

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

Elements

RESTAURANT

LUNCH MENU

Served from 12:00 Noon to 5:00 PM

ANTIPASTI BAR

Selection of antipasti, variety of lettuce, prepared salads, toppings, fruits and cheeses, two soups of the day with assorted breads and our Staff & Manager special.

17.95

SOUPS

Chilled Roasted Melon Soup

V GF

Cantaloupe carefully roasted, blended and chilled to perfection. Served with ginger sherbet and pomegranate swirl.

6.95

Pumpkin Soup

V DF

Caribbean pumpkin carefully simmered in spices and served with coconut-potato dumplings.

6.95

Seafood Chowder

Assorted blended seafood, sautéed in confetti of vegetables with a touch of cream and spices.

7.95

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SALADS

Vegan Greens	V GF Ripe mangoes, micro greens, avocado, sweet potato, mesclun of fine lettuces with the soothing balm of our white chocolate dressing.	11.95
Caesar Salad	VEG GF on request Romaine lettuce tossed with Parmigiano, croutons and our own creamy Caesar dressing.	9.95
	Add:	
	Grilled sliced chicken breast	3.95
	Grilled Mahi Mahi	6.00
Elements Ceviche	GF DF White fleshy fish, marinated with lime, passion fruit and mango juice, pickled red onions, and cilantro. Served with plantain chips.	11.95
Salad Niçoise	GF DF 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.	16.95
Organic Arugula Harvest	V GF DF Arugula salad with berries, nuts and cacao dust drizzled with balsamic-orange dressing.	12.95
Bucuti Shrimp Salad	Shrimp dusted with herbs in a light mayonnaise dressing with chopped vegetables and garnished with a boiled egg, lettuce and lemon wedges. Served with artisanal pita bread.	16.95
Tropical Fruit Plate	Daily market fresh tropical fruits dusted with coconut and served with your choice of: Cottage cheese VEG GF Sherbet V GF DF Fruit yoghurt VEG GF	11.95

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BREADS

BLT Supreme Sandwich	Baked crispy smoked bacon, lettuce, sliced tomatoes and cheddar cheese on a toasted artisanal Ciabatta bun, paired with our homemade chipotle mayo sauce.	14.95
	Add:	
	Fried egg	1.00
	Deep-fried onion rings	2.00
	Avocado	1.50
Le Sandwich	Fried egg, lettuce, tomato, cucumber, Gouda cheese, Dijon mustard and passion fruit tartar sauce with your choice of: smoked ham OR roasted turkey OR salami in a fresh-baked, seeded Ciabatta bread.	11.95
Grilled Mahi Mahi Sandwich	Cajun-spiced and grilled Mahi Mahi layered on a toasted Kaiser roll and topped with lettuce, tomatoes, red onions and passion fruit tartar sauce.	14.95
Mi Jibarito Sandwich	V GF DF Grilled zucchini, squash, eggplant, portobello and tomato between fried plantains with a passion fruit vegan tartar sauce.	13.95
	Add:	
	Chicken breast	3.95
Ranchero Wrap	Grilled chicken, lettuce, tomato, carrots, onion, sun-dried tomato pesto and cucumber wrapped in a soft tortilla with a garlic-ranch dipping sauce.	13.95
Mediterranean Veggie Wrap	V DF Tofu, eggplant, spinach, char-grilled red capsicum, semi-dried tomatoes and hummus in whole-wheat flour tortilla.	10.95
Garlic Roasted Quesadillas	GF on request Cheddar & Monterey cheese in warm tortilla, served with chipotle mango salsa, avocado puree, salsa and sour cream.	10.95
	Add:	
	Grilled chicken breast	3.95

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Fajita-Style Quesadillas	GF on request 12 inch flour tortillas double decker style, stuffed generously with 3 cheeses and sautéed onions, peppers and cilantro, served with traditional dips.	10.95
	Add:	
	Chicken	3.95
	Beef	9.95
	Baby shrimp	8.95
Bucuti Burger	GF on request 8 oz USDA Choice Black Angus beef chuck homemade burger char-grilled and generously topped with bacon and your choice of cheese (blue, cheddar, Gouda, swiss). Served with chili mayonnaise.	16.95
	Add:	
	Fried egg	1.00
	Portobello mushroom	2.50
	Deep-fried onion rings	2.00
	Avocado	1.50
Veggie Burger	V DF GF on request Roasted red beets, black beans, brown rice, roasted onion and smoky herbs & spices generate these sensational "Umami" tasting burgers. Topped with pickled cucumber in a toasted bun and served with a side of tzatziki (VEG) .	9.95
Bucuti's Pita Pocket	Pita bread stuffed with lettuce and your choice of: Tuna salad Chicken salad Tuna & Chicken mix Stir-fried vegetables	10.95 10.95 10.95 7.95
Tuscan Ciabatta	Ciabatta bread layered with prosciutto di Parma, Mozzarella cheese, arugula and topped with pepper jelly.	12.95
Caprese Panini	Melted mozzarella cheese, salami, grilled tomato and pesto on a French baguette.	11.95
My Cuban Panini	Honey-cured ham, Swiss cheese and smoked crispy bacon pressed into a French baguette, served with Dijon mustard, pickle and a touch of spice.	14.95

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SIDES

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

DESSERTS

Cheese Cake	Creamy cheesecake with strawberry sauce.	7.50
Assorted Ice Cream	Homemade Ferrero Rocher, strawberry, chocolate-Baileys, vanilla, rum raisin, passion fruit sherbet, mango sherbet, coconut sherbet, dark cherry yoghurt.	3.50/scoop
Five High Chocolate	Five layers of dark, moist chocolate cake, with the silkiest smooth chocolate filling and elegant dark chocolate.	12.50
Aruban Quesillo	A local specialty of vanilla custard baked in caramel sugar and served with whipped cream.	6.50
Pan Bolo a la Mode	Local specialty of bread pudding-cake with raisins, chopped prunes and nuts, served with vanilla ice cream.	7.50

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. All prices are exclusive of government taxes.