

# Signature Salad

## 新元素创新色拉



**新元素经典考伯色拉** 95  
Element Fresh  
Classic Cobb Salad

香烤多汁的鸡胸肉, 车达芝士、牛油果、番茄、煮鸡蛋、培根、洋葱和莴生菜, 佐以千岛酱。 hearty portions of grilled chicken breast, cheddar cheese, avocado, tomato, hardboiled egg, bacon, and onion - all chopped and served on a bed of crisp lettuce with 1000 island dressing. (400g)



**启博特利鸡肉色拉** 79  
Chipotle Chicken  
Chopped Salad

用墨西哥风味烤肉酱腌制的香脆鸡腿、混合烤菠萝、猕猴桃、辣椒、烤玉米、多种的生菜、娃娃菜和香菜并佐以香脆的玉米脆条和荷兰芹酸奶油。 fried chicken thigh with chipotle bbq sauce, grilled pineapple, kiwi fruit, spicy chili pepper, grilled corn, mixed lettuce, napa cabbage, and cilantro. garnished with crispy tortilla strips and chimichurri ranch dressing. (385g)

**NEW**

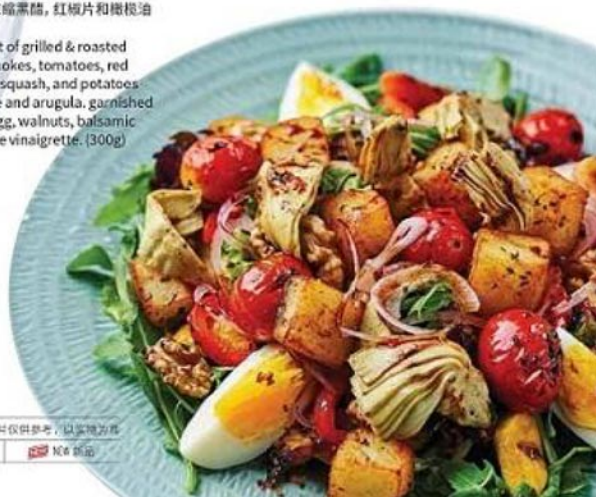
**法式小龙虾牛油果色拉** 98  
Crayfish & Avocado Salad

精选品质小龙虾纯虾肉, 配上进口的牛油果、混合嫩芽菜, 三角豆、生菜、羽衣甘蓝、烤樱桃番茄、酸洋葱、香橙肉和腰果, 并佐以法国芥末香醋汁。 freshly selected fresh crayfish meat, avocado, mirco greens, chick peas, kale, grilled cherry tomatoes, cashew nuts, orange wedges, onions, on bed of crisp lettuce. served with Dijon vinaigrette. (300g)



**庄园烤蔬菜色拉** 69  
The Garden  
Grilled Salad

多种烤蔬菜结合, 有洋葱, 番茄, 红甜椒, 节瓜, 香烤土豆, 芝麻菜和多种混合生菜, 并佐以煮鸡蛋, 核桃, 浓缩黑醋, 红椒片和橄榄油红酒醋。 a huge assortment of grilled & roasted vegetables - artichokes, tomatoes, red peppers, summer squash, and potatoes over mixed lettuce and arugula, garnished with hardboiled egg, walnuts, balsamic glaze, and red wine vinaigrette. (300g)



ALL PRICES ARE IN RMB. 所有价格为人民币“元” 图片仅供参考, 以实物为准

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**NEW**  
地中海风味拉法  
烤鸡胸色拉 89  
Laffa Bread  
Chicken Salad

地中海风味香料烤制的鸡胸肉，配上菲达芝士、双色橄榄果、拉法饼，以及生菜、番茄、黄瓜、洋葱等丰富的新鲜组合色拉，并佐以薄荷碎及折元素著名的米糟酸奶酱。  
grilled Mediterranean styled chicken breast and feta cheese over mixed lettuce and laffa bread, chopped tomatoes and cucumbers dressed with lemon juice and olive oil, with onion, sliced black & green olives and chopped mints. served with miso-yogurt dressing. (460g)



**NEW**  
果木香烤牛肉色拉 89  
Grilled Beef Steak Salad

分子料理方法制作的进口菲力牛排配上用羽衣甘蓝、烤节瓜、烤红甜椒、凤水梨、黄瓜、蘑菇及糙米相组合的色拉，并在以果味香辣酱。  
slow grilled imported beef filet, a hearty bowl of kale, grilled zucchini, grilled red pepper, Asian pear, cucumber, mushroom, brown mixed rice, served with lantern chilli & mango dressing. (500g)

