

START & SHARE

PRAWN COCKTAIL \$9

tiger prawns, marie rose sauce,
avocado, iceberg wedge, lemon

1LB ORGANIC CHICKEN WINGS \$10

salt & pepper, classic hot,
traditional bbq or korean bbq sauce

BEEF SHORT RIB POUTINE \$7

BC cheese curd & gravy

ORGANIC CHICKEN KARAAGE BITES \$9

sriracha mayonnaise

STEAK BITES \$10

chipotle mayonnaise & fried onions

ELEMENTS NACHOS \$13

olives, jalapeno, monterey jack & goat cheese,
salsa, sour cream

add guacamole \$2

add chicken \$3

ELEMENTS DELI FLATBREAD \$10

chorizo, proscuitto, sopressata,
bocconcini, arugula, tomato sauce, parmesan

ORGANIC CHICKEN \$10 & MUSHROOM FLATBREAD

sundried tomato pesto, mushrooms,
bocconcini, balsamic reduction, arugula

3 CHEESE FLATBREAD \$9

bocconcini, provolone, parmesan, pesto, pine nuts & arugula

POTATO CHEDDAR PEROGIES \$11

chorizo gravy, sour cream & green onions

YAM FRIES \$4

chipotle mayonnaise

SEASONAL SOUPS

TOMATO BASIL \$4

San Marzano roma tomatoes, cream

NEW ENGLAND CLAM CHOWDER \$5

clam, potato, onion, tarragon, cream

SALADS

CRISP ROMAINE CAESAR \$7

house dressing, bacon, grilled baguette, parmesan

CHOPPED COBB SALAD \$14

organic chicken, hardboiled egg, avocado, tomatoes, bacon, crisp romaine, iceberg lettuce, blue cheese, buttermilk ranch

ELEMENTS BEET SALAD \$7

goat cheese, arugula, butter lettuce, balsamic reduction, pomegranate vinaigrette

ELEMENTS HOUSE SALAD \$7

spinach, arugula, quinoa, goat cheese, pumpkin seeds, julienne carrot, red onion with dried cranberries & pomegranate vinaigrette

SALAD ADD-ONS:

GRILLED CHICKEN BREAST \$5

GRILLED SALMON \$6

TIGER PRAWNS \$5

BURGERS & SANDWICHES

ELEMENTS CHEESE BURGER \$12

butter lettuce, tomato, onion, aged cheddar, Elements burger sauce, onion bun, fries or side house salad

GRILLED ORGANIC CHICKEN BURGER \$12

bacon, butter lettuce, tomato, basil, mozzarella, onion bun, fries or side house salad

TERIYAKI SALMON SANDWICH \$14

guacamole, japanese mayo, lettuce, onion bun, fries or side house salad

STEAK SANDWICH \$16

6oz flatiron steak, pesto baguette, arugula, parmesan & fries or side house salad

GRILLED CHEESE \$8

havarti, aged cheddar, sourdough, pickle, cup of tomato basil soup or side house salad

PASTAS

SPAGHETTI BOLOGNESE \$14

pancetta, pork, veal, beef – garlic baguette

SPAGHETTI WITH TIGER PRAWNS \$14

sundried tomato pesto, mascarpone, chili, lemon, parmesan, garlic baguette

FETTUCCINI ALFREDO \$9

a simple classic with garlic baguette

add chicken or Prawns \$5

MAC N CHEESE \$8

3 year old cheddar, garlic baguette

MAINS

RED WINE BRAISED \$16 BEEF SHORT RIB

mashed potatoes, seasonal vegetable

BUTTER CHICKEN \$12

basmati rice, naan

SLOW COOKED \$15 BABY BACK RIBS

house rub, traditional bbq or korean bbq sauce, coleslaw & fries

PAN SEARED ATLANTIC SALMON \$16

rice, avocado, soy, lemon, seasonal vegetable

FISH & CHIPS 1PC \$10/ 2 PC \$14

soda batter, fries, coleslaw, tartar sauce

ELEMENTS MEATLOAF \$12

mushroom gravy, mashed potatoes, seasonal vegetable

DESSERTS

CHEESECAKE \$7

lemon curd, crumbled shortbread, whipped cream

CHOCOLATE BROWNIE \$7

whipped cream

BREAKFAST

ELEMENTS BREAKFAST \$8

2 eggs, 3 pieces of bacon, ham or sausage, chorizo gravy, potato hash & your choice of toast

BREAKFAST SANDWICH \$7

2 eggs, ham, cheddar & potato hash on sourdough or brown

OMELETTE \$9

3 eggs, ham & cheese, potato hash & your choice of toast

or

3 eggs with spinach, mushrooms & cheese, potato hash & your choice of toast

*AVAILABLE ONLY ON
SATURDAY & SUNDAY:*

FRESH WAFFLES \$5

with fruit, whipped cream & maple syrup



HOURS OF OPERATION

MONDAY TO THURSDAY

11AM – 9PM

FRIDAY

11AM – 2AM

SATURDAY

10AM – 2AM

SUNDAY

10AM – 10PM