



element

RESTAURANT & BAR

635 Route 72 W • Manahawkin, NJ 08050

 element-restaurant.com

 ElementRestaurantandBar  elementrestaurant



appetizers

- bruschetta

plum tomatoes, basil, garlic, mozzarella cheese, parmesan cheese, and balsamic vinaigrette served over buttered garlic crostini

12.50
- spinach artichoke dip

sautéed spinach and artichoke in a creamy cheese sauce served with toast points

14.00
- chunky guacamole (gf)

fresh smashed avocado, with onion, tomatoes, lemons, jalapeno, and cilantro made fresh to order

12.75
- mini potato pancakes

panko-breaded spinach, cheddar cheese, and potato pancakes served with applesauce and sour cream

10.25
- crunchy chicken skewers

captain crunch-breaded chicken with a side of creole sauce

12.50
- bone-in wings

8 pcs jumbo fried wings tossed in your choice of buffalo, thai chili, or bbq sauce served with celery sticks and bleu cheese

14.50
- boneless wings

wings tossed in your choice of buffalo, thai chili, or bbq sauce served with celery sticks and bleu cheese

14.50
- fried cheese patties

fried mozzarella and yellow american cheese patties served with marinara sauce

10.50
- chicken dumplings

choice of steamed or fried with a side of garlic ginger sauce

10.75
- crispy chicken and cheese pot stickers

fried wontons filled with ground chicken, onions, scallions, and cheddar cheese served with spicy mayo

10.50
- stuffed mushrooms

mushroom, shrimp, clams, scallops, bell peppers, and breading broiled in lemon butter wine

15.50
- quesadillas

tortillas filled with our fresh tomato salsa and cheese served with guacamole
chicken +6 | shrimp +8 | filet medallions +12

12.75
- tuna bites (gf)

blackened spicy yellowfin tuna served with seaweed salad and wasabi sauce

14.50
- shrimp cocktail (gf)

jumbo shrimp, fresh lemon, homemade cocktail sauce

14.50
- fried calamari

fried calamari, pepperoncini peppers, parmesan cheese with a side of marinara sauce

14.00
- mussels fra diavolo

new zealand green mussels in a spicy tomato sauce with side of garlic bread

14.25
- crab and cheese wontons

cream cheese, spinach, and crab meat wrapped in a crispy wonton

10.75
- fried mini shrimp

white shrimp breaded and fried served with cocktail sauce

12.50
- the sampler

mini potato pancakes, crab and cheese wontons, fried cheese patties, and chicken cheese pot stickers served with sides of marinara and chili sauces

15.75

salads

- element salad (gf)

fresh strawberries, chopped walnuts, and crumbled bleu cheese in fat-free raspberry dressing

9.25 (h) | 13.50 (f)
- caesar salad

grated parmesan cheese, homemade croutons in caesar dressing

9.25 (h) | 12.50 (f)
- quinoa and kale salad (gf)

tri-color quinoa, chopped kale, diced red onion, tomatoes, cucumbers, red peppers, and feta cheese in lemon/olive oil vinaigrette topped with pine nuts.

9.25 (h) | 14.25 (f)
- “blt” salad (gf)

romaine and arugula greens tossed with tomatoes, onions, bacon chunks, cheddar monterey jack cheese in sweet scallion vinaigrette topped with a hard boiled egg and sliced avocado

14.50
- sesame chicken salad

arugula, spring mix, kale mixed greens with toasted almonds, fried wonton, and goat cheese in a sweet ginger garlic sesame dressing topped with ginger marinated chicken

14.25
- santa fe chicken salad

farro, quinoa with spinach and arugula tossed together with tomatoes, onions, black beans, and roasted corn in a citrus lime vinaigrette topped with lightly blackened grilled chicken, avocado, and goat cheese

14.50
- add protein

grilled chicken +6 | grilled mini shrimp +8
grilled salmon +8.50 | filet medallions +12

soups

- chicken rice noodle (gf)

thin rice noodles with onions, shiitake mushrooms, carrots, spinach, and red and green peppers

10.50
- baked french onion crock

caramelized onions with a hint of apple juice topped with crostini and muenster cheese

