



★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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YOUR LOCAL STEAKHOUSE

red wine selection

150ml glass / 350ml carafe / 750ml bottle

shiraz

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

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

2013, el nino shiraz 65.90/bottle
(pyrenees, victoria)

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

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

merlot

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

2014, chateau grandjean bordeaux 79.90/bottle
(bordeaux, france)

2015, italo cescon merlot 129.90/bottle
(friuli, italy)

pinot noir

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

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

2016, riorret pinot noir 179.90/bottle
(lusatia park, victoria)

cabernet sauvignon

2015, mt. monster 14.90/glass, 34.90/carafe, 59.90/bottle
cabernet sauvignon
(limestone coast, south australia)

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

2014, robert oatley finesterre 149.90/bottle
(margaret river, western australia)

blends and interesting reds

2016, el grill malbec 14.90/glass, 34.90/carafe, 59.90/bottle
(argentina)

2014, the executioner 24.90/glass, 57.90/carafe, 98.90/bottle
shiraz cabernet sauvignon viognier
(mildura, victoria)

2014, sessantanni primitivo 249.90/bottle
(manduria, italy)

rose

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

2017, vinoque rose 79.90/bottle
(yarra valley, victoria)

2017, maison aix rose 119.90/bottle
(provence, france)

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white wine selection

150ml glass / 350ml carafe / 750ml bottle

chardonnay

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

pinot gris/grigio

2017, richland pinot grigio (griffith, new south wales)	9.90/glass, 22.90/carafe, 39.90/bottle
2017, printhie 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

sauvignon blanc

2017, debortoli deen (griffith, new south wales)	9.90/glass, 22.90/carafe, 39.90/bottle
2016, stonefish (margaret river, western australia)	14.90/glass, 34.90/carafe, 59.90/bottle
2017, baby doll (marlborough, new zealand)	79.90/bottle
2015, le clos sauvignon blanc (loire, france)	98.90/bottle
2017, shaw and smith sauvignon blanc sauvignon blanc	109.90/bottle

riesling

2017, d'arenberg riesling (mclaren vale, south australia)	9.90/glass, 22.90/carafe, 39.90/bottle
2017, claymore joshua tree (watervale, clare valley, south australia)	69.90/bottle
2014, hugel riesling (alsace, france)	135.90/bottle

blended whites

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

interesting whites

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

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sparkling wine selection

sparkling australian

jean pierre brut classique 9.90/glass, 22.90/carafe, 39.90/bottle

(bilbul, new south wales)

rococo 69.90/bottle

(dixons creek, victoria)

2013, petersons pinot noir chardonnay 109.90/bottle

(hunter valley, new south wales)

2012, clover hill vintage 169.90/bottle

(pipers river, tasmania)

prosecco

casabianca prosecco d.o.c 14.90/glass, 34.90/carafe, 59.90/bottle

(treviso, italy)

la gioiosa prosecco d.o.c.g 69.90/bottle

(valdobiaddene, italy)

2016, san venanzio extra dry 119.90/bottle

(valdobbiadene, italy)

2017, ca del bosco prestige cuvee franciacorta 259.90/bottle

(erbusco, italy)

champagne/franciacorta

nicolas feuillatte champagne nv 198.90/bottle

(chouilly, champagne, france)

ruinart brut nv 349.90/bottle

(reims, champagne, france)

2007, ca del bosco 859.90/bottle

annamaria clementi franciacorta

(erbusco, italy)

beer (local/international/craft)

craft beer on tap (ask us for today's selections) 9.90

carlton draught 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

corkage/cakage

per person 2.50

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signature cocktails

<i>elements red sangria 1lt</i> , red wine, brandy, fresh squeezed lime juice, peach schnapps, orange juice, fresh strawberry	35.90/carafe
<i>elements white sangria 1lt</i> , white wine, apple liqueur, fresh squeezed lime juice, elder flower liqueur, orange juice, fresh strawberry	35.90/carafe
<i>sydney refresher</i> , bombay sapphire, lime cordial, soda, cucumber, mint	15.90
<i>french kiss martini</i> , grey goose vodka, sweet vermouth, strawberry liqueur, pineapple juice	18.90
<i>moscato mojito</i> , fresh mint leaves, fresh lime juice, sugar, moscato	18.90
<i>prosecco negroni</i> , campari, prosecco, sweet vermouth, orange twist	18.90
<i>boozy chocolate</i> , baileys, tequila, white chocolate liqueur, hersheys chocolate syrup, cream	18.90
<i>midori fusion</i> , midori, malibu, vodka, pinnapple juice	18.90

premium whisky

<i>johny walker black label blended scotch whisky</i>	9.90
<i>johny 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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the eclectic selection of food...

