

GREENS

- COBB SALAD | \$17**
Iceberg lettuce, double smoked bacon, avocado, carrots, free range egg, goat feta, Red Hat cherry tomatoes, buttermilk ranch dressing.
 - HEIRLOOM TOMATO & ROASTED BEET SALAD | \$13**
Fairwinds goat feta, local microgreens, basil chiffonade, Mountainview canola oil & honey mustard vinaigrette.
 - KALE 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**

SMALL BITES

- TANDOORI MARINATED SHRIMP | \$13**
With mint yogurt sauce.
- TEMPURA FRIED BEANS | \$9**
With herb basil aioli.
- MINI FISH & CHIPS | \$13**
Two piece with tartar sauce.
- BRUSCHETTA | \$10**
Heirloom tomatoes, garlic crostini, shaved asiago.
- CHICKEN BITES | \$11**
With bourbon BBQ sauce.

SHAREABLES

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

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	\$2
Veggie sticks	\$4
- CHORIZO NACHOS | \$21**
Corn tortilla, fresh jalapeno, roasted corn, tomato, green onion & melted mixed cheese, chorizo crumble, served with sour cream & tomato salsa.
- VEGETARIAN NACHOS | \$19**
Corn tortilla, fresh jalapeno, roasted corn, tomato, green onion & melted mixed cheese, goat feta, served with sour cream & tomato salsa.
- DIP TRIO | \$14**
Whipped feta and goat cheese, hummus, olive tapenade, served with garlic butter naan bites.
- MEDITERRANEAN FLAT BREAD | \$19**
Chorizo crumble, red onion, goat feta, olives & mushrooms.

FEATURES:
Ask your server about today's daily feature!

APPETIZERS

- FIRE ROASTED RED HAT TOMATO & PEPPER SOUP Cup \$6 | Bowl \$10**
With brioche croutons.
- CHICKEN WINGS | \$15**
Choice of: bourbon BBQ sauce, salt & pepper, hot or honey garlic.
- POUTINE | \$12**
Fries, thyme gravy, cheese curds, topped with maple bacon.
- FISH TACOS | \$15 FOR 3**
Smoked chipotle, pico de gallo & lettuce on a flour tortilla.
- CHICKEN TACOS | \$15 FOR 3**
Breaded chicken, ginger lime slaw, chipotle lime ranch