9.25
- seafood bisque

8.50 (c) | 10.25 (b)
- baked potato

topped with bacon and cheddar cheese

6.50 (c) | 8.00 (b)
- soup of the day

ask your server for details

5.75 (c) | 7.50 (b)



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steak & pork

served with your choice of soup of the day or house salad

hunter filet mignon 35.00
grilled twin 3 oz. filet mignons with sautéed wild mushrooms, onions, cherry tomatoes, demi-glace served over goat cheese mashed potatoes topped with sautéed garlic spinach

new york strip steak (gf) 32.50
angus choice fresh-cut beef, lightly seasoned served with mashed potatoes and vegetables

flank steak 28.25
angus choice steak grilled and sliced, topped with burgundy demi sauce served with mashed potatoes and vegetables
oscar-style: crabmeat, asparagus, and bearnaise sauce +15

cowboy pork chop 28.75
12oz prime cut served on bleu cheese mashed potatoes, burgundy demi sauce, and frizzled onions served with a side of vegetables

beer braised ribs 21.00 (h) | 26.00 (f)
baby back pork ribs, slowly braised in beer served with french fries and coleslaw
choice of sauces: sweet bourbon, hickory, or thai chili
grilled chicken +12 | jumbo shrimp wrapped in bacon +16

grilled pork ribeye 28.75
tender cut prime pork loin, lightly seasoned served with mashed potato and seasoned vegetables

chicken

served with your choice of soup of the day or house salad

element chicken 24.75
grilled chicken tenders topped with sautéed garlic, tomato, fresh basil, and shiitake mushrooms in a white wine butter sauce served with a choice of a side

drunken chicken parmigiana 25.50
breaded chicken, vodka sauce, and mozzarella cheese served over linguine

lemon chicken 24.50
sautéed chicken tenders with garlic, white wine, lemon cream sauce served over angel hair pasta

chicken pot pie 24.00
slow simmered chicken, pearl onion, celery, carrots, and green peas in a savory gravy topped with a baked puffed pastry

grilled chicken and vegetables (gf) 24.00
grilled chicken breast, yellow squash, zucchini, tomato, red onion with a balsamic glaze

chicken saltimbuca 26.50
sautéed chicken tenders with prosciutto and spinach in a lemon wine sauce topped with provolone cheese served with mashed potatoes

mediterranean chicken 25.50
artichoke and sun-dried tomatoes in a lemon garlic sauce served with mashed potatoes

combo meal options

served with your choice of soup of the day or house salad
served with mashed potatoes and seasoned vegetables

element combo 32.75
sirloin steak, chicken breast, and jumbo shrimp

land and sea 32.75
grilled chicken breast, half rack of ribs, and shrimp

barn yard combo 32.00
top sirloin, half rack of ribs, and a chicken breast

ocean grill 34.50
salmon, tuna, and shrimp

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seafood

served with your choice of soup of the day or house salad

stuffed flounder and shrimp 34.75
flounder and shrimp stuffed with chopped clam, shrimp, and scallops topped with white cream sauce, choice of side

pistachio crusted salmon 32.75
baked salmon fillet rolled in a crushed pistachio topped with butter served with sautéed greens and mashed potatoes

salmon oscar (gf) 38.75
broiled salmon topped with asparagus, lump crab meat, and bearnaise served with mashed potatoes

fish 'n chips 24.00
panko fried cod, fresh lemon, cocktail, and tartar sauce served with french fries and coleslaw

cod wrapped in prosciutto 26.50
cod loin rolled in italian cured ham, broiled and topped with a lemon cream sauce served with mashed potatoes and vegetables

dynamite shrimp 28.75
jumbo shrimp sautéed with crushed pepper and scallions in sweet chili sauce finished with siracha and sour cream tossed in thin rice noodles

shrimp stir fry 28.75
vegetable medley and shrimp sautéed in a sweet soy sesame-garlic ginger sauce tossed in thin rice noodles

pasta

served with your choice of soup of the day or house salad

shrimp & scallop pomodoro 30.50
sautéed with onion, garlic and sweet tomatoes tossed in a penne pasta topped with fresh basil

salmon carbonara 32.50
a creamy white sauce with onion and bacon finished with parmesan cheese topped with grilled salmon