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entrée and tapas

herbed garlic bread v	8.90
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	16.90
1 kilo buffalo wings, coated in our signature spicy habanero sauce, tzatziki, celery sticks	19.90
salt and pepper calamari, onion, red chili, parsley, lime aioli	14.90
sirloin steak tartare, shallots, capers, pickles, dijon mustard, lemon, olive oil, egg yolk, crisp bread	18.90
signature roasted bone marrow, mushroom, caramelized onion, burnt lemon, warm bread	19.90
saffron garlic prawns with spiced dukkha, served with bread	22.90
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	18.90
haloumi fries with caramelized balsamic glaze, served on a bed of rocket v	19.90

- extra bread 2.50
- gluten free bread 2.50

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

elements charcuterie	45.90
<i>beef bresaola, basturma, steak tartare, marinated warm olives, chargrilled capsicum, pepita pesto, olive oil, bread</i>	
vegetarian charcuterie v	39.90
<i>chargrilled capsicum, artichokes, fetta, warm garlic mushrooms, marinated warm olives, beetroot and cumin hommus dip, tzatziki dip, bread</i>	
smoked charcuterie	55.90
<i>beef bresaola, basturma, marinated warm olives, fetta, chargrilled capsicum, beetroot and cumin hommus dip, pepita pesto, olive oil, bread</i>	

- add 15.90 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** 16.90
- garden salad**, lettuce, cucumber, onion, seasonal tomato, capsicum, lemon dressing **v** **gf** 13.90
- rocket, pear, walnut and parmesan salad**, baby rocket, thinly sliced pear, toasted walnuts, shaved parmesan, extra virgin olive oil, aged balsamic **v** **gf** 15.90
- 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 27.90
- squid ink linguine with spicy prawns**, onion, fresh chili, fresh tomato, confit garlic, butter, fresh herbs, deglazed in champagne 33.90
- dry aged wagyu meatball fettuccini**, chimichurri meat balls, al pomodoro sauce, grana padano, fresh herbs, topped with mascarpone 26.90
- 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** 24.90
- creamy pesto chicken pappardelle**, home-made pesto, cream, sundried tomato, fresh herbs, parmigiano reggiano 25.90

mains

- grilled barramundi fillet**, mushy peas, chargrilled asparagus, beetroot and cumin hommus, served with rocket and parmesan salad **gf** 37.90
- grilled chicken breast**, nutmeg mashed potato, chorizo, portabella mushroom in garlic and butter, chili oil, red wine jus 29.50
- 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** **gf** 25.90

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dry aged wagyu charcoal smoked burgers

primal smoked 250gm dry aged wagyu beef patty cooked medium , caramelised onion, grilled cheesy mushroom, mustard aioli & signature habanero bbq sauce, charcoal brioche bun	22.90
classic american blt 250gm wagyu beef patty cooked medium , grilled bacon, lettuce, tomato, mustard aioli and tomato sauce, melted cheddar cheese, charcoal brioche bun	23.90
signature rib and patty 250gm wagyu beef patty cooked medium , one 24 hour cooked beef short rib, melted cheddar cheese, mustard aioli & signature habanero bbq sauce, charcoal brioche bun	55.90
cheese burger 250gm wagyu beef patty cooked medium , pickle, melted cheddar cheese poured on top, mustard aioli & signature habanero bbq sauce, charcoal brioche bun	19.90
drunken bacon 250gm wagyu beef patty cooked medium , whiskey flambé bacon, caramelised onion, lettuce, tomato, melted cheddar cheese, mustard aioli & signature habanero bbq sauce, charcoal brioche bun	24.90
mediterranean chicken grilled chicken breast, char grilled capsicum, beetroot and cumin hommus, lettuce, spanish onion, melted cheddar cheese, lime aioli, charcoal brioche bun	19.90
deviled chicken and chorizo spicy crispy chicken breast, chorizo, lettuce, spanish onion, tomato, melted cheddar cheese, mustard aioli & sriracha, charcoal brioche bun	22.90
grilled fish grilled barramundi fillet, cucumber, spanish onion, lettuce, lime aioli, charcoal brioche bun	25.90
gardenburg  grilled halloumi, portabella mushroom, lettuce, tomato, spanish onion, tzatziki & lime aioli, charcoal brioche bun	19.90

