

ELEMENTS



elements
RESTAURANT
contemporary cuisine

STARTERS

SWEET POTATO FRIES 5\$
Deep fried to perfection served with fry sauce

POUTINE 5\$
French fries-cheese curds-cheddar cheese-caramelized onions-brown gravy

SOUP OF THE DAY
Cup 6\$ bowl 8\$

TERIYAKI CHICKEN SKEWERS 7\$
Grilled chicken chunks with a Thai peanut sauce

FRIED PICKLES 8\$
A mix of beer battered pickle chips and pickle spears with a chipotle mayo dipping sauce

ONION RINGS 8\$
Comes with your choice of ranch, fry sauce, or chipotle mayo

MARGHERITA FLATBREAD 11\$
Fresh mozzarella, basil, balsamic glaze, EVOO

VEGGIE LOVERS FLATBREAD 12\$
Peppers, onions, mushrooms, olives, spinach, jack cheese, marinara

BUFFALO CHICKEN FLATBREAD 13\$
Buffalo sauce, diced chicken, caramelized onions, blue cheese crumbles, jack cheese

ELEMENTS SUPREME FLATBREAD 13\$
Marinara, salami, sausage, bacon, peppers, onions, mushrooms, and jack cheese.

CHICKEN BACON RANCH FLATBREAD 14\$
Ranch, grilled chicken, jalapeños, bacon, peppers, onions, provolone cheese

BONE IN WINGS 14\$
Your choice of either classic buffalo, honey bbq or spicy sweet chill sauce served with carrots and celery

Gluten Free
Vegetarian
Low Calorie

OPEN 5-10PM 7
DAYS A WEEK
801-573-9841

SALADS

CAPRESE 10\$
Fresh mozzarella, fresh basil, tomato, balsamic glaze, EVOO

CAESAR SALAD 10\$
Romaine, parmesan, croutons, Caesar dressing - add grilled chicken 4\$, shrimp or steak 5\$

SPINACH SALAD 12\$
Fresh spinach, strawberries, red onion, candied walnuts, mozzarella cheese, balsamic vinaigrette

COBB SALAD 14\$
Chicken, romaine, avocado, tomato, blue cheese crumbles, bacon, boiled egg, choice of either blue cheese, ranch, 1000 island, or balsamic dressing

STEAK SALAD 18\$
Chipotle ranch, tortilla strips, romaine, tomato, roasted corn, pepper jack cheese

DESSERTS

CLASSIC CHEESECAKE 7\$
New York style topped with strawberry sauce

BROWNIE SUNDAE 8\$
Warmed brownie topped with ice cream, chocolate sauce, sprinkles & whipped cream

LAVA CAKE 9\$
Decadent chocolate cake filled with warm fudge, topped with vanilla ice cream & chocolate sauce

CHEFS CHOICE DAILY SPECIAL 9\$
gourmet imported desserts from sugar thrills bakery



Sugar Thrills Bakery

BEVERAGES

LEMONADE 3\$
ICED TEA 3\$
COFFEE 3\$
LRG PELEGRINO 6\$

COKE 3\$
DIET COKE 3\$
COKE ZERO 3\$
DR PEPPER 3\$
SPRITE 3\$

3524 S MARKET ST, WEST VALLEY CITY, UT 84119

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DINNER MENU



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ENTREES

HANDHELDS

BAKED MAC AND CHEESE 14\$

3-Cheese blend.

PASTA PRIMAVERA 15\$

Seasoned vegetables, garlic, parmesan, EVOO.

BAKED PENNE 16\$

Meat sauce, ricotta & mozzarella cheese.

BLACKENED CATFISH 17\$

comes with corn salsa, rice pilaf, steamed vegetables.

THE CHICKEN 18\$

Herb or BBQ, Sous-vidé then fire-grilled, with Idaho mashed potatoes, & steamed vegetables.

GRILLED SHRIMP 18\$

8 Jumbo fire-grilled shrimp, rice pilaf, & steamed vegetables.

CHICKEN CARBONARA 18\$

Fettuccini noodles and alfredo sauce with onions, prosciutto, and peas.

FISH AND CHIPS 20\$

Beer-battered cod, French fries, coleslaw, and tartar sauce.

GRILLED SALMON 23\$

Pan seared, served with lemon butter, rice pilaf, steamed vegetables.

FILET MIGNON 27\$

Pan seared, merlot & mushroom reduction, Idaho mashed potatoes, steamed vegetables.

RIB EYE 38\$

14 oz, tomato demi-glaze, Idaho mashed potatoes, steamed vegetables.

REUBEN 14\$

Marble rye bread, corned beef, Swiss cheese, sauerkraut, thousand island dressing.

CLUB ON 35TH 15\$

Potato bread, turkey, ham, lettuce, tomato, red onion, guacamole, cheddar & Swiss cheese.

ELEMENTS BURGER 16\$

Brioche bun, bacon, lettuce, tomato, red onion, cheddar cheese.

BEYOND BURGER 16\$

Plant-based vegan patty, brioche bun, lettuce, tomato, guacamole.

