



GREENS

COBB SALAD | \$17

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

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

SWEET POTATO FRIES | \$5.50

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

With chipotle mayo.

CHICKEN WINGS | \$17

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

With creamy ranch.

TEMPURA FRIED BEANS | \$9

With herb basil aioli.

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

With ranch & ketchup.

MOZZA STICKS (6pc) | \$14

Served with marinara sauce.

JALAPENO POPPERS (8pc) | \$12

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

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

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 | \$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

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

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 | \$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

75¢ Wings (minimum 10 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