Title: Passing ES_JAVA_OPTS variable with spaces when using docker compose

Post Body:

I'm trying to run Elasticsearch using docker compose but I'm not sure how to correctly pass the `ES_JAVA_OPTS='-Xms512m -Xmx512m'` environmental variable. I've tried lots of combinations of single and double quotes but they all result in: `Error: Could not find or load main class '-Xms512m`.

My docker-compose config is:

```
elasticsearch:   image: 'docker.elastic.co/elasticsearch/elasticsearch:5.4.3'   ports:    - '6379:6379'   environment:    - 'h
```

This environmental variable works just fine when running the container directly with:

```
docker run --detach \   --name elasticsearch \   --publish 9200:9200 \   --env 'http.host=0.0.0.0' \   --env 'transport.host=1
```

What am I missing here?

Accepted Answer:

According to https://github.com/docker/compose/issues/2854, it's an issue with how docker compose will parse your env variables.

If you switch to yaml map instead of list, it should work:

```
elasticsearch:   image: "docker.elastic.co/elasticsearch/elasticsearch:5.4.3"   ports:     - "6379:6379"   environment:      ht
```

Highest Rated Answer:

It's an issue with Docker compose and spaces.

Just replace with

```
"ES_JAVA_OPTS=-Xmx512m -Xms512m"
```

See https://www.elastic.co/guide/en/elasticsearch/reference/current/docker.html