



# ELEMENTS

## *Features*

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### **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*

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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,

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

## *Starters*

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### **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*

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### **🌿 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*

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### **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*

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### **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.

## *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