



ELEMENTS

Features

Thursday - Friday - Saturday
Chefs Sharing Plates


Sunday - Prime Rib Dinner
House Dry Rub & Slow Roasted, Yorkshire Pudding, Buttermilk Mash,
Summer Vegetables, Peppercorn Sauce.
8 OZ Cut - **\$32** - 12 OZ Cut - **\$38**

Monday - Burger Night
Includes a Draft Pint or Glass of House Wine.

Soups & Salads

Add Grilled Chicken - **\$9** Add Tofu - **\$12** Add Baked Salmon - **\$15**

Super Beets - \$13
Roasted Beets, Arugula, Sunflower Seeds, Goat Cheese, Miso Mustard Dressing.

 **Sunshine Salad - \$15**
Quinoa, Apple, Mix Berry, Arugula, Spinach, Pickled Onion, Cherry Tomato,
Honey & Lemon Vinaigrette.

Classic Caesar - \$16
Fresh Romain, Alberta Pork Belly Lardon, Parmigiano Cheese, House Made Dressing,
Herb Croutons,

All Prices Do Not Include Applicable Taxes
Groups of 8 or More Are Subject to an 18% Auto-Gratuity Charge

Starters

Slammin Yam Tacos - \$13

2 Tacos, Arugula, Goat Chees, Chimichurri, Cabbage, Miso Mustard.

ⓁⓂ Pork Belly Tacos - \$17

2 Tacos, Hoisin Pork Belly, House Pickles, Banana Peppers, Microgreens.

Popcorn Salmon - \$19

Crispy Fried Salmon, Sweet & Spicy Aioli, Arugula, Miso Mustard.

ⓂⓁ ⓁⓂ Chicken Wings - \$20

1 Pound of Crispy Whole Wings With Your Choice of House Made Sauce or Dry Rub.
Devils Hot Sauce - Barbeque - Lemon Pepper - Salt & Pepper

Burgers & Sandwiches

🌱 Mega Veggie Burger - \$22

House Made Chickpea & Mushroom Patty, Tomato, Pickled Onion, Arugula, Tahini
Garlic Aioli.

Crispy Tikka Burger - \$24

Fried Chicken Tikka, Tomato, Arugula, Tahini Garlic Aioli, House Made Pickles.

Kimchi BBQ Burger - \$25

In House Ground Chuck, Kimchi Slaw, Smoked Cheddar, Pork Belly, House Made
Pickles & Barbeque Sauce.

Prime Rib Melt - \$28

Shaved Prime Rib, Sourdough Bread, Smoked Cheddar, Braised Onions, House Made
Barbeque Sauce, Peppercorn Cream Sauce.

Served on a Fresh Bun With Your Choice of Soup, Salad or Fries.

Gluten Free Bun + \$2

Pasta

Mushroom Ragu Rigatoni - \$19

Roasted Wild Mushrooms, Fresh Basil & Oregano, San Marzano Tomato Sauce, Roasted Garlic.

Chicken Alfredo Fettucini - \$27

Brined Chicken, Sauteed Mushroom & Onion, Roasted Garlic, House Made Alfredo Sauce, Parmigiano Cheese.

Lobster Ravoili - \$32

Fresh Dill & Basil Cream Sauce, Sauteed Summer Vegetables, Roasted Garlic, Parmigiano Cheese.

All Pastas are Served With Grilled Sourdough Baguette.

Substitute for Gluten-Free Pasta and Baguette - **\$5**

Flavour Bowls

Gochujang Udon - \$28

Sauteed Chicken, Toasted Sesame, Spring Onion, Nori, Gochujang Soy Chili Sauce.

Butter Tofu - \$28

Spiced Masala Sauce, Butter Nann, Wild Rice Pilaf, House Made Pickles.

Butter Chicken - \$30

Spiced Masala Sauce, Buttered Naan, Wild Rice Pilaf, House Made Pickles.

Carne Asada - \$32

6oz Hanger Steak, Citrus Herb Marinade, Roasted Vegetables, Fresh Greens, Chimichurri, Sweet & Spicy Ailoli.



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Main Courses

(GF) Pork Chop - \$32

10 oz Seared Pork Chop, Roasted Bell Pepper Coulis, Roasted Baby Potatoes, Summer Vegetables, Chimichurri.

(GF) Wild Salmon - \$34

6 oz Pan Seared Salmon, Spinach Pottage, Roasted Baby Potatoes, King Oyster Mushrooms.

(GF) Alberta Bison Short Ribs - \$38

10 oz Braised Short Ribs, Cranberry Jus, Buttermilk Mashed Potatoes, Summer Vegetables.

(GF) Striploin Steak - \$42

10 oz Sterling Silver Striploin, Buttermilk Mashed Potatoes, Summer Vegetables, Peppercorn Gravy.

Desserts

(GF) Yuzu Creme Brulee - \$12

Yuzu Infused Cream, Lemon Zest, Sugar Brulee, Fresh Fruit.

Caramel Apple Dome - \$13

Vanilla and Apple Mousse, Caramel Dome, Chocolate Sable, Fresh Fruit.

Strawberry Cheesecake - \$13

Strawberry Compote, Chocolate Sable, Passionfruit Creme, Fresh Fruit.

Gelato & Sorbet

Dark Chocolate - Vanilla - Mango - Lemon Sorbet
Single \$5 - Duo \$9 - Trio \$12

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