales) 74.90/bottle

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sparkling wine selection

sparkling australian

jean pierre brut classique 8.90/glass, 34.90/bottle
(bilbul, new south wales)

rococo 10.90/glass, 45.90/bottle
(dixons creek, victoria)

2013, petersons pinot noir chardonnay 67.90/bottle
(hunter valley, new south wales)

2012, clover hill vintage 109.90/bottle
(pipers river, tasmania)

prosecco

casabianca prosecco d.o.c 8.90/glass, 34.90/bottle
(treviso, italy)

la gioiosa prosecco d.o.c.g 10.90/glass, 45.90/bottle
(valdobbiadene, italy)

2016, san venanzio extra dry 84.90/bottle
(valdobbiadene, italy)

2017, ca del bosco prestige cuvee franciacorta 165.90/bottle
(erbusco, italy)

champagne/franciacorta

nicolas feuillatte champagne nv 115.90/bottle
(chouilly, champagne, france)

ruinart brut nv 225.90/bottle
(reims, champagne, france)

2007, ca del bosco 545.90/bottle
annamaria clementi franciacorta
(erbusco, italy)

beer (local/international/craft)

craft beer on tap (ask us for today's selections) 8.90

stella on tap 8.90

carlton draught on tap 7.90

corona 7.90

asahi 8.90

cascade light 7.90

beer shooters (craft beer taste tester 6x75ml) 14.90

non alcoholic beverage

soft drinks (coke, lemonade, squash, fanta) 3.90

lemon lime bitters 4.90

juice (apple, orange, pineapple, cranberry) 3.90

sparkling water 1lt 6.90

sparkling water glass 3.90

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signature cocktails

<i>elements red sangria, red wine, brandy, fresh squeezed lime juice, peach schnapps, orange juice, fresh strawberry</i>	27.90/carafe
<i>elements white sangria, white wine, apple liqueur, fresh squeezed lime juice, elder flower liqueur, orange juice, fresh strawberry</i>	27.90/carafe
<i>sydney refresher, bombay sapphire, lime cordial, soda, cucumber, mint</i>	12.90
<i>french kiss martini, grey goose vodka, sweet vermouth, strawberry liqueur, pineapple juice</i>	18.90
<i>moscato mojito, fresh mint leaves, fresh lime juice, sugar, moscato</i>	18.90
<i>prosecco negroni, campari, prosecco, sweet vermouth, orange twist</i>	18.90
<i>boozy chocolate, baileys, tequila, white chocolate liqueur, hersheys chocolate syrup, cream</i>	18.90
<i>midori fusion, midori, malibu, vodka, pinnapple juice</i>	18.90

premium whisky

<i>johnny walker black label blended scotch whisky</i>	9.90
<i>johnny walker blue label blended scotch whisky</i>	28.90
<i>chivas regal blended scotch whisky</i>	9.90
<i>the glenlivet founders reserve single malt whisky</i>	14.90
<i>octamore edition: 07.1 super-heavily peated islay single malt scotch whisky</i>	31.90
<i>wild turkey rare breed barrel proof kentucky straight bourbon whisky</i>	12.90

<i>monkey shoulder, batch 27 blended malt scotch whisky</i>	15.90
<i>hibiki suntory whisky japanese harmony</i>	26.90
<i>bowmore islay single malt scotch whisky darkest sherry cask finished</i>	22.90
<i>hellyers road tasmania single malt whisky peated</i>	18.90

premium spirits/liqueur

<i>beluga noble russian vodka</i>	12.90
<i>tequila artemon seleccion de 1414</i>	19.90
<i>napoleon brandy</i>	13.90
<i>antica sambuca</i>	9.90
<i>luxardo amaretto</i>	9.90
<i>limoncello</i>	9.90
<i>osborne fine tawny porto</i>	9.90