elements 2 kilo burger challenge (if you can finish it, it's on the house) 125.90

three 250gm 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 half kilo of fries.
everything on the plate has to be finished in 35 minutes to win the challenge.
you are required to sign a waiver to accept the challenge. **GOOD LUCK!**

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

extras	
double patty	8.50
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

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

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

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premium steaks

(all steaks are served with a complementary serve of triple cooked thick cut potatoes)

t-bone steak 400 gm, msa, 100% grass fed riverina, new south wales	36.90
yearling rib eye on the bone 400 gm, dry aged, 100% grass fed coominya, south-east queensland	48.90
scotch fillet 300 gm, dry aged, mb2+ darling downs, southern queensland	36.90
sirloin steak 300 gm, msa, dry aged, mb2+ gippsland, south-east victoria	32.90
rump steak 300 gm, dry aged, wagyu mb5+ diamantina shire, western queensland	34.90
1.2 kg tomahawk, 100% grass fed, mb2+ great southern, western australia	119.90
sous vide beef short rib, 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	36.90
signature steak on stone, scotch fillet 300 gm seared and served rare on a sizzling hot stone for you to finish off your every bite to your liking	37.90

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

1.4 kg standing rib roast, dry aged, mb2+ (please allow minimum 1.5 hour)	209.90
2.4 kg tomahawk steak, dry aged, mb2+ (please allow minimum 40 minutes)	269.90
1 kg sirloin steak, dry aged, mb2+ (please allow minimum 40 minutes)	139.90
1 kg scotch fillet steak, dry aged, mb2+ (please allow minimum 40 minutes)	149.90
1 kg rump steak, dry aged, mb5+ (please allow minimum 40 minutes)	139.90
1 kg rib eye on the bone, dry aged, mb2+ (please allow minimum 40 minutes)	149.90
steak & rib platter, 300gm sirloin steak mb2+ and one sous vide beef rib	94.90
	(go double meat 169.90)

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	9.90
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	9.90
garden salad	7.90

go surf 'n' turf 9.9

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>	9.90
<i>kids beef burger and chips, ice-cream, kids juice or soft drink</i>	9.90

1 scoop of vanilla ice-cream 3.90

2 scoops of vanilla ice-cream 6.90

dessert

<i>warm sticky date pudding, butter scotch sauce, cream chantilly, vanilla ice-cream</i>	14.90
<i>strawberry crème brûlée, fresh strawberries, served with strawberry liqueur</i>	14.90
<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>	44.90
<i>affogato, espresso coffee, frangelico, vanilla ice-cream</i>	15.90

dessert liqueur 9.90

- lemoncello
- 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

extras 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>	135.90/bottle	<i>2009, fattoria lavacchio vin santo riserva 500ml (tuscan, italy).</i>	239.90/bottle
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brunch at elements (available from 11am to 3pm)

signature roasted bone marrow and scrambled eggs 19.90
roasted bone marrow topped with two creamy scrambled eggs, served with grilled mushrooms, caramelised onion and bread

steak and egg 36.90
300gm of dry aged sirloin steak mb2+, served with grilled asparagus and fried egg and hollandaise sauce.

elements big breakfast 24.90
two eggs cooked to your choice, chorizo, bacon, grilled mushroom, spinach, grilled tomato, bread

sautéed garlic mushroom bruschetta **v** 18.90
mushrooms tossed with garlic, sundried tomato and parsley on toasted bread, topped with two eggs cooked to your choice, finished with parmigiano reggiano

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
a thick layer of our beetroot and cumin-hummos 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)**

chef's special avo lime and dukkha with bacon and egg 22.90
smashed lime avocado spread on a multigrain bread, topped with crumbled fetta, cherry tomato and dukkha, served with bacon and one 63°c egg

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 3.50	

extras

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