seafood linguine 36.75
sautéed shrimp and scallops in a sherry cream sauce served over linguine topped with lump crab meat

shrimp scampi 30.25
jumbo shrimp sautéed in garlic butter wine sauce served over linguine

creamy crab pasta 32.50
creamy sherry crab sauce served over linguine with garlic toast

penne vodka 24.00
penne pasta, vodka sauce with sun-dried tomatoes, mushrooms, peas and onions
grilled or blackened chicken +6
shrimp +8 | filet medallions +12

vegan & vegetarian

served with your choice of soup of the day or house salad

vegan patty 22.50
patty made with israeli couscous, lentil, roasted red peppers, onions, parsley, garlic, and herbs served with grilled vegetables drizzled with balsamic glaze

eggplant capri 24.50
breaded fried eggplant, ricotta cheese, fresh mozzarella, basil pomodoro served over linguine

eggplant parmesan 23.50
breaded and fried topped with marinara and baked with mozzarella cheese served over linguine

sandwiches

all sandwiches are served with coleslaw or french fries

- chicken spinach panini

grilled chicken, spinach, roasted red and green peppers, fresh mozzarella, balsamic reduction, and pesto served on ciabatta bread

15.00
- chicken or shrimp wrap

grilled chicken or seared shrimp, lettuce, tomato, cheddar cheese, and ranch dressing served in a spinach tortilla

15.00
- california blt

bacon, lettuce, tomato, red onion, avocado, and mayonnaise served on toasted white, wheat, or rye bread

15.50
- french dip

prime rib slices, swiss cheese on garlic ciabatta bread served with a side of au jus

16.75
- turkey reuben

brooklyn-style, turkey, swiss cheese, coleslaw, and 1000 island dressing served on open-faced toasted rye bread

15.25
- drunken chicken parm sandwich

boneless breaded chicken, vodka sauce, mozzarella cheese on garlic ciabatta bread

16.75
- chicken crunch rancher

fried chicken, captain crunch breading, bacon, ranch dressing, lettuce, and tomato on ciabatta bread

16.25
- voodoo chicken

blackened chicken, chorizo sausage, cheddar cheese, sautéed red and green peppers on a brioche bun served with a side of creole sauce

17.00
- cuban panini

smoked pulled pork, ham, spicy mustard, mayo, swiss cheese, pickle slices on ciabatta bread

17.00
- southern pulled pork

slow-smoked roasted pork, barbecue sauce, frizzled onions on brioche bun

15.75
- chicken pita

grilled chicken, red wine vinegar, lettuce, tomato, feta cheese, pickle, and lime sauce in pita bread

15.75
- fish tacos

panko breaded cod, cajun house-made slaw, mango salsa, and lime crème in flour tortillas

16.75
- mahi-mahi tacos

grilled mahi topped with mango pineapple pico laced with lime crème on flour tortillas

18.75
- element burger

fresh 8 oz. char-grilled burger, cheddar cheese, our specialty sweet bourbon sauce, and frizzled onions on a freshly baked brioche bun with lettuce, tomato, and pickle

17.00
- build-a-burger

our grilled 8oz. black angus chuck on a freshly baked brioche bun with lettuce, tomato, and pickle

13.50
- build-a-burger toppings

yellow american cheese, white cheddar cheese, mozzarella cheese, provolone cheese, swiss cheese, horseradish cheddar cheese +2 each
- sweet bourbon sauce, sautéed mushrooms, caramelized onions, frizzled onions, sliced onion, jalapeno, red and green peppers +2 each
- parmesan-style cheese, bleu cheese crumbles, feta cheese, bacon, fried egg, avocado +3 each

childrens menu

served with a fountain drink and ice cream. juice or milk +2

- mac and cheese

8.50
- hamburger and fries

8.50
- grilled cheese and fries

8.50
- penne pasta and marinara

8.50
- chicken nuggets and fries

8.50
- sides
- mashed potatoes (gf)

3.75
- french fries

3.75
- coleslaw (gf)

3.75
- mixed vegetables (gf)

