

V VEGAN  
VEG VEGETARIAN  
GF GLUTEN FREE  
DF DAIRY/LACTOSE FREE

# Elements

## RESTAURANT

### LUNCH MENU

Served from 12:00 Noon to 5:00 PM

#### SALADS

<b>Vegan Greens</b>	<b>V GF</b> Ripe mangoes, micro greens, avocado, sweet potato, mesclun of fine lettuces with the soothing balm of our white chocolate dressing.	<b>11.95</b>
<b>Caesar Salad</b>	<b>VEG GF on request</b> Romaine lettuce tossed with Parmigiano, croutons and our own creamy Caesar dressing.	<b>9.95</b>
	Add:	
	<b>Grilled sliced chicken breast</b>	<b>3.95</b>
	<b>Grilled fish fillet of the day</b>	<b>3.95</b>
<b>Elements Ceviche</b>	<b>GF DF</b> White fleshy fish, marinated with lime, maracuya and mango juice, pickled red onions, and cilantro. Served with plantain chips.	<b>11.95</b>
<b>Salad Niçoise</b>	<b>GF DF</b> Medium-rare sushi-grade black pepper-crusted tuna loin served with tomato, egg, green beans, boiled potatoes, Kalamata olives, onion and lettuce served with a Cabernet Sauvignon vinaigrette.	<b>16.95</b>
<b>Organic Arugula Harvest</b>	<b>V GF DF</b> Arugula salad with berries, pine nuts and cacao dust drizzled with balsamic-orange dressing.	<b>12.95</b>
<b>Bucuti Shrimp Salad</b>	Shrimp dusted with herbs in a light mayonnaise dressing with chopped vegetables and garnished with a boiled egg, lettuce and lemon wedges with artisanal pita bread.	<b>16.95</b>
<b>Tropical Fruit Plate</b>	Daily market fresh tropical fruits dusted with coconut and served with your choice of: <b>Cottage cheese VEG GF</b> <b>Sherbet V GF DF</b> <b>Fruit yoghurt VEG GF</b>	<b>11.95</b>

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### SOUPS

<b>Chilled Roasted Melon Soup</b>	<b>V GF</b> Cantaloupe carefully roasted, blended and chilled to perfection and served with ginger sherbet and pomegranate swirl.	<b>6.95</b>
<b>Seafood Chowder</b>	Assorted blended seafood, sautéed in confetti of vegetables with a touch of cream and spices.	<b>7.95</b>
<b>Pumpkin Soup</b>	<b>V DF</b> Caribbean pumpkin carefully simmered in spices and served with coconut-potato dumplings.	<b>6.95</b>

### SANDWICHES & WRAPS

<b>Le Sandwich</b>	Fried egg, lettuce, tomato, cucumber, Gouda cheese, Dijon mustard and passion fruit tartar with your choice of: smoked honey-cured ham, oven-roasted turkey breast, or hard salami in a fresh baked, seeded Focaccia bread.	<b>11.95</b>
<b>Ranchero Wrap</b>	Grilled chicken, lettuce, tomato, carrots and onion wrapped in a soft tortilla with a garlic ranch dipping sauce.	<b>12.95</b>
<b>Mediterranean Veggie Wrap</b>	<b>V DF</b> Hummus, spinach, char grilled red capsicum, semi-dried tomatoes and tofu in a whole-wheat flour tortilla.	<b>10.95</b>
<b>Chorizo Sausage Sandwich</b>	Toasted bun, extra virgin olive oil, organic arugula, roasted sweet peppers and grilled original Spanish chorizo.	<b>14.95</b>
<b>Garlic Roasted Quesadillas</b>	<b>GF on request</b> Chipotle mango salsa, avocado purée, sour cream, salsa, Monterey and cheddar cheese in a warm tortilla.	<b>10.95</b>
	Add: <b>Grilled chicken breast</b>	<b>3.95</b>
<b>Grilled Fish Sandwich</b>	Cajun-spiced and grilled fish fillet layered on a toasted French baguette and topped with lettuce, tomatoes and Parmigiano mayonnaise cream.	<b>14.95</b>

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<b>Bucuti Burger</b>	<b>GF on request</b> 8 oz USDA Choice beef chuck homemade burger char grilled and generously topped with bacon and your choice of cheese (blue, cheddar, Gouda, swiss) served with chili mayonnaise.	<b>14.95</b>
	Add:	
	<b>Fried egg</b>	<b>1.00</b>
	<b>Portobello mushroom</b>	<b>2.50</b>
	<b>Deep-fried onion rings</b>	<b>2.00</b>
	<b>Avocado</b>	<b>1.50</b>
<b>Veggie Burger</b>	<b>V GF on request</b> Roasted red beets, black beans, brown rice, roasted onion and smoky herbs & spices generate these sensational "Umami" tasting burgers. Topped with pickled cucumber and served with a side of tzatziki <b>(VEG)</b> .	<b>9.95</b>
<b>Fajita-Style Quesadillas</b>	<b>GF on request</b> 12 inch flour tortillas double decker style, stuffed generously with 3 cheeses and sautéed onions, peppers and cilantro, served with traditional dips.	<b>10.95</b>
	Add:	
	<b>Chicken</b>	<b>3.95</b>
	<b>Beef</b>	<b>9.95</b>
	<b>Baby shrimp</b>	<b>8.95</b>
<b>Bucuti's Pita Pocket</b>	Stuffed pita bread with your choice of: <b>Tuna salad, chicken or mix</b> <b>Stir-fried vegetables</b>	<b>9.95</b> <b>7.95</b>
<b>Mi Jibarito Sandwich</b>	<b>V GF</b> Grilled zucchini, eggplant, portobello, lettuce and tomato between fried plantains with a passion fruit vegan tartar sauce.	<b>13.95</b>
	Add:	
	<b>Chicken breast:</b>	<b>3.95</b>

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### PANINIS

<b>Italian Panini</b>	Melted mozzarella cheese, salami, grilled tomato and basil on a baguette.	<b>12.95</b>
<b>My Cuban Panini</b>	Honey-cured ham, Swiss cheese and smoked crispy bacon pressed into a French baguette, served with Dijon mustard, pickle and a touch of spice.	<b>11.95</b>
<b>Tuscany Panini</b>	Ciabatta bread layered with prosciutto di Parma, Mozzarella cheese, arugula and topped with pepper jelly.	<b>14.95</b>

### VARIOUS

<b>Salad &amp; Soup Bar</b>	<b>(until 4PM)</b>	<b>17.95</b>
	Selection of antipasti, variety of lettuce, prepared salads, toppings, fruits, an assortment of cheese, two soups of the day with assorted breads and our Staff & Manager Special.	

### SIDES

<b>Sea Salt Fries</b>	Seasoned with Himalayan pink coarse salt.	<b>6.00</b>
<b>Black &amp; Tan Onion Rings</b>	Seasoned to perfection and fried golden brown.	<b>6.00</b>
<b>Sweet Potato Fries</b>	Center-cut sweet potatoes, fried to perfection and served with 2 dips: orange & vanilla cream.	<b>8.50</b>
<b>Side Salad</b>	Garden greens, tomatoes, cucumber and onions. With your choice of dressing: creamy Caesar, balsamic vinaigrette, oil & vinegar, Champagne or blue cheese.	<b>8.00</b>

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. All prices are exclusive of government taxes.