**NEW**  
绿色经典三文鱼色拉 89  
Classic Grilled  
Salmon Salad

用罗罗草烤制的三文鱼柳，配上蟹味菇、烤红甜椒、玉米、生菜、红黄樱桃番茄、卡拉马特橄榄，佐味的面包丁，罗勒香叶和红酒香醋汁及绿色女神酱。  
imported salmon marinated with dill, tender greens, baby mushroom, grilled peppers, corn, lettuce, yellow and red cherry tomatoes, fresh basil, marinated bread and kalamata olives - tossed with red wine vinaigrette and topped with green goddess aioli. (350g)



**NEW**  
夏威夷风味  
三文鱼波奇色拉 89  
Hawaii Salmon Poke Salad

一款时尚的夏威夷风味色拉，选用罗罗草腌制的三文鱼柳，配上杂粮寿司饭及用羽衣甘蓝、苦叶菜、黄瓜、凤水梨、裙带菜、烤红椒和海苔制成的色拉，并在以香浓的ABC甜酱。  
our version of the classic Hawaiian salad - pieces of dill marinated salmon, sushi rice, with Asian pear, kale, frisee, cucumber, wakame, grilled pepper, drizzled with ABC sauce. (450g)



**NEW** LINNA 李娜  
香烤剑鱼极色色拉 95  
Grilled Swordfish Salad

分子低温制作的烤剑鱼，配上混合的嫩芽蔬菜、波多黎各藜、烤花菜、甜豆、羽衣甘蓝以及用糙米和米仁混合的粗粮极色色拉，并佐以浓缩的意大利黑醋汁。  
grilled low temperature cooked swordfish filet over warm salad of barley, brown rice, lettuce, portobello mushroom, roasted cauliflower, snow pea, kale and micro greens. drizzle with balsamic reduction. (450g)



泰式牛排色拉 95  
Thai Inspired  
Steak Salad

进口鲜嫩多汁的菲力牛排，配上用烤菠萝、烤花菜、胡萝卜和萝卜、西芹叶、蟹味菇混合的色拉，并佐以花生、香脆洋葱和泰式的拉差酱香醋汁。  
imported beef filet, grilled pineapple, roasted cauliflower, carrot and radish, celery leaves, baby mushroom, peanuts, fried onion, and red chili tossed in spicy sriracha - soya dressing. (350g)

北非热风鸡肉  
全麦谷丰盘 79  
Moroccan Spiced Chicken  
With Bulgur Wheat

特色的全麦谷丰色拉，用摩洛哥风味的拉斯埃哈哈诺香辛料制成的烤鸡胸。配上金小豆、鹰嘴豆、羽衣甘蓝、生菜、姜黄胡萝卜、烤苹果、烤红椒、杏仁片组合的色拉，并佐以柠檬酸奶酱。  
a warm whole wheat salad: grilled chicken breast with ras el hanout spice rub, bulgur wheat, garbanzo beans, kale, turmeric carrots, grilled apple, grilled red pepper and almonds, served with citrus-yoghurt dressing. (350g)



# Pastas

## 意大利面

NEW

### 茴香培根鲜奶意面球 69

#### Gnocchi In Carbonara Parmesan Sauce

进口的意大利意面球，佐以用培根、鲜茴香、白玉菇、罗勒叶制成的干酪鲜奶酱，并放入烟熏特红辣椒粉及巴马古芝士粉。  
imported gnocchi, sautéed with bacon, fennel, white beech mushrooms, basil in creamy sauce, garnished with parmesan cheese, smoked red paprika. (300 g)

茴香培根鲜奶意面球

### 波多黎各菌菇通心粉 69

#### Portobello Mushroom & Red Pepper Sauce

选用意大利通心粉佐以自制的红甜椒番茄酱、西葫芦和黄节瓜，以及用意大利黑醋烤制的波多黎各菌菇。  
Italian maccheroni pasta with a home-made sauce of red bell peppers and tomatoes, zucchini and yellow squash, topped with a grilled portobello mushroom with balsamic glaze. (420g)

### 鲜奶芝士通心粉 69

#### Macaroni With Mozzarella And Parmesan

用磨菇、巴马古芝士、马苏里拉芝士、洋葱和鲜奶油烹制的通心粉。  
配上一块明火烤制的鸡胸 (160克) 仅另加25元，味道更鲜美。  
a bowl of elbow macaroni with mozzarella and parmesan cheese, fresh cream, onion, and diced mushrooms. (300g)  
great with a grilled chicken breast (160g) for only 25rmb.