4.00
- sweet potato fries

sub 3.00 | 4.50
- sautéed spinach (gf)

sub 3.00 | 5.75
- baked potato (gf)

sub 3.00 | 4.50
- asparagus (gf)

sub 3.00 | 6.25
- steamed broccoli (gf)

sub 3.00 | 4.50

desserts

- tiramisu

a delicious italian custard with marscapone, and whipped cream (zabaione) layered with lady fingers soaked in kahlua, white bacardi rum, and espresso

8.00
- old fashioned apple cobbler

baked sliced apples, walnuts, and caramel sauce in a puff pastry crust served with ice cream

7.00
- brownie sundae

a warm chocolate brownie with ice cream, chocolate sauce, and whipped cream

7.00
- chunky cheesecake

broken chunks of cheesecake with graham crackers, sliced strawberries, chocolate, and raspberry sauce topped with whipped cream

8.00
- raspberry chocolate truffle (gf)

chocolate-coated raspberry sorbet with chocolate, and raspberry sauce

8.00
- reese’s peanut butter pie

a creamy peanut butter pie in an oreo crumb laced with chocolate, and caramel syrup

8.00
- chocolate lava cake

warm chocolate cake with lava-flowing chocolate filling served with ice cream, and whipped cream

8.00
- gluten free chocolate cake (gf)

layered cholcolate cake, and white chocolate mousse topped with chocolate ganache

8.50

dessert martinis

- espresso martini

stoli vanilla, kahlua, espresso, and cream

11.00
- salted caramel martini

stoli salted caramel, butterscotch liqueur, and rumchata

11.00
- almond joy martini

new amsterdam coconut vodka, amaretto, and white and dark chocolate liqueur

11.00
- chocolate martini

stoli vanilla, chocolate liqueur, and creme de cacao

11.00

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sushi starters

seaweed salad	5.50
edamame	5.50
avocado salad	7.50
kani salad	6.50
squid salad	6.50
miso soup	3.00
tuna tataki	13.99
seared pepper tuna with house special sauce	

sushi/sashimi

tuna	3.50
yellow tail	3.50
salmon	3.50
smoked salmon	3.50
white tuna	3.50
crab stick	2.75
shrimp	3.25
flying fish roe	2.75
scallop	mp
eel	3.50

traditional rolls

tuna	6.00
philly	6.75
salmon	6.00
shrimp tempura	7.75
spicy tuna avocado	7.25
yellow tail	5.75
spicy salmon cucumber	7.25
eel and cucumber	7.00
california	5.50
spicy california	6.25
boston	7.00
spicy shrimp	6.75
alaska	7.25
spicy scallop	9.25
spicy crab	6.75
cucumber	4.50
avocado	4.75
sweet potato	5.25



specialty rolls

dragon	13.75
eel, and cucumber topped with avocado drizzled with eel sauce	
rainbow	13.75
crab, avocado, and cucumber topped with salmon, tuna, white fish, and avocado	
spider	13.75
tempura soft shell crab, avocado, cucumber, and lettuce drizzled with eel sauce	
tiger	14.25
spicy salmon, and cucumber, topped with shrimp, and avocado	
river side	14.25
shrimp tempura topped with spicy tuna, avocado, roe drizzled with eel sauce	
bamboo	16.00
spicy salmon, and snow crab topped with salmon, avocado, and roe	
skyline	16.95
spicy salmon, and shrimp tempura topped with tuna, jalapeno wrapped in soy paper drizzled with sweet chili sauce	
amazing tuna	16.00
spicy crab meat, and seaweed salad topped with tuna, white tuna, and roe drizzled with spicy mayo, sweet chili sauce, and eel sauce	
sun fire	16.00
spicy tuna, and spicy crab meat topped with salmon, eel, avocado, and roe drizzled with eel sauce, and spicy mayo	
element	16.00
shrimp tempura, spicy tuna, avocado, and seaweed salad topped with snow crab drizzled with eel sauce	
two thumbs	15.00
deep-fried soft-shell crab, white tuna, avocado, and lettuce wrapped in soy paper drizzled with eel sauce	
twister roll	16.95
spicy tuna, avocado, and salmon wrapped in soy paper topped with scallops and drizzled with chili sauce	
stafford	16.95
shrimp tempura, spicy snow crab, and cucumber wrapped in soy paper topped with spicy tuna drizzled with eel sauce	
ocean	16.00
snow crab, and spicy mix topped with tuna, avocado, roe drizzled with eel sauce, and spicy mayo	
christmas	16.00
tuna, yellow tail, and avocado topped with spicy crab, crunch, and roe drizzled with sweet chili sauce, and spicy mayo	
titanic	15.00
shrimp tempura, and cucumber topped with shrimp, and avocado drizzled with eel sauce, and spicy mayo	
hollywood	14.25
shrimp, avocado, and cucumber topped with crab drizzled with spicy mayo	
pink lady	16.95
tuna, salmon, yellow tail, and avocado wrapped in soy paper topped with spicy tuna drizzled with spicy mayo, and sweet chili sauce	
rockin' robin	8.50
crab tempura, and cream cheese drizzled with eel sauce	

