

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

Romaine, brioche croutons, double smoked bacon, 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

HANDHELDS

Add fries, sweet potato fries, Caesar salad, tossed salad, homemade Cajun chips, or cup of soup. +\$5

ELEMENTS CHICKEN SANDWICH | \$15

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

CLASSIC CHEESEBURGER | \$15

6oz patty, aged white cheddar, tomato, lettuce, red onion, smoked chipotle aioli & pickle on a brioche bun.

CHICKEN CAESAR WRAP | \$15

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

AAA ALBERTA BEEF DIP | \$15

6oz Alberta sliced beef, Okanagan red wine au jus, grainy mustard aioli, locally grown caramelized onions, on a baguette.

STEAK SANDWICH | \$15

6oz NY striploin, caramelized onion, sauteed mushrooms, parmesan, aged balsamic glaze, on a baguette.

CHEESE QUESADILLA | \$15

Onion, pepper, tomato & mixed cheese. Served with chunky salsa & sour cream.

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

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



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.

FLOUR DUSTED CALAMARI | \$18

With lemon aioli.

CHICKEN WINGS | \$18

Choice of wet: Buffalo, hot, crazy hot, hot honey, honey garlic, BBQ, rum & Coke BBQ, butter chicken.

Choice of dry: Lemon pepper, mango chipotle, Cajun spice, salt & pepper, dill pickle, or garlic parmesan.

Served with ranch.

COCONUT CRUSTED SHRIMP | \$18

With curry aioli.

DRY RIBS | \$16

Pork ribs with lemon pepper seasoning, served with ranch.

POUTINE | \$12

Traditional Canadian poutine. Upgrade to steak & mushroom poutine for +\$3.

FRIED PICKLE FRIES | \$12

With creamy ranch.

TEMPURA FRIED CAULIFLOWER | \$9

With herb basil aioli.

CHICKEN FINGERS & FRIES (4pc) | \$15

With ranch & ketchup.

MOZZA STICKS (6pc) | \$14

Served with marinara sauce.

JALAPENO POPPERS (8pc) | \$12

NACHOS | \$20

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

Add beef: \$5

Add chicken: \$6

TAPAS

MINI YORKIES | \$21

Yorkshire puddings & braised Alberta brisket with horseradish aioli.

POTATO SKINS | \$18

Comes with sourcream, bacon bits, cheese & green onion.

PEROGIES | \$18

Bacon & cheddar perogies comes with sour cream & green onion.

SWEDISH MEATBALL | \$20

Mini meatballs with creamy gravy.

BAKED SPINACH & ARTICHOKE DIP | \$18

Comes with mini naan bread.

COMFORT FOOD

HOT HAMBURGER | \$13

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

HOT TURKEY SANDWICH | \$13

Roasted turkey, gravy, Texas toast. Cranberry sauce on side. 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.

CHEESECAKE | \$9

Ask your server about todays flavor!

BANANA CREAM PIE | \$9

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		\$7.85	\$9.75
Elements CU Lager		\$7.85	\$9.75
Med Hat Brewing Co.		\$8.80	\$13.10
Bud Light		\$8.80	\$13.10
Budweiser		\$8.80	\$13.10
Coors Original		\$8.80	\$13.10
Michelob Ultra		\$8.80	\$13.10
Stella		\$11.95	

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.

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

\$11.99 Steak Sandwich

WEEKENDS

\$5.00 Cocktail Feature (1oz)

\$5.00 Beer Feature



Ask your server about
our daily feature!
\$9.99

(V) = Vegetarian (GF) = Gluten Friendly