# 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

**Elements Ham & Cheese Omelette $7.5**  
3 Eggs, Smoked Ham, Shredded Cheese, Hash Browns, Toast

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## Appetizers

<table>
<thead>
<tr>
<th>Appetizer</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Hot Dog</td>
<td>$4</td>
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<tr>
<td>Crispy Fried Chicken Wings</td>
<td>$11</td>
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<tr>
<td>Ross Down Farms Chicken Wings, Choice of Hot, BBQ, Honey Garlic, Salt &amp; Pepper</td>
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<tr>
<td>House Made Daily Soup</td>
<td>$5</td>
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<tr>
<td>Ask your server for today's Soup du Jour</td>
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<tr>
<td>Fresh Chicken Tenders</td>
<td>$10</td>
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<tr>
<td>House-made Panko Crusted Chicken Tenders, Grainty Dijon Mayo, Fries</td>
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<tr>
<td>Poutine</td>
<td>$7</td>
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<tr>
<td>Golden Crisp Fries, Quebec Cheese Curds, Gravy</td>
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<tr>
<td>Chili Cheese Fries</td>
<td>$8</td>
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<tr>
<td>Crisp Golden Fries, Elements Signature Chili, Mixed Cheeses</td>
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<tr>
<td>Fries</td>
<td>$5</td>
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<tr>
<td>Golden Crisp Fries, Ketchup</td>
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<tr>
<td>Yam Fries</td>
<td>$6</td>
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<tr>
<td>Sweet Potato Fries, Chipotle Aioli</td>
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<tr>
<td>House Salad</td>
<td>$6</td>
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<tr>
<td>Heritage Greens, Cucumber, Fresh Tomato, Choice of Dressing</td>
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<tr>
<td>Caesar Salad</td>
<td>$7</td>
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<tr>
<td>Crisp Romaine, Croutons, Parmesan, Lemon, Tossed in Classic Dressing</td>
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<tr>
<td>Elements Classic Nachos</td>
<td>$9</td>
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<tr>
<td>Mixed Cheeses, Jalapenos, Olives, Fresh Tomato, Green Onion, Salsa and Sour Cream</td>
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<tr>
<td>Add Guacamole $2.5</td>
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Taxes not included.
Burgers & Mains

**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
Smoky 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 add Tomato Basil Soup for $2

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

**Sirloin Steak** $18
Grilled AAA Sirloin, Seasonal Vegetables, Fries, Gravy

**Salmon Filet** $17
Grilled Salmon, Seasonal Vegetables, Jasmine Rice, Lemon Butter Sauce

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**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 Onions, 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
- Miller's Genuine Draft: $7.00
- Molson 67: $7.00
- Sleeman Honey Brown: $7.00

### 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

### Soft Drinks
- Pepsi: $2.00
- Diet Pepsi: $2.00
- 7-Up: $2.00
- Iced Tea: $2.00
- Schweppes Ginger Ale: $2.00

### Cocktails
- Caesar: $7.50
- Bellini: $7.50
- Margarita (Peach or Lime): $7.50

*Taxes not included.*