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specialty drinks

island breeze	11.00
new amsterdam mango vodka, peach vodka, pineapple juice, grenadine, and cherries	
pineapple splash	11.00
new amsterdam pineapple vodka, triple sec, pineapple juice, and lemon lime soda	
the bee’s knees	11.00
new amsterdam gin, honey, and fresh lime juice shaken served up	
berry sparkler	11.00
new amsterdam vodka, blueberry syrup, and lamarca prosecco	
coconut diablo	11.00
muddled blackberries, camarena reposado tequila, rumhaven coconut liquor, and lime juice topped with ginger beer	
the starborough paloma	11.00
starborough sauvignon blanc, camarena silver tequila, ruby red grapefruit juice, and dash of lime juice topped with lemon lime soda	
the silver mojito	11.00
camarena silver tequila, owen’s cucumber mint mixer, lime juice, simple syrup, and club soda	
sunset over stafford	11.00
pink whitney, grand marnier, cranberry juice, and splash of club soda on the rocks	
ginger pear martini	11.00
grey goose pear, domaine de canton, and sour mix served up	

bottled beer

bud light	4.50
budweiser	4.50
miller lite	4.50
Michelob	4.50
Coors Light	4.50
Yuengling	4.50
Rolling Rock	4.50
Corona	5.50
Corona Light	5.50
Corona Premier	5.50
Heineken	5.50
Heineken Light	5.50
Amstel Light	5.50
Magners	5.50
O’Doul’s	5.50

canned beverages

white claw	6.00
high noon	6.00
stateside vodka soda	6.00
surfside vodka tea	6.00

white wines

prosecco (split)	9.00 (gl)
lamarca, doc italy	
white zinfandel	7.00 (gl) 19.00 (btl)
canyon road, california	
riesling	8.00 (gl) 24.00 (btl)
hogue cellars, washington state	
moscato	8.00 (gl) 24.00 (btl)
mirassou, california	
sauvignon blanc	9.00 (gl) 29.00 (btl)
starborough, marlborough new zealand	
pinot grigio	7.00 (gl) 19.00 (btl)
canyon road, california	
pinot grigio	8.00 (gl) 24.00 (btl)
ecco domani, italy	
chardonnay	7.00 (gl) 19.00 (btl)
canyon road, california	
chardonnay	9.00 (gl) 29.00 (btl)
william hill, california	
rose	9.00 (gl) 29.00 (btl)
la jolie fleur, mediterranean france	

red wines

cabernet sauvignon	11.00 (gl) 32.00 (btl)
louis martini, sonoma, california	
chianti	9.00 (gl) 29.00 (btl)
davinci, tuscany italy	
malbec	8.00 (gl) 24.00 (btl)
alamos, mendoza argentina	
super tuscan	10.00 (gl) 30.00 (btl)
brancaia tre, tuscany italy	
pinot noir	8.00 (gl) 24.00 (btl)
mirassou, california	
merlot	7.00 (gl) 19.00 (btl)
canyon road, california	
cabernet sauvignon	7.00 (gl) 19.00 (btl)
canyon road, california	
cabernet sauvignon	9.00 (gl) 29.00 (btl)
josh cellars, california	
legacy red blend	10.00 (gl) 30.00 (btl)
josh cellars, california	

beverages

- one free refill for all fountain drinks
- cold drinks
 - bottled water, sparkling water, iced tea, milk, juice
- hot drinks
 - coffee, hot tea
- soft drinks
 - pepsi products, energy drinks

happy hour every day 3pm-6pm

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