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entrée and tapas

herbed garlic bread v	6.90
grilled bread with dry oregano served with sea salt, olive oil v	5.90
house special marinated warm olives, mixed olives, beetroot and cumin hummus dip, toasted walnut, crisp bread v	14.90
1 kilo buffalo wings, coated in our signature spicy habanero sauce, tzatziki, celery sticks v	19.90
salt and pepper calamari, onion, red chili, parsley, lime aioli	12.90
sirloin steak tartare, shallots, capers, pickles, dijon mustard, lemon, olive oil, egg yolk, crisp bread	17.90
signature roasted bone marrow, mushroom, caramelized onion, burnt lemon, warm bread	18.90
saffron garlic prawns with spiced dukkha, served with bread	18.90
triple dips and bread, pepita pesto, tzatziki, beetroot and cumin hommus dip v	14.90
dry aged wagyu meatballs in al pomodoro sauce, served with bread	17.90
haloumi fries with caramelized balsamic glaze, served on a bed of rocket v	15.90

- extra bread 2.50
- gluten free bread 2.50

shared platter (for 2-3 people, add 12.90 for extra person)

elements charcuterie	34.90
<i>beef bresaola, basturma, steak tartare, marinated warm olives, chargrilled capsicum, pepita pesto, olive oil, bread</i>	
vegetarian charcuterie v	32.90
<i>chargrilled capsicum, artichokes, fetta, warm garlic mushrooms, marinated warm olives, beetroot and cumin hommus dip, tzatziki dip, bread</i>	
smoked charcuterie	39.90
<i>beef bresaola, basturma, marinated warm olives, fetta, chargrilled capsicum, beetroot and cumin hommus dip, pepita pesto, olive oil, bread</i>	

- add 12.90 for extra person

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salad

- traditional greek salad**, seasonal tomato, cucumber, onion, kalamata olives, capsicum lettuce, greek fetta, dried oregano, extra virgin olive oil **v** **gf** 14.90
- garden salad**, lettuce, cucumber, onion, seasonal tomato, capsicum, lemon dressing **v** **gf** 11.90
- rocket, pear, walnut and parmesan salad**, baby rocket, thinly sliced pear, toasted walnuts, shaved parmesan, extra virgin olive oil, aged balsamic **v** **gf** 13.90
- grilled chicken and avocado salad**, lettuce, sundried tomato, char grilled capsicum, cucumber, lemon vinaigrette **gf** 24.90

pasta

- baby squid and chorizo pappardelle**, sunflower cut squid, spanish chorizo, confit garlic, creamy pink sauce, fresh herbs, topped with parmigiano reggiano 25.90
- squid ink linguine with spicy prawns**, onion, fresh chili, fresh tomato, confit garlic, butter, fresh herbs, deglazed in champagne 29.90
- dry aged wagyu meatball fettuccini**, chimichurri meat balls, al pomodoro sauce, grana padano, fresh herbs, topped with mascarpone 24.90
- signature roasted beetroot gnocchi**, hand-made gnocchi, confit garlic, slow roasted beetroot puree, cream, whiskey flambe, mushroom, peas, grana padano, toasted pine nuts, fresh herbs, topped with mascarpone **v** 23.90
- creamy pesto chicken pappardelle**, home-made pesto, cream, sundried tomato, fresh herbs, parmigiano reggiano 22.90

mains

- grilled barramundi fillet**, mushy peas, chargrilled asparagus, beetroot and cumin hommus, served with rocket and parmesan salad **gf** 29.90
- grilled chicken breast**, nutmeg mashed potato, chorizo, portabella mushroom in garlic and butter, chili oil, red wine jus 27.50
- signature mushroom stack**, portobella mushrooms in al pomodoro sauce, chargrilled capsicum, melted cheese, topped with haloumi, baked together in the oven, char grilled asparagus, beetroot and cumin hommus, served with rocket and parmesan salad **v** 21.90

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dry aged wagyu charcoal smoked burgers

