

# START & SHARE

## **PRAWN COCKTAIL \$11**

5 tiger prawns, classic cocktail sauce,  
iceberg wedge, lemon

## **CHICKEN WINGS \$10**

salt & pepper, classic hot, bbq

## **POUTINE \$6**

fries, cheese curds & gravy  
add short rib \$3

## **ASIAN CHICKEN BITES \$9**

sriracha mayonnaise

## **STEAK BITES \$11**

grainy mustard mayonnaise, crispy fried onions

## **ELEMENTS NACHOS \$15**

olives, jalapeno, monterey jack & cheddar,  
salsa, sour cream  
add guacamole \$3

## **SPICY HAWAIIAN FLATBREAD \$11**

spicy capicola ham, bacon, pineapple, mozzarella

## **BBQ CHICKEN FLATBREAD \$11**

smoky bbq sauce, grilled chicken, roasted corn,  
red onion, mozzarella, ranch drizzle

## **MARGHERITA FLATBREAD \$10**

mozzarella, parmesan, pesto, diced tomato

## **POTATO CHEDDAR PEROGIES \$11**

chorizo sausage, sauteed onions, sour cream, scallions

## **YAM FRIES \$5**

sriracha mayonnaise

# SEASONAL SOUPS

## **TOMATO BASIL \$4**

San Marzano roma tomatoes, cream

## **NEW ENGLAND CLAM CHOWDER \$5**

clams, potato, onion, tarragon, cream

# SALADS

## **CRISP ROMAINE CAESAR \$8**

house dressing, bacon, crouton, parmesan

## **CHOPPED COBB SALAD \$14**

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

## **SPINACH SALAD \$8**

spinach, spiced pecans, bacon, goat cheese, house maple dressing

## **ELEMENTS HOUSE SALAD \$7**

spring lettuce, julienne carrot, red onion, diced tomatoes, pomegranate vinaigrette

## *SALAD ADD-ONS:*

### **GRILLED CHICKEN BREAST \$6**

### **GRILLED SALMON \$7**

### **TIGER PRAWNS \$7**

# BURGERS & SANDWICHES

## **ELEMENTS CHEESE BURGER \$13**

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

## **CHICKEN CLUB HOUSE \$13**

bacon, lettuce, tomato, mayonnaise  
choice of bread with fries or side house salad

## **SALMON BURGER \$14**

pesto mayonnaise, guacamole, spinach, onion bun, fries or side house salad

## **ROAST BEEF DIP \$13**

shaved roast beef, grainy mustard mayonnaise, crispy onions, swiss served with au jus, fries or side house salad

## **GRILLED CHEESE \$8**

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

add short rib **\$3**

add bacon **\$1.50**

# PASTAS

## SPAGHETTI & MEATBALLS \$14

Italian meatballs, marinara sauce, parmesan,  
garlic baguette

## SPAGHETTI WITH TIGER PRAWNS \$15

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

## FETTUCCINI ALFREDO \$9

garlic cream sauce, garlic baguette

add chicken \$6

or

add prawns \$7

## MAC N CHEESE \$7

three cheese sauce, garlic baguette

add chorizo \$3

add bacon \$1.50

# MAINS

## BUTTER CHICKEN \$12

basmati rice, naan

## SLOW COOKED \$15

### BABY BACK RIBS

house rub, bbq sauce, coleslaw & fries

## PAN SEARED ATLANTIC \$16

### 6OZ. SALMON

basmati rice, garlic herb butter, lemon,  
seasonal vegetables

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

traditional batter, fries, coleslaw, tartar sauce

## ELEMENTS MEATLOAF \$11

mushroom gravy, mashed potatoes,  
seasonal vegetables

## 6OZ. SIRLOIN STEAK \$19

red wine jus, mashed potatoes, seasonal vegetables

# DESSERTS

## APPLE PIE \$7

granny smith apples, cinnamon sugar, whipped cream  
à la mode \$2

## CHEESECAKE \$7

lemon curd, crumbled shortbread,  
whipped cream, chocolate curls

# BREAKFAST

(SERVED UNTIL 2PM)

## ELEMENTS BREAKFAST \$9

2 eggs, 3 pieces of bacon, ham or sausage,  
potato hash & toast

## BREAKFAST SANDWICH \$8

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

## OMELETTE \$9

3 eggs, ham & cheese,  
potato hash & toast

or

3 eggs with spinach, mushrooms & cheese,  
potato hash & toast

*AVAILABLE ONLY ON  
SATURDAY & SUNDAY:*

## WAFFLE \$6

whipped cream, blueberry sauce, fresh fruit, maple syrup



## HOURS OF OPERATION

### MONDAY TO THURSDAY

11AM – 9PM

### FRIDAY

11AM – 2AM

### SATURDAY

10AM – 2AM

### SUNDAY

10AM – 9PM