STEAKHOUSE BURGER 17\$

A-1 aioli, lettuce, tomato, mushrooms, bacon, crispy onion rings, pepper jack cheese.

SIDES

FRIES 4\$

Our delicious and Unique sidewinder fries.

RICE 4\$

sautéed in herb butter with peas and carrots.

SIDE OF VEGETABLES 5\$

your choice of steamed broccoli or grilled asparagus.

MASHED POTATOES 6\$

Idaho style mashed potatoes served with gravy.

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COCKTAILS

SPIRITS



Elements Old Fashioned 15\$

Highest bourbon, Angostura bitters, precisely one sugar cube muddled to perfection and garnished with a Maraschino cherry



Manhattan on 35th 14\$

Highest double rye, angostura bitters, sweet vermouth and garnished with a Maraschino cherry



Embassy Margarita 15\$

Casa Migos Blanco tequila, grand marnier, freshly squeezed lime juice, agave syrup, garnished with a lime wheel and a salted rim



Five Wives Mule 12\$

Five Wives locally crafted vodka, Fever tree ginger beer, fresh lime juice, a touch of pineapple juice and garnished with a lime.



1908 Guava Breeze 14\$

1908 Empress gin, Tropical Guava soda, St Germain Elderberry flower, with a splash of peach schnapps and garnished with a lime.



Tropical Paradise Refresher 14\$

Malibu rum, Peach Schnapps, Sour and Grape pucker, Pineapple juice, topped with sweet and sour and a splash of sprite.

VODKA

FIVE WIVES 5\$
TITOS 6\$
KETTLE ONE 7\$
GREY GOOSE 9\$

GIN

BEEFEATER 6.5\$
TANQUERAY 7.5\$
BOMBAY SAPPHIRE 8\$
1908 EMPRESS 11\$

RUM

BACARDI GOLD 5\$
BACARDI SILVER 5\$
CAPTAIN MORGAN 5.5\$
MALIBU 6\$

TEQUILA

EL JIMADOR ANEJO 8\$
HORNITOS REPOSADO 8.5\$
1800 SILVER 9\$
CASAMIGOS BLANCO 15\$
PATRON SILVER 15\$
PATRON ANEJO 16\$

WHISKY

FIREBALL 5\$
SEAGRAMS VO 5.5\$
JACK DANIEL'S 7\$
JAMISON 9\$
CROWN ROYAL 9\$
MAKER'S MARK 9\$
HIGHEST BOURBON 10.5\$
HIGHEST DOUBLE RYE 10.5\$
KNOB CREEK 11\$
WOODFORD RESERVE 11\$

COGNAC

HENNESSY 13\$

DAILY DRINK SPECIALS

Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Michelob Ultra 4\$	El jimador 4\$	SeagramsVO 4\$	Trader Ipa 4\$	Fireball 4\$	Seltzer 4\$	Shocktop 4\$

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WINE

BEER



REDS

Alamos Malbec - <i>Argentina</i>	10\$	42\$
14 Hands Merlot - <i>Washington</i>	11\$	44\$
Pendelum Red Blend - <i>Washington</i>	12\$	48\$
Da Vinci Chianti Docg - <i>Italian</i>	13\$	50\$
H3 Cabernet - <i>Washington</i>	13\$	50\$
Francis Coppola Diamond Merlot - <i>California</i>	14\$	57\$
Daou Cabernet Paso Robles - <i>California</i>	15\$	65\$
Antinori Villa Antinori Rosso - <i>Italian</i>	16\$	67\$
Meiomi Pinot Noir - <i>Tuscany</i>	16\$	72\$
Decoy Red Blend - <i>California</i>	17\$	77\$



DRAFT

Michelob Ultra	7\$
Golden Spike Hefeweizen	8\$
Hazy IPA	8\$
Trader IPA	8\$
Violet Fire Juicy Lager	8\$
Kilt Lifters Amber Ale	8\$
Four peaks IPA	8\$
Local Seasonal	8\$

WHITES

Chateau St Michelle Riesling - <i>Washington</i>	8\$	30\$
Acrobat Pinot Grigio - <i>Oregon</i>	9\$	40\$
Cupcake Prosecco - <i>Italy</i>	9\$	40\$
Day Owl Rose - <i>California</i>	10\$	40\$
Korbel Brut - <i>California Champagne</i>	12\$	55\$
Spy Valley Sauvignon Blanc - <i>New Zealand</i>	14\$	65\$
Chandon Sparkling Rose - <i>California</i>	14\$	65\$
Decoy Chardonnay - <i>California</i>	15\$	68\$
Bichot Macon - <i>French White Burgundy</i>	16\$	70\$



DOMESTIC

Bud light	7\$
Budweiser	7\$
Coors light	7\$
Corona	7\$
Guinness	8\$
Heineken	8\$
Modelo	8\$
Stella Artois	8\$

LOCAL HIGH POINT

Hop Rising Double IPA <i>Squatters 9.5% abv</i>	11\$
Hop Rising Hazy IPA <i>Squatters 9.5% abv</i>	11\$
Devastator Double Bock <i>Squatters 8.5% abv</i>	11\$



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