

# STARTERS

## **PAN SEARED SCALLOPS \$15**

arugula salad, sriracha mayo, pea puree

## **COCONUT CRUSTED PRAWNS \$14**

cocktail sauce, iceberg, kewpie mayo, bacon bits

## **DOUBLE COOKED CHICKEN WINGS \$11**

1lb of wings with choice of sauce - salt & pepper, bbq, teriyaki, honey garlic, Frank's Red Hot, cajun, sweet chili, butter chicken

## **ELEMENTS NACHOS \$15**

monterey jack & cheddar cheese, olives, jalapenos, tomatoes, green onions, salsa, sour cream  
add guacamole \$2

## **HUMMUS & FALAFEL PLATTER \$14**

chickpea hummus, spiced chickpea & lentil fritters (falafel), warm pita bread, garlic tahini dip

## **INDONESIAN CHICKEN SATAY \$9**

chicken skewers, peanut sauce, jasmine rice, green onions

## **CHEESE & POTATO PEROGIES \$12**

steamed & pan-grilled perogies, grilled farmers sausage, sautéed onions, green onions, crisp bacon bits, sour cream

## **CALAMARI BITES \$11**

crisp breaded calamari, red onions, sriracha mayo, tzatziki

## **CHICKEN CHEESE QUESADILLA \$11**

chicken, red onions, red peppers, melted cheese, olives, chipotle mayo, sour cream, tomato salsa

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

barbequed chicken, red onions, red peppers, mozzarella, bacon, ranch

## **MARGHERITA FLATBREAD \$10**

mozzarella, parmesan, pesto, diced tomatoes

## **ROASTED PEAR & CARAMELIZED ONION \$11 FLATBREAD**

roasted pear, caramelized onions, mozzarella, blue cheese drizzle

# SOUPS & SALADS

## SOUP OF THE DAY \$4

daily homemade soups  
ask your server for the day's offering

## ELEMENTS HOUSE SALAD \$7

mixed greens, carrots, grape tomatoes, cucumbers & red onions,  
with choice of dressing - italian, balsamic, ranch,  
thousand island, blue cheese

## CAESAR SALAD \$8

chopped romaine hearts, anchovy mayo, bacon bits,  
pecorino romano shavings, garlic butter baguette

## BACON RANCHER CRUNCH \$8

iceberg hearts, gorgonzola cream dressing, crushed pepper, bacon bits,  
red onions, avocado, grilled garlic focaccia

## MEDITERRANEAN TOSSED SALAD \$10

cucumbers, tomatoes, red peppers, red & green onions, mint,  
parsley, kalamata, feta, warm pita bread, sumak, lemon olive oil drizzle

## KALE, CRANBERRY AND CITRUS SALAD \$9

baby kale, cranberries, sunflower seeds, roasted pumpkin seeds,  
citrus mayo, candied apricots

## AVOCADO CAPRESE \$10

baby bocconcini, tomatoes, avocado, basil pesto, balsamic drizzle, arugula

## SALAD ADD-ONS:

pan seared scallops \$8

pan seared 6oz atlantic salmon \$8

grilled 6oz sirloin steak \$7

grilled chicken breast \$7

grilled prawns, 5pcs \$7

halved avocado \$2

# MAINS

## HERB CRUSTED FISH SALMON \$18 | COD \$13

seasonal vegetables, garlic mash, pea puree, caper butter

## BUTTER CHICKEN \$13

tandoori spiced chicken, fenugreek spiced buttery tomato sauce,  
naan, steamed rice

## THAI RED COCONUT CURRY BOWL \$8

red & green peppers, onions, pineapple, coconut thai curry, cashew nuts  
add chicken breast \$7 add prawns \$7

## MEATLOAF WITH MUSHROOMS \$11

house made meatloaf, sautéed mushrooms, gravy, garlic mash,  
seasonal vegetables

## STEAK DINNER \$19

6oz sirloin steak cooked to your liking, garlic mash,  
seasonal vegetables, gravy  
add prawns \$7

## FISH & CHIPS 1PC \$ 11 | 2PCS \$15

beer batter fried cod filet, french fries, coleslaw, tartar sauce

## BARBECUED BABY BACK RIBS \$18

slow cooked baby back ribs, barbecue sauce, french fries, coleslaw

## LOBSTER RAVIOLI WITH ROASTED PEPPER CREAM \$18

lobster ravioli, roasted pepper cream, chives, parmigiano, garlic baguette

## SPINACH & RICOTTA CANNELLONI \$14

spinach ricotta cannelloni, marinara, mozzarella,  
parmesan, garlic baguette

# DESSERTS

## WARM OREO DELIGHT \$7

batter fried oreo cookies, whipped cream, caramel sauce, marinated raspberries

## DOUBLE CHOCOLATE BROWNIE \$7

warm fudgy brownie, vanilla ice cream, chocolate sauce

## TRIPLE BERRY CHEESECAKE \$7

NY cheesecake, triple berry compote, whipped cream

## HOMEMADE APPLE PIE \$7

warm homemade apple pie, vanilla ice cream, cinnamon sugar

# SANDWICH, BURGERS & WRAPS

all our sandwiches, burgers & wraps are served with side of fries, house salad or soup of the day

## **BACON CHEESEBURGER \$14**

6oz pure beef patty, lettuce, tomatoes, onions, cheddar cheese, bacon, elements burger sauce on a brioche bun

## **GRILLED CHICKEN BURGER \$15**

6oz organic chicken breast, lettuce, tomatoes, onions, mozzarella cheese, bacon, elements burger sauce on a brioche bun

## **SALMON BURGER \$16**

6oz salmon, lettuce, cucumber, avocado, onion, kewpie mayo on a brioche bun

## **TURKEY BACON CLUB \$13**

double decker toasted sandwich with smoked turkey breast, bacon, lettuce, tomatoes, fried egg on your choice of white, whole wheat, sourdough or multigrain

## **GRILLED CHEESE \$9**

cheddar, swiss, mozzarella on your choice of white, whole wheat, sourdough or multigrain

## **BEEF DIP \$14**

slow roasted beef, garlic baguette, swiss cheese, beef jus

## **STEAK SANDWICH \$16**

6oz sirloin steak, garlic baguette, horseradish mayo, fried onions

## **SHRIMP, CUCUMBER & AVOCADO WRAP \$13**

pan seared shrimp, cucumber, avocado, lettuce, kewpie mayo in a warm tortilla

## **CRISPY CHICKEN & BACON WRAP \$13**

crispy fried chicken, bacon, iceberg, creamy ranch in a warm tortilla

# **BREAKFAST**

**(AVAILABLE UNTIL 2PM DAILY)**

## **EGGS TO ORDER \$9**

2 eggs cooked to your liking with shredded hash, toast, choice of 3 strips of bacon, 3 sausages or black forest ham

## **BREAKFAST SANDWICH \$9**

2 fried eggs, black forest ham, sliced cheddar, hashbrown potatoes, choice of white, whole wheat, sourdough or multigrain

## **CHICKEN CHEESE BREAKFAST WRAP \$11**

2 scrambled eggs, fried chicken, shredded potatoes, green onions, sriracha mayo, shredded cheese, with arugula salad

## **WEEKENDS AND HOLIDAYS**

**(AVAILABLE UNTIL 2PM)**

## **GOLDEN WAFFLES \$7**

waffles, maple syrup, whipped cream, blueberry compote