

# ELEMENTS CAFÉ

Week of May 19th

**Mon - Fri**  
**11:15am – 2:30pm**

**ELEMENTS:**

Lunch: 11:15 – 2:00

Snacks: 11:15 – 2:30

**ALIQUOTS:**

Breakfast: 7:30 – 10:30

Snacks: 2:30 – 5:00

## Special Events

NEW Culinary  
Concept: Katora  
Action Station

LUNCH

|               | Monday  | Tuesday  | Wednesday   | Thursday   | Friday  |  |
|---------------|---|--|---|--|---|--|
| Soups         | Italian Wedding<br>V Native 3 Sisters   | Broccoli Cheddar<br>V Vegetable Pozole Soup  | V Tomato Basil Bisque<br>V Santa Fe Tortilla  | Chicken Noodle<br>V Chana Masala Soup  | Clam Chowder<br>V Garden Vegetable  |  |
| Kitchen Table | Salisbury Steak<br>Caramelized Onion and beer gravy<br><br>Rosemary Roasted Chicken<br><br>V Loaded Waffle Fries<br><br>V Roasted Vegetable Medley  | Thai Ground Pork Larb<br>Lemongrass & Makrut Lime<br><br>Green Curry Salmon,<br>Shrimp Mussels and Calamari<br><br>V Lemon Cashew Rice<br><br>V Sesame Green Beans | Classic Beef Stew<br><br>BBQ Smoked Pork Ribs<br><br>V Millet, Flax Seed,<br>Green Peas<br><br>V Sautéed Brussels Sprouts | Baked Chicken Dijonaise<br><br>Quiche Lorraine- Bacon Scallions<br><br>V Herbed Potato Wedges<br><br>V Grilled Asparagus With Piperade and Garlic Confit   | Reverence Trout Beurre Rouge<br><br>Cajun Buttermilk Fried Chicken<br><br>V Black Barley Risotto with Shiitake & Chives<br><br>V Roasted Mixed Vegetables |  |
| Action        | <b>Katora</b><br><br>Base: Basmati Rice Pulao, Naan<br><br>Proteins: Tandoori Chicken, Tikka Reverence Trout, Tarka Dal<br><br>Sauce: Tikka Masala, Classic Curry Sauce<br><br>Toppings: Kachumber Salad, Cucumber Raita, Pickled Red Onion, Tamarind, Cilantro Chutney, Mango Chutney  |  |   | <b>Ramen</b><br><br>Choice of Protein: Sriracha Miso Tofu, Teriyaki Pork Belly, Shoyu Chicken<br><br>Choice of Broth: Shoyu Chicken, Vegetable Miso<br><br>Toppings: Bok Choy, Spinach, Carrot, Sauteed Mushrooms, Baby Corn, Pickled Ginger, Sesame Oil, Sriracha, Togarashi, Hijiki, Bonito Flake, Scallion<br>Optional: Soy Marinated Egg   |   |  |
| Action        | <b>Super Salads</b><br><br>Energy Boost – Arctic Char, Romaine, Buckwheat, Sweet Potato, Shaved Beet, Red Onion, Grapefruit Segments, Creamy Avocado Dressing<br><br>V Vegan Powerhouse – Spinach, Romaine, Roasted Broccoli, Steamed Asparagus, Shaved Cauliflower, Shaved Beets, Carrots, Apple, Raisin, Toasted Walnuts, Sunflower Seeds, Orange Dijon Vinaigrette |  |   | <b>Bowl Inc.</b><br><br>Guacamole Bowl - Five Spice Shrimp, Guacamole, Roasted Corn, Pickled Red Onion, Bell Peppers, Pumpkin Seeds, Cilantro, Fried Tortilla Strips<br><br>Hummus Bowl - Chicken Shawarma, House Made Hummus, Crispy Chickpeas, Pickled Turnips & Beets, Cucumbers, Tomatoes, Garlic Sumac Whip, Pine Nuts, Parsley<br><br>V Harvest Bowl - Wild Rice, Mustard Greens, Spinach, Red Cabbage, Granny Smith Apples, Roasted Beets, Roasted Parsnips, Sunflower Seeds, Toasted Almonds, Maple Apple Cider Dressing |   |  |
| Grill         | Moroccan Chicken Bowl, Harissa Beets, Chickpeas, Zhoug  |  |   |  |   |  |
| Rustico       | <b>DELI SIDES</b><br>V Tarragon Tomato Avocado Salad<br><br>Kale Caesar   | V Black Bean Avocado Enchilada   |   |  | <b>GRILL SIDES</b><br>V Chili Citrus Jicama Slaw  |  |
|               | V Grilled, Eggplant, Squash and Onion, Balsamic and Hummus Sandwich on Baguette   |  |   |  |   |  |

Menus are subject to change due to seasonality and availability.  
Before placing your order, please inform your server if a person in your party has a food allergy.