primal smoked 180gm dry aged wagyu beef patty cooked medium rare , caramelised onion, grilled cheesy mushroom, mustard aioli & signature habanero bbq sauce, charcoal brioche bun	18.90
classic american blt 180gm wagyu beef patty cooked medium rare , grilled bacon, lettuce, tomato, mustard aioli and tomato sauce, melted cheddar cheese, charcoal brioche bun	18.90
signature rib and patty 180gm wagyu beef patty cooked medium rare , one 24 hour cooked beef short rib, melted cheddar cheese, mustard aioli & signature habanero bbq sauce, charcoal brioche bun	39.90
cheese burger 180gm wagyu beef patty cooked medium rare , pickle, melted cheddar cheese poured on top, mustard aioli & signature habanero bbq sauce, charcoal brioche bun	16.90
drunken bacon 180gm wagyu beef patty cooked medium rare , whiskey flambé bacon, caramelised onion, lettuce, tomato, melted cheddar cheese, mustard aioli & signature habanero bbq sauce, charcoal brioche bun	18.90
mediterranean chicken grilled chicken breast, char grilled capsicum, beetroot and cumin hommus, lettuce, spanish onion, melted cheddar cheese, lime aioli, charcoal brioche bun	18.90
deviled chicken and chorizo spicy crispy chicken breast, chorizo, lettuce, spanish onion, tomato, melted cheddar cheese, mustard aioli & sriracha, charcoal brioche bun	18.90
grilled fish grilled barramundi fillet, cucumber, spanish onion, lettuce, lime aioli, charcoal brioche bun	18.90
gardenburg  grilled halloumi, portabella mushroom, lettuce, tomato, spanish onion, tzatziki & lime aioli, charcoal brioche bun	18.90

elements 1.5 kilo burger challenge (if you can finish it, it's on the house) 75.90

three 180gm dry aged wagyu beef patty **cooked medium rare**,
one 24 hour cooked short beef rib, grilled portobello mushroom, double bacon,
quadruple cheese, spanish onion, tomato, pickles, lettuce,
mustard aioli & signature habanero bbq sauce, charcoal brioche bun, served with double fries.
everything on the plate has to be finished to win the challenge. **GOOD LUCK!**

**all burgers are served
smoked in hickory
with a side of steak
cut hot fries**

extras

double patty	6.50
double cheese	3.50
bacon	4.50
whiskey bacon	5.50
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
signature spicy bbq	3.50
habanero chili oil	3.00
chimichurri	3.50

**milk brioche buns
and gluten-free buns
also available**

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premium steaks (all steaks are served with triple cooked thick cut potatoes)

t-bone steak 400 gm, msa, 100% grass fed 34.90
riverina, new south wales

yearling rib eye on the bone 400 gm, 48.90
dry aged, 100% grass fed
casino, new south wales

scotch fillet 300 gm, dry aged, mb2+ 36.90
darling downs, southern queensland

sirloin steak 300 gm, msa, dry aged, mb2+ 31.90
darling downs, southern queensland

rump steak 300 gm, dry aged, wagyu mb5+ 29.90
diamantina shire, western queensland

1kg tomahawk, 100% grass fed, mb2+ 98.90
great southern, western australia

sous vide beef short rib, 100% grass fed, mb2+ 28.90
great southern, western australia
cooked for 24 hours, finished with a blow torch sear on the outside, basted with our signature habanero bbq sauce

signature steak on stone, scotch fillet 300 gm 37.90
seared and served rare on a sizzling hot stone for you to finish off your every bite to your liking

shared steak platters (sizes are an average estimation of the cuts available. serves 2-3 people)

2.4 kg standing rib roast, dry aged, mb2+ (please allow minimum 1.5 hour) 279.90

2 kg tomahawk steak, dry aged, mb2+ (please allow minimum 40 minutes) 189.90

1 kg sirloin steak, dry aged, mb2+ (please allow minimum 40 minutes) 129.90

1 kg scotch fillet steak, dry aged, mb2+ (please allow minimum 40 minutes) 145.90

1 kg rump steak, dry aged, mb5+ (please allow minimum 40 minutes) 109.90

1 kg rib eye on the bone, dry aged, mb2+ (please allow minimum 40 minutes) 135.90

steak & rib platter, 300gm sirloin steak mb2+ and one sous vide beef rib 69.90
(go double meat 134.90)

sides (all sides are gluten-free)

triple cooked thick cut potatoes 7.90

diced potatoes, sautéed in rendered beef fat, garlic and rosemary 8.90

nutmeg mashed potatoes with mascarpone 7.90

steak cut hot fries 5.90

creamed spinach with grana padano 8.90

portabella mushroom in garlic & butter 8.90

mushy peas with 63 degree sous vide egg 8.90

char grilled asparagus tossed in extra virgin olive oil and toasted almond flakes 8.90

garden salad 7.90

go surf 'n' turf 8.9

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

saucers available 3.50

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

all shared steak platters are served with your choice of any 4 sides

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.

