



## 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, strawberries, 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 (1pc) \$16 | (2pc) \$21

With tartar sauce.

## DESSERT

### CHOCOLATE LAVA CAKE | \$9

With vanilla icecream.

### SUGAR DADDY 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

<b>BOTTLED BEER</b>	
Domestic	\$6.45
Imported/premium	From \$6.90

<b>DRAFT BEER</b>	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:

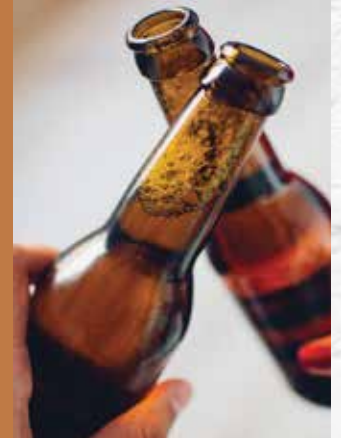
### SUNDAY - THURSDAY

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



### 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