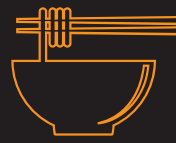




element

RESTAURANT & BAR



 element-restaurant.com

 [ElementRestaurantandBar](https://www.facebook.com/ElementRestaurantandBar)  [elementrestaurant](https://www.instagram.com/elementrestaurant)



Rooted in Manahawkin, Driven by Family.

Founded in 2013, Element Restaurant & Bar was built on a simple foundation: hospitality, heart, and high-quality cuisine. Originally started by the Cheng family, Element has grown into a premier destination in Stafford Township. Today, the next generation proudly carries that vision forward, supported by the same dedicated families and management team that has been with us since day one.

Our Secret Ingredient? Our people. From the families working in our kitchen to our best-selling Crab and Cheese Wontons (an original family recipe!), heart is at the core of everything we serve.

We take pride in supporting the local initiatives that make Manahawkin great. Whether you're a neighbor or an LBI traveler, we're glad you're here for great food and even better times.


From our family to yours. Thank you for dining with us.

starters

crab & cheese wontons 11.25
cream cheese, spinach, and crab meat wrapped in a crispy wonton

chicken & cheese pot stickers 10.75
fried wontons filled with ground chicken, onions, scallions, and cheddar cheese served with spicy mayo and wonton sauce

bruschetta 12.50
plum tomatoes, basil, garlic, mozzarella cheese, parmesan cheese, and balsamic vinaigrette served over buttered garlic crostini

bangin' shrimp  14.00
double battered and fried, tossed in a sweet chili sauce. topped with sesame seeds and green onions

the sprouts 12.00
pan roasted brussels and onions, served in a maple ginger glaze. topped with sesame seeds and green onions

fried cheese patties 10.75
fried mozzarella and yellow american cheese patties served with marinara sauce

chicken dumplings 10.75
choice of steamed or fried with a side of garlic ginger sauce

appetizers

lemon parmesan calamari bowl 18.00
lightly seasoned calamari, deep fried & tossed with parmesan cheese & fresh squeezed lemon, served over warm moroccan couscous & kale aioli with a side of spicy mayo

spinach artichoke dip 14.50
sautéed spinach and artichoke in a creamy cheese sauce served with toast points or tortilla chips

chunky guacamole 13.50
smashed avocado with onion, tomatoes, lemons, jalapeno, and cilantro made fresh to order served with tortilla chips


crunchy chicken skewers 12.75
captain crunch-breaded chicken with a side of creole sauce

asian steak bites 18.00
marinated tenderloin steak in soy, chili sauce, and hoisin sauce seared. served with seasoned rice noodles

bone-in or boneless wings 15.50
fried wings with your choice of buffalo, thai chili, or bbq sauce on side or tossed in served with celery sticks and bleu cheese

the sampler 16.50
bone-in wings, crab & cheese wontons, fried cheese patties, and chicken & cheese pot stickers, served with sides of marinara, chili and choice of wing sauces

soups

chicken angel hair 10.50
angel hair with onions, shiitake mushrooms, carrots, spinach, and red and green peppers
 substitute rice noodle for gluten free


baked french onion crock 9.50
caramelized onions with a hint of apple juice topped with crostini and muenster cheese

seafood bisque 8.50 (c) | 10.25 (b)


baked potato 6.50 (c) | 8.00 (b)
topped with bacon and cheddar cheese


soup of the day 5.75 (c) | 7.50 (b)
ask your server for details

salads

element salad  9.75 (h) | 14.00 (f)
fresh strawberries, chopped walnuts, and crumbled bleu cheese in fat-free raspberry dressing

caesar salad 9.75 (h) | 13.50 (f)
grated parmesan cheese, homemade croutons in caesar dressing

quinoa & kale salad  10.50 (h) | 15.00 (f)
tri-color quinoa, chopped kale, diced red onion, tomatoes, cucumbers, red peppers, and feta cheese in lemon/olive oil vinaigrette topped with pine nuts

"blt" salad  15.25
romaine and arugula greens tossed with tomatoes, onions, bacon, cheddar monterey jack cheese in sweet scallion vinaigrette topped with a hard boiled egg and sliced avocado

sesame chicken salad 14.75
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

santa fe chicken salad 15.25
farro, quinoa, 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


add protein to salad

grilled chicken +6.50 | grilled mini shrimp +8
grilled salmon +9 | filet medallions +12


sandwiches

all sandwiches are served with coleslaw or french fries

french dip 18.50
prime rib slices, swiss cheese on garlic ciabatta bread served with a side of au jus

drunken chicken parm sandwich 17.25
boneless breaded chicken, vodka sauce, mozzarella cheese on garlic ciabatta bread
 **spicy-style:** spicy calabrian vodka sauce

chicken spinach panini 15.50
grilled chicken, spinach, roasted red and green peppers, fresh mozzarella, balsamic reduction, and pesto served on ciabatta bread

chicken or shrimp wrap 15.50
grilled chicken or seared shrimp, lettuce, tomato, cheddar cheese, and ranch dressing served in a spinach tortilla
 substitute corn tortilla for gluten free

