



All Day Breakfast

Easy Start Breakfast \$5

1 Egg, 2 Slices of Bacon, Hash Browns,
1 Slice Toast

Rise 'N' Shine Breakfast \$7.5

2 Eggs, Choice of Bacon or Sausage,
Hash Browns & 2 Slices of Toast

Breakfast Croissant \$7

Croissant, Fried Egg, Bacon or Sausage,
Cheddar Cheese

Breakfast Sandwich \$6

English Muffin, Fried Egg, Bacon or Sausage,
Cheddar Cheese



Appetizers

Crispy Fried Chicken Wings \$11

Ross Down Farms Chicken Wings, Choice of
Hot, BBQ, Honey Garlic, Salt & Pepper

House Made Daily Soup..... \$5

Ask your server for today's Soup du Jour

Fresh Chicken Tenders \$10

House-made Panki Crusted Chicken Tenders,
Grainy Dijon Mayo, Fries

Poutine..... \$7

Golden Crisp Fries, Elements Signature Chili,
Mixed Cheeses

Chili Cheese Fries..... \$8

Crisp Golden Fries, Elements Signature Chili,
Mixed Cheeses

Fries..... \$5

Golden Crisp Fries, Ketchup

Yam Fries \$6

Sweet Potato Fries, Chipotle Aioli

House Salad..... \$6

Heritage Greens, Cucumber, Fresh Tomato,
Choice of Dressing

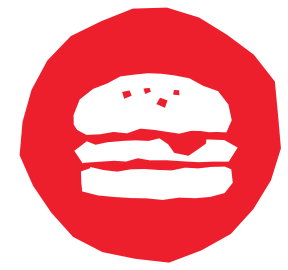
Caesar Salad \$7

Crisp Romaine, Croutons, Parmesan, Lemon,
Tossed in Classic Dressing

Elements Classic Nachos.... \$9

Mixed Cheeses, Jalapenos, Olives, Fresh Tomato,
Green Onion, Salsa and Sour Cream

Add Guacamole \$2.5



Burgers & Sandwiches

Elements

Classic Burger \$7
1/4 lb. Hand-Crafted Patty, Brioche Bun, Elements Signature Burger Sauces, Lettuce, Tomato, Onion, Pickle

Elements

Cheddar Burger..... \$7.5
1/4 lb. Hand-Crafted Patty, Cheddar Cheese, Brioche Bun, Elements Signature Burger Sauce, Lettuce, Tomato, Onion, Pickle

Bacon Cheddar Burger \$8
1/4 lb. Hand-Crafted Patty, Bacon & Cheddar, Brioche Bun, Elements Signature Burger Sauce, Lettuce, Tomato, Onion, Pickle

Crispy Chicken Burger \$9.5
Hand-Crafted Crispy Panko Chicken, Elements Signature Sauce, Red Onion, Lettuce, Tomato, Pickle

Veggie Burger..... \$7
Grilled Vegetable Patty, Brioche Bun, Lettuce, Tomato, Red Onion, Sliced Cheddar

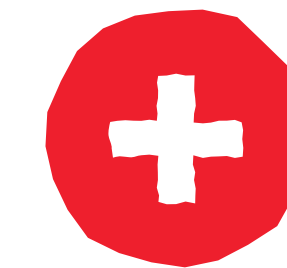
Fresh Chicken Wrap..... \$8
Grilled Chicken, Tomato, Basil Mayo, Lettuce, Red Onions, Cucumber

Stacked BLT..... \$6
Smokey Maple Bacon, Beefsteak Tomato Slices, Crisp Leaf Lettuce, Toasted Artisan Multi-Grain

Turkey Clubhouse..... \$9
Fresh Roasted Turkey Breast, Smokey Maple-Bacon, Crisp Leaf Lettuce, Tomato, Cranberry Aioli, Toasted Sourdough

Triple Grilled Cheese..... \$7
Blended Cheeses, Grilled Brioche, Fresh Butter

Roast Beef Dip \$9
Slow Roasted AAA Beef, Garlic Baguette, Au Jus



The Rest

2pc Cod Fish & Chips (1pc \$8) \$11
Tempura Fried Cod, Golden Crisp Fries, Tartar, Lemon

Wok Stir-Fried Chow Mein \$7
Carrot, Cabbage, Bean Sprouts, Green Onion, Garlic, Elements Signature Asian Sauce

Wok Fried Rice \$7
Stir-Fry of Rice, Egg, Bok Choy, Green Onions, Sliced Celery, Peas, Garlic, Elements Signature Asian Sauce
Add Shrimp \$4 • Add Chicken \$4 • Add Beef \$6

Rigatoni Bolognese \$11
Fresh Meat Sauce, Diced Tomato, Rigatoni Pasta, Parmesan, Garlic Toast

Baked Penne Alfredo \$11
Oven Baked Penne Rigate Pasta, Fresh Alfredo Cream Sauce, Blended Cheeses, Garlic Toast

Elements Signature Chili \$9
House-made Chili with AAA Ground Beef, Chick Peas, Red Beans, Chipotle Peppers, Tomato, Fresh Tortilla Chips

Taxes not included.



Drinks

Domestic Beers

Alexanders Keiths	\$7.00
Budweiser	\$7.00
Canadian	\$7.00
Coors Light	\$7.00
Kokanee	\$7.00
Millers Genuine Draft	\$7.00
Molson 67	\$7.00
Sleeman Honey Brown	\$7.00

Import Beers

Becks	\$8.00
Dos Equis	\$8.00
Heineken	\$8.00
Sol	\$8.00
Stella	\$8.00

Ciders

Growers Apple Cider	\$7.25
Growers Pear Cider	\$7.25
Growers Peach Cider	\$7.25
Pyur Vodka Coolers (Raspberry , Lime, Peach)	\$7.25
Smirnoff Ice	\$8.00
Strongbow	\$8.00

Draft Beer

Canadian	\$6.75
Rickards Red	\$6.75
Coors Light	\$6.75

Cocktails

Caesar	\$7.50
Bellini	\$7.50
Margarita (Peach or Lime)	\$7.50

*Taxes not included.