



## GREENS

### COBB SALAD | \$18 GF

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

### CAESAR SALAD | App \$7 | Entree \$14

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

### FIELD GREENS | App \$7 | Entree \$14 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

## 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 | \$18 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) | \$15

With ranch & ketchup.

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

Served with marinara sauce.

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

### NACHOS | \$20 V

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

Add beef: \$5

Add chicken: \$6

## 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, smoked cheddar, 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 | \$19

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, caramelized onion, aged balsamic glaze, foccacia.

### CHEESE QUESADILLA | \$14 V

Onion, pepper, tomato & mixed cheese. Served with chunky salsa & sour cream. Does not come with side.  
**3pc buffalo chicken \$6 | 3 shrimp \$6**

## FROM OUR PIZZERIA

### PEPPERONI | \$21

Tomato sauce, mozzarella, & pepperoni.

### 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.

## 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               |





## COMFORT FOOD

### HOT HAMBURGER | \$13

Caramelized onion, sauteed butter green beans & gravy, on toasted white bread. Served with daily soup.

### 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

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

**Add: 5oz chicken \$6 | Add: 3oz salmon \$6**  
**Add: 3 shrimp \$6 | Add: 6oz striploin \$12**

### MAC N' CHEESE | \$18

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 icecream.

### LOCALLY MADE CHEESECAKE | \$9

Ask your server about todays flavor!

## DRINKS

|                 |             |
|-----------------|-------------|
| HIGHBALLS (1oz) | \$6.45      |
| COCKTAILS (1oz) | From \$7.85 |
| PREMIUM         | From \$6.90 |
| COOLERS         | From \$6.90 |

### BOTTLED BEER

|                  |             |
|------------------|-------------|
| Domestic         | \$6.45      |
| Imported/premium | From \$6.90 |

### DRAFT BEER

|                     | 16oz   | 20oz    | Schooner |
|---------------------|--------|---------|----------|
| Elements CU Red     | \$7.15 | \$7.85  | \$9.75   |
| Elements CU Lager   | \$7.15 | \$7.85  | \$9.75   |
| Med Hat Brewing Co. | \$8.10 | \$8.80  | \$13.10  |
| Bud Light           | \$8.10 | \$8.80  | \$13.10  |
| Budweiser           | \$8.10 | \$8.80  | \$13.10  |
| Coors Original      | \$8.10 | \$8.80  | \$13.10  |
| Michelob Ultra      | \$8.10 | \$8.80  | \$13.10  |
| Stella              |        | \$11.95 |          |

## HAPPY HOUR:

### SUNDAY - THURSDAY

2pm - 6pm | 9pm - close

### FRIDAY & SATURDAY

2pm - 6pm

| Domestic Beer: \$3.80  
| Highballs: \$3.80  
| Cu Lager (20 oz): \$5.00  
| House Wine (6 oz): \$5.00



## WEEKLY SPECIALS:



### SUNDAY

CU Lager: Pint \$4 | Pitcher \$12  
Draft: \$2 off



### MONDAY

All Day Happy Hour



### TUESDAY

Taco Tuesday | \$5 Corona  
\$5 Margarita (1oz)  
\$3.50 Tacos (chicken & fish)  
\$5 Off Nachos  
\$10 Mexican Bulldog



### WEDNESDAY

1/2 Price Wings



### THURSDAY

\$9.99 Pick Your Poutine



### WEEKENDS

\$5.00 Cocktail Feature (1oz)  
\$5.00 Beer Feature



Elements Entertainment Lounge



elements\_restaurant\_bar

Ask your server about  
our daily feature!  
\$9.99