california blt 15.50
bacon, lettuce, tomato, red onion, avocado, and mayonnaise served on toasted white, wheat, or rye bread

chicken crunch rancher 16.75
fried chicken, captain crunch breading, bacon, ranch dressing, lettuce, and tomato on ciabatta bread

quesadillas 14.00
tortillas filled with our fresh tomato salsa and cheese served with guacamole, sour cream and salsa
chicken +6.50 | shrimp +8 | filet medallions +12

fish or shrimp tacos 17.00
three fried fish tacos or grilled shrimp tacos topped with cajun slaw, mango salsa, and lime creme on flour tortillas

mahi-mahi tacos 18.75
three grilled mahi-mahi tacos topped with mango pineapple pico, and lime creme on flour tortillas

chicken al pastor tacos 16.50
three adobe style spiced chicken tacos with pineapple and lettuce topped with cucumber cream sauce

Items are cooked to order. Whether dining out or preparing food at home, consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

Before placing your order, please inform your server if a person in your party has a food allergy.

steak & pork

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

new york strip steak  **42.00**
prime 12 oz. fresh-cut, lightly seasoned served with mashed potatoes and vegetables

hunter filet mignon **36.50**
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

flank steak **32.00**
angus choice 10 oz. steak grilled and sliced, topped with burgundy demi sauce served with mashed potatoes and vegetables
oscar-style: crabmeat, asparagus, and bernaise sauce +15

cowboy pork chop **29.50**
12oz prime cut served on bleu cheese mashed potatoes, burgundy demi sauce, and frizzled onions served with a side of vegetables

beer braised ribs **22.50 (h) | 27.50 (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

chicken

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

element chicken **26.00**
grilled chicken tenders topped with sautéed garlic, tomato, fresh basil, and shitake mushrooms in a white wine butter sauce served with a choice of a side

drunken chicken parmigiana **26.50**
breaded chicken, vodka sauce, and mozzarella cheese served over linguine
spicy-style: spicy calabrian vodka sauce

lemon chicken **25.50**
sautéed chicken tenders with garlic, white wine, lemon cream sauce served over angel hair pasta


coconut chicken & shrimp curry **28.50**
sauteed chicken with onions, garlic, and bell peppers with curry spice mix in a cream of coconut sauce served over white rice

chicken pot pie **25.00**
slow simmered chicken, pearl onion, celery, carrots, and green peas in a savory gravy topped with a baked puffed pastry

seafood

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

stuffed flounder and shrimp **35.50**
flounder and shrimp stuffed with chopped clam, shrimp, and scallops topped with white cream sauce, choice of side

pistachio crusted salmon  **34.00**
baked salmon fillet rolled in a crushed pistachio topped with butter served with sautéed greens and mashed potatoes

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

dynamite shrimp  **29.00**
jumbo shrimp sautéed with crushed pepper and scallions in sweet chili sauce finished with siracha and sour cream tossed in thin rice noodles

fish 'n chips **24.50**
beer-battered cod, fresh lemon, cocktail, and tartar sauce served with french fries and coleslaw

pasta

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

seafood linguine **37.00**
sautéed shrimp and scallops in a sherry cream sauce served over linguine topped with lump crab meat

shrimp scampi **32.00**
jumbo shrimp sautéed in garlic butter wine sauce served over linguine

eggplant capri **25.50**
breaded fried eggplant, ricotta cheese, fresh mozzarella, basil pomodoro served over linguine

penne vodka **24.00**
penne pasta, vodka sauce with sun-dried tomatoes, mushrooms, peas and onions
grilled or blackened chicken +6.50
shrimp +8 | filet medallions +12
spicy-style: spicy calabrian vodka sauce

burgers

all burgers are served with coleslaw or french fries

element burger **18.00**
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

all-american cheeseburger **16.00**
fresh 8 oz. char-grilled burger, american cheese and sliced onion on a freshly baked brioche bun with lettuce, tomato, and pickle

build-a-burger **14.00**
fresh 8 oz. char-grilled burger on a freshly baked brioche bun with lettuce, tomato, and pickle

build-a-burger toppings
yellow american cheese, white cheddar cheese, mozzarella cheese, provolone cheese, swiss cheese +2 each

sweet bourbon sauce, sautéed mushrooms, sauteed 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