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kids meal

<i>elements kids fried chicken breast and chips, ice-cream, kids juice or soft drink</i>	9.90
<i>kids chicken napolitana pasta, ice-cream, kids juice or soft drink</i> gf	9.90
<i>Kids beef burger and chips, ice-cream, kids juice or soft drink</i>	9.90

<i>1 scoop of vanilla ice-cream</i>	3.90
<i>2 scoops of vanilla ice-cream</i>	6.90

dessert

<i>warm sticky date pudding, butter scotch sauce, cream chantilly, vanilla ice-cream</i>	12.90
<i>strawberry crème brûlée, fresh strawberries, served with strawberry liqueur</i>	13.90
<i>amaretto tiramisu, fresh strawberries, served with amaretto liqueur</i>	15.90
<i>dessert platter, warm sticky date pudding, strawberry crème brûlée, amaretto tiramisu, vanilla ice-cream, fresh strawberry, served with strawberry and amaretto liqueur</i>	39.90
<i>affogato, espresso coffee, frangelico, vanilla ice-cream</i>	15.90

<i>dessert liqueur</i>	9.90
- lemongello	
- baileys	
- tia maria	
- amaretto	
- sambuca	
- kahlua	
- frangelico	
- cointreau	
- grappa	

hot and cold beverages

<i>coffee</i>	3.90 sml/4.50 lrg
<i>cappuccino, latte, mocha, flat white, hot chocolate, piccolo, espresso, chai latte, long black</i>	
<i>tea</i>	3.90
<i>english breakfast, earl grey, peppermint, green tea, chamomile tea</i>	
<i>iced coffee with ice-cream and cream chantilly</i>	7.50
<i>iced chocolate with ice-cream and cream chantilly</i>	7.90
<i>iced mocha with ice-cream and cream chantilly</i>	7.90

<i>extras</i>	0.50
- extra shot	
- decaf	
- extra chocolate	
- extra tea bag	
- extra cream	

dessert wines

<i>2015, de bortoli noble one 375ml (riverina, new south wales)</i>	85.90/bottle	<i>2009, fattoria lavacchio vin santo riserva 500ml (tuscan, italy).</i>	142.90/bottle
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brunch at elements (available from 11am to 3pm)

signature roasted bone marrow and scrambled eggs	19.90
<i>roasted bone marrow topped with two creamy scrambled eggs, served with grilled mushrooms, caramelised onion and bread</i>	
steak and egg	34.90
<i>300gm of dry aged sirloin steak mb2+, served with grilled asparagus and fried egg and hollandaise sauce.</i>	
elements big breakfast	20.90
<i>two eggs cooked to your choice, chorizo, bacon, grilled mushroom, spinach, grilled tomato, bread</i>	
sautéed garlic mushroom bruschetta v	16.90
<i>mushrooms tossed with garlic, sundried tomato and parsley on toasted bread, topped with two eggs cooked to your choice, finished with parmigiano reggiano</i>	
grilled chicken and avocado salad , lettuce, sundried tomato, char grilled capsicum, cucumber, lemon vinaigrette gf	24.90
signature avocado and dukkha on toast v	18.90
<i>a thick layer of our beetroot and cumin-hummus on toasted bread, topped with sliced avocado, fresh tomato, drizzled with olive oil, sprinkled with dukkha and finished with balsamic glaze (add an egg for \$3)</i>	
chef's special avo lime and dukkha with bacon and egg	19.90
<i>smashed lime avocado spread on a multigrain bread, topped with crumbled fetta, cherry tomato and dukkha, served with bacon and one 63°c egg</i>	
eggs benedict 2 ways , two 63°c eggs, bacon, chorizo, on toasted bread	17.90
eggs benedict 2 ways vegetarian , two 63°c eggs, spinach, mushroom, on toasted bread v	17.90
grilled cheese sandwich with creamy tomato soup v	15.90

- bacon 4.50

- grilled tomato 3.00

- hollandaise sauce 3.50

- bread 2.50

- chorizo 3.5

- mushroom 3.50

- spicy habanero sauce 3.50

- egg 3.00

- spinach 3.50

- signature spicy bbq sauce 3.50

- avocado 4.00

- chargrilled asparagus 5.50

- habanero chili oil 3.00

extras

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