NEW

### 小龙虾虾仁意面 98

#### Crayfish Pasta

用品质小龙虾虾仁配上橄榄油和白葡萄酒及多种新鲜香料、白玉菇、罗勒叶、烟熏特红辣椒粉和秘制的辣红椒意面酱烹制而成。  
freshly selected crayfish meat, with olive oil, white wine, herbs, white beech mushrooms, basil, home-made red pepper sauce, served over maccheroni pasta. (450g)

小龙虾虾仁意面

### 和牛肉酱通心粉 75

#### Italian Maccheroni Pasta With Hearty Beef Ragù

进口的和牛肉切粒与洋葱、蒜泥、自制的番茄酱共同烹制成番茄牛肉酱，并配上意大利通心粉。  
imported wagyu beef minced and cooked with onions, garlic, and homemade tomato sauce served over Italian maccheroni pasta. (320g)

### 三重海鲜意大利面 99

#### Seafood Trio

黑口贝、三文鱼和凤尾虾用橄榄油和白葡萄酒配合鲜茴香、白玉菇、番茄烹制，并佐以干椒片和意大利芹。  
spaghetti with mussels, salmon, and shrimp sautéed in garlic and olive oil with white wine, fennel, white beech mushroom, tomato, and a touch of chill flakes and Italian parsley. (450g)

### 海鲜辣味意面 89

#### Seafood With Spicy Tomato Sauce

用墨鱼仔、黑口贝和凤尾虾、磨菇及白葡萄酒和辣味番茄酱汁一起制成的意大利面。  
baby calamari, black mussels, shrimp, tossed in arrabbiata sauce and linguine with button mushrooms and a splash of white wine. (450g)

和牛肉酱通心粉

三重海鲜意大利面

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# Dessert 甜品

## 蔓越莓香米布丁 39 Homemade Rice Pudding

用牛奶和香草熬制的香米布丁，配上鲜奶油，海盐味的焦糖酱及蔓越莓干。  
jasmine rice steamed in milk with vanilla-infused cream, salted caramel, and dried cranberries. (150g)

## 暖风面包布丁 45 Warm Bread Pudding

浓香的黄油面包布丁，佐以蔓越莓干、白巧克力、桑莓酱、焦糖汁和香草冰淇淋。  
buttery challah bread with dried cranberries and white chocolate, raspberry sauce, caramel, and vanilla ice cream. (130g)

## 胡萝卜蛋糕 39 Carrot Cake

用核桃、多种香料及奶油芝士霜做成的胡萝卜蛋糕。  
walnuts, spice, and cream cheese icing. (100g)

## 酸奶优格巴菲 45 Yogurt Parfait

佐以椰子味奶油的酸奶冻，配上蜂蜜燕麦片和树莓酱。  
yogurt and coconut cream, honey oats, red berry compote. (150g)

## 果仁香草冰淇淋圣代 45 Funky Sundae

香草冰淇淋佐以巧克力酱、焦糖爆米花、芥末味的青豆、坚果仁和搅奶油。  
vanilla ice cream, chocolate ganache, caramel corn, wasabi peas, peanuts, and whipped cream. (160g)



芒果千层蛋糕

## 脆皮焦糖布蕾 39 Cocoa-nut Crème Brulee

巧克力和椰奶制成的焦糖布蕾，佐以椰香奶油。  
a chocolate and coconut crème brulee with coconut whipped cream. (120g)

## 巧克力慕斯 45 Chocolate Mousse

顺滑的巧克力慕斯配树莓库利。  
creamy chocolate mousse with raspberry coulis. (130g)

## 时令水果盘 35 Fresh Fruit Plate



果仁香草  
冰淇淋圣代

巧克力慕斯

暖风面包布丁

## 纽约式芝士蛋糕 39 New York Style Cheesecake

选用费城风味的奶油芝士制成，并配以全麦的香脆蛋托，佐以自制的蓝莓甜酱。  
made with "Philadelphia" style cream cheese on a graham cracker crust, served with home-made blueberry sauce. (130g)

## 冰淇淋 1球/15 Ice Cream 2球/29 3球/39

香草，巧克力，抹茶，草莓，朗姆酒葡萄干  
Vanilla, Chocolate, Green tea, Strawberry, Rum raisin.

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