

Courtyard Menu

Greens

COBB SALAD | \$17 ^{GF}

Iceberg lettuce, double smoked bacon, avocado, carrots, free range egg, goat feta, Red Hat cherry tomatoes, buttermilk ranch dressing.

CAESAR SALAD | App \$6 | Entree \$13

Kale, brioche croutons, parmesan cheese, housemade Caesar dressing.

FIELD GREENS | App \$6 | Entree \$13 ^V ^{GF}

Local mixed greens, Red Hat tomatoes, seasonal berries, cucumber, radish, pumpkin seeds, pickled onion, BC berry vinaigrette.

Add: 5oz chicken \$6 | Add: 3oz salmon \$6

Add: 3 shrimp \$6 | Add: 6oz striploin \$12

Handhelds

All sandwiches & burgers served with fries, or house salad. Sub sweet potato fries, Caesar salad, homemade Cajun chips, or cup of soup. +\$2

ELEMENTS CHICKEN SANDWICH | \$19

Crispy breaded chicken breast or grilled chicken breast, pickled jalapeno, maple bacon, lettuce, tomato, local brioche bun & roasted garlic aioli.

CLASSIC CHEESEBURGER | \$19

Aged white cheddar, tomato, lettuce, red onion, smoked chipotle aioli & pickle on a local brioche bun.

CHICKEN CAESAR WRAP | \$18

Kale, romaine, breaded chicken or grilled chicken breast, mixed cheese, parmesan, double smoked bacon.

AAA ALBERTA BEEF DIP | \$22

Okanagan red wine au jus, "Brassica" grainy mustard aioli, locally grown caramelized onions, on a pretzel baguette.

STEAK SANDWICH | \$19

6oz NY striploin, sauteed wild mushroom, caramelized onion, parmesan cheese, aged balsamic glaze, foccacia.

CHEESE QUESADILLA | \$13 ^V

Onion, pepper, tomato & mixed cheese. Served with chunky salsa & sour cream. Does not come with side.

3pc buffalo chicken \$6 | 3 shrimp \$6

Appetizers

SOUP OF THE DAY | Cup \$6 | Bowl \$10

Ask your server!

SMOKED SALT FRIES | \$5.50 ^V

SWEET POTATO FRIES | \$5.50 ^V

With smoked chipotle aioli.

CACTUS CUT CHIPS | \$5.50

Flavour options: Lemon pepper, Cajun spice, salt & pepper, dill pickle, or garlic parmesan.

ONION RINGS | \$10 ^V

With chipotle mayo.

CHICKEN WINGS | \$17 ^{GF}

Choice of: Buffalo, hot, crazy hot, hot honey, honey garlic, electric honey, sweet chili, BBQ, Asian BBQ, maple bacon, lemon pepper, Cajun spice, salt & pepper, dill pickle, or garlic parmesan. Served with ranch.

DRY RIBS | \$16

Pork ribs with lemon pepper seasoning, served with ranch.

POUTINE | \$12

Fries with thyme gravy, cheese curds & maple bacon.

FRIED PICKLE FRIES | \$12 ^V

With creamy ranch.

TEMPURA FRIED BEANS | \$9 ^V

With herb basil aioli.

CHICKEN FINGERS & FRIES (4pc) | \$14

With ranch & ketchup.

MOZZA STICKS (6pc) | \$14 ^V

Served with marinara sauce.

JALAPENO POPPERS (8pc) | \$12 ^V

MEXICAN BEEF NACHOS | \$21

Corn tortilla, fresh jalapeno, roasted corn, tomato, green onion & melted mixed cheese, ground beef, served with sour cream & tomato salsa.

VEGETARIAN NACHOS | \$19 ^V

Corn tortilla, fresh jalapeno, roasted corn, tomato, green onion, grilled vegetables & melted mixed cheese, served with sour cream & tomato salsa.

Call 403-458-4089
To Order!

Guests to pick up food from Elements Lounge.
+10% service charge to have food delivered.



^V = Vegetarian

^{GF} = Gluten Friendly

Courtyard Menu

Shareables

WHATEVER THE FOX YOU WANT PLATTER (min \$10)

Dry Rib	\$5 (2 per order)
Fried pickle	\$2
Wings	\$5 (3 per order)
Tempura fried beans	\$3
Homemade Cajun chips	\$4
Chicken finger	\$3
Chicken taco	\$5
Cod taco	\$5
Mozza stick	\$3
Veggie sticks	\$4
Jalapeno popper	\$2

From our Pizzeria

PEPPERONI | \$21

Tomato sauce, mozzarella, & bell pepper.

RUSTIC PIZZA | \$21

Grilled chicken or ground beef, red onion, mixed cheese, olives & wild mushrooms.

HAWAIIAN | \$21

Grilled pineapple, mixed cheese, black forest ham & red onion.

GARDEN PIZZA | \$21 (V)

Grilled garden vegetable, red onion, mixed cheese, olives, mushrooms & balsamic glaze.



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 Redwood Steakhouse and Bar

 redwoodmhl

 Pagoda Asian Fusion Cuisine

 pagodafusionmhl

 Elements Entertainment Lounge

 elements_restaurant_bar

Comfort Food

HOT HAMBURGER | \$13

Caramelized onion, sauteed butter green beans & gravy, on toasted white bread.

SPAGHETTI & PRIME RIB MEATBALLS (2) | \$21

House made prime rib meatballs, pomodoro sauce, "Alberta Cheese Company" parmesan & fresh basil. Served with garlic toast.

ALFREDO FETTUCCINE | \$18 (V)

Creamy alfredo sauce, spinach & shaved parmesan. Served with garlic toast.

Add: 3pc chicken \$6 | Add: 3oz salmon \$6

Add: 3 shrimp \$6 | Add: 6oz striploin \$12

MAC N' CHEESE | \$18 (V)

With parmesan.

3pc buffalo chicken \$6 | 3 shrimp \$6

6oz striploin \$12

COD TACOS | \$15 for 3

Lemon herb aioli, pico de gallo, lettuce, flour tortilla.

CHICKEN TACOS | \$15 for 3

Breaded chicken, smoked chipotle aioli, pico de gallo, lettuce, flour tortilla.

FISH & CHIPS (2 pc) | \$18

With tartar sauce.

Dessert

CHOCOLATE LAVA CAKE | \$9

With vanilla ice cream.

LOCALLY MADE CHEESECAKE | \$9

Ask your server about today's flavor!

Drinks

COOLERS From \$6.90

BOTTLED BEER

Domestic \$6.45
Imported/premium From \$6.90

BUCKETS OF BEER

5 Coronas \$25
5 Corona Seltzers \$25