

GF Gluten Free  
N Natural  
V Vegan  
Veg Vegetarian  
DF Dairy Free

# Elements

## RESTAURANT

### DINNER

#### COLD INTRODUCTION

<b>The Tiraditos Trio</b>	Trio of raw fish sashimi: Salmon marinated with mint, lime and cilantro. Cobia with mango-passion and mustard. Tuna with sesame, ginger and orange.	17.50
<b>Ahi Tuna Tartare (N)</b>	Raw Ahi tuna chopped with tamari soy sauce and chives, presented with crispy wonton shells, wakame, a boiled quail egg and avocado salsa.	12.50
<b>Shrimp Salad (GF)</b>	Cocktail shrimp gently tossed in our special dressing, enhanced with herbs and avocado salsa.	13.50
<b>Beef Carpaccio (GF)</b>	Sesame-crusting, thinly-sliced beef tenderloin on a bed of frisée with avocado tartare and smoked mayonnaise.	12.50
<b>Mediterranean Mezze (V)</b>	Chili hummus (chick pea puree with chilli pepper), baba ghanoush (roasted eggplant spread), tzatsiki (Greek yoghurt with garlic and cucumber). Served with toasted, whole-wheat pita chips.	11.50

*In our effort to improve service, Elements Restaurant and the Sandbar no longer add the customary 15% service charge to your bill. Tipping (trinkgeld, propina, mancia) is encouraged and 15 to 20% is appropriate based on excellent service.*

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### DINNER

#### WARM INTRODUCTION

<b>Mini Crab Cake - My Style (N)</b>	Blue crab cake with cucumber tartare, and herbed aioli on a bed of mango salsa.	11.50
<b>Seafood Napoleon</b>	Shrimp, crawfish and lobster carefully sautéed with a touch of garlic in a creamy seafood sauce, presented with puff pastry points.	15.50
<b>Pepper Seared Beef (GF)</b>	Beef tenderloin kebab, marinated in Asian spices and a variety of peppers, flash-seared and laid upon a mango-passion chutney with chili drizzle.	15.95
<b>Artichoke–Arugula Ravioli (Veg)</b>	Homemade pasta shells stuffed with grilled, herbed artichoke and garlic-infused sautéed arugula; fried to a crispy finish and laid on a light porcini cloud.	8.50
<b>Salad Buffet</b>	Extensive salad buffet with various dressings and toppings.	17.95

#### SOUP

<b>French Onion Soup (GF)</b>	Richly flavored browned-onion broth, enhanced with thyme and rosemary, topped with melted Gouda cheese.	6.50
<b>Carrot Ginger Soup (GF)</b>	Unique composition of sweet carrots and zesty ginger, topped with a chili coconut oil pearl.	7.50

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### DINNER

#### ENTRÉE

<b>Grouper with Fruit Salsa (6oz)</b> (GF/DF)	Fresh black grouper fillet pan fried and served on top of a Caribbean scented chilled fruit salsa of papaya, pineapple and black beans.	35.00
<b>Red Snapper (6oz)</b> (GF/DF)	Red snapper fillet, pan fried in virgin coconut oil and layered on a bed of our inimitable curry sauce.	35.00
<b>Mahi-Mahi Ginger Infusion (6oz)</b> (GF)	Char-grilled Mahi-Mahi fillet layered on a light ginger-cream sauce flavored with Chardonnay.	32.50
<b>Spicy Shrimp (6oz)</b> (GF)	Large shrimp carefully simmered in a delightful chili cream sauce.	35.00
<b>Black Angus Sirloin Steak (8oz)</b> (GF)	Masterfully cut, prime Black Angus sirloin steak, aged a minimum of 21 days, grilled to perfection and laid on a three-peppercorn sauce.	39.00
<b>Skirt Steak Churrasco Style (6oz)</b> (GF)	Juicy USDA Choice skirt steak grilled to your liking and served with our homemade chimichurri sauce.	34.50
<b>Chateaubriand (2 person)</b> (GF)	USDA Choice 12oz beef tenderloin, roasted to order and served sliced with Hollandaise sauce. (Price per person)	32.50
<b>Sauté de Filet de Boeuf (5oz)</b> (GF)	Beef tenderloin tips sautéed to order with mushrooms and simmered to perfection in a flamed Scotch Whisky sauce.	35.50
<b>Mango Chicken</b> (GF/DF)	Seared free-range, corn-fed chicken breast with fresh mango and pink peppercorn sauce.	24.50

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### DINNER

#### ENTRÉE

<b>Wheat Spaghetti</b> (Veg) (Vegan on request)	Roasted green tomatillos and rainbow squash sautéed in virgin olive oil with garlic, leeks and Quorn (mycoprotein), enhanced with Dijon mustard and Riesling wine.	25.50
<b>Pasta Alfredo</b> (Veg)	Al dente fettucine pasta tossed in a traditional, creamy Parmesan sauce.	19.50
<b>Pasta Alfredo with Salmon</b>	A generous portion of pasta Alfredo topped with a perfectly herbed and grilled salmon fillet.	26.50
<b>Pasta Alfredo with Chicken</b>	A generous portion of pasta Alfredo topped with grilled, free-range chicken.	22.50
<b>Polenta Galettes</b> (GF/Veg)	Finest Italian herb polenta cake topped with melted Gorgonzola, sautéed wild mushrooms and asparagus, over a medley of lentils.	21.50
<b>Quinoa Pineapple</b> (GF/Veg)	Quinoa sautéed with confetti of vegetables, stuffed in a pineapple, and flamed with Caribbean rum.	26.50
<b>Pasta al Salmone</b> (GF)	Gluten-free pasta topped with smoked salmon strips in a creamy sauce with a touch of white wine.	23.50
<b>Salad Buffet</b>	Extensive salad buffet with various dressings and toppings	17.95

**All entrées are served with market vegetables sautéed in extra virgin olive oil and your choice of wild rice, herbed risotto, skin-on garlic mashed potatoes or French fries.**

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#### DESSERT

<b>Assorted Ice Cream</b>	Homemade: strawberry, chocolate with Baileys, vanilla, rum raisin, Ferrero Rocher, passion fruit sorbet, dragon fruit sorbet, dark cherry yoghurt.	3.50 (per scoop)
<b>Ferrero Chocolate Risotto</b>	Risotto-style rice pudding with Swiss chocolate, topped with exquisite Ferrero Rocher ice cream and praline.	9.50
<b>Cheese Cake</b>	Creamy cheese cake with strawberry sauce.	7.50
<b>Five High Chocolate</b>	Five layers of dark, moist chocolate cake, with the silkiest smooth chocolate filling and decadent dark chocolate.	12.50
<b>Tiramisu</b>	Biscuits drenched in espresso coffee, topped with whipped mascarpone and cacao dust.	12.50

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