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sushi starters

seaweed salad	6.50
edamame	6.50
avocado salad	8.50
kani salad	7.50
squid salad	7.50
miso soup	3.50
tuna tataki	13.99
seared pepper tuna with house special sauce	

sushi/sashimi

tuna	4.00
yellowtail	4.00
salmon	4.00
smoked salmon	4.00
white tuna	4.00
crab stick	3.00
shrimp	3.75
flying fish roe	3.00
scallop	mp
eel	4.00

poke bowls

element bowl	18.00
shrimp tempura, salmon, seaweed salad, edamame, kani salad, avocado, drizzled with spicy mayo and eel sauce topped with sesame seeds	

build-a-bowl	8.00
rice or spring mix base topped with sesame seeds	

protein choice
tuna, salmon, white tuna, yellowtail, smoked salmon, shrimp tempura **+4 each**

toppings choice
spicy kani, fish roe **+3 each**
avocado, seaweed salad, mango **+2 each**
cucumber, crunch, coconut flake, jalapeno, edamame **+1 each**

sauce choice
spicy mayo, eel sauce, sweet chili sauce

traditional rolls

tuna 🍣	6.75
philly 🍣	7.70
salmon 🍣	6.75
shrimp tempura	8.25
spicy tuna avocado	7.75
yellowtail 🍣	6.75
spicy salmon cucumber	7.75
eel and cucumber	7.75
california	6.50
spicy california	6.75
boston 🍣	7.50
spicy shrimp	7.25
alaska 🍣	7.75
spicy scallop	9.75
spicy crab	7.25
cucumber 🍣	5.25
avocado 🍣	5.50
sweet potato	5.75

specialty rolls

dragon	14.50
eel, and cucumber topped with avocado drizzled with eel sauce	
rainbow	14.50
crab, avocado, and cucumber topped with salmon, tuna, white fish, and avocado	
river side	15.75
shrimp tempura topped with spicy tuna, avocado, roe drizzled with eel sauce	
skyline	17.95
spicy salmon, and shrimp tempura topped with tuna, jalapeno wrapped in soy paper drizzled with sweet chili sauce	
amazing tuna	17.00
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	17.00
spicy tuna, and spicy crab meat topped with salmon, eel, avocado, and roe drizzled with eel sauce, and spicy mayo	
element	17.00
shrimp tempura, spicy tuna, avocado, and seaweed salad topped with snow crab drizzled with eel sauce	
twister	17.95
spicy tuna, avocado, and salmon wrapped in soy paper topped with scallops and drizzled with chili sauce	
stafford	17.95
shrimp tempura, spicy snow crab, and cucumber wrapped in soy paper topped with spicy tuna drizzled with eel sauce	
ocean	17.00
snow crab, and spicy mix topped with tuna, avocado, roe drizzled with eel sauce, and spicy mayo	
christmas	17.00
tuna, yellowtail, and avocado topped with spicy crab, crunch, and roe drizzled with sweet chili sauce, and spicy mayo	
titanic	16.50
shrimp tempura, and cucumber topped with shrimp, and avocado drizzled with eel sauce, and spicy mayo	
hollywood	15.75
shrimp, avocado, and cucumber topped with crab drizzled with spicy mayo	
pink lady	17.95
tuna, salmon, yellowtail, and avocado wrapped in soy paper topped with spicy tuna drizzled with spicy mayo, and sweet chili sauce 🍣 remove crunch for gluten free	
hawaiian	17.95
shrimp tempura, asparagus, and avocado topped with spicy crab and mango, wrapped in soy paper drizzled with sweet chili sauce	
tsunami 🍣	17.00
cream cheese, cucumber, and avocado topped with salmon and tuna, drizzled with sweet chili sauce	
phoenix 🍣	17.95
spicy snow crab, asparagus, and cucumber topped with shrimp and avocado, drizzled with spicy mayo and sweet chili sauce	
rockin' robin	8.95
crab tempura, and cream cheese drizzled with eel sauce	

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childrens menu

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

mac and cheese	9.25
hamburger and fries	9.25
grilled cheese and fries	9.25
penne pasta and marinara	9.25
chicken nuggets and fries	9.25
3 oz. steak medallion and potato	16.00

sides

french fries	4.25
mashed potatoes 🍴	4.25
coleslaw 🍴	4.25
mixed vegetables 🍴	4.25
sweet potato fries	5.25
baked potato 🍴	5.25
steamed broccoli 🍴	5.25
sautéed spinach 🍴	sub 3.00 6.00
asparagus 🍴	sub 3.00 6.75

desserts

cookie butter banana pie 8.75

a showstopper, layered banana cheesecake, butter cream mousse, and vanilla cream on a cookie butter crumb crust

brownie sundae 7.50

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

old fashioned apple cobbler 7.75

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

chunky cheesecake 8.25

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

chocolate lava cake 8.75

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

reese's peanut butter pie 8.75

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

espressos

espresso 4.00
add double shot +2

cappuccino 6.00
add double shot +2
add amaretto +6 | baileys +6 | kahlua +6

latte 6.00
add whipped cream & sauce +1

bottled beer

bud light	4.50
budweiser	4.50
miller lite	4.50
micelob	4.50
coors light	4.50
yuengling	4.50
rolling rock	4.50
corona	5.50
corona light	5.50
corona premier	5.50
corona zero	5.50
heineken	5.50
heineken light	5.50
heineken 00	5.50
amstel light	5.50

canned beverages

white claw	7.50
high noon	7.50
stateside vodka soda	7.50
surfside vodka tea	7.50
suncuiser vodka tea	7.50
sangri sangria	12.00

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
\$7.99 starters & \$3.00 off all appetizers & sandwiches
see our drink menu for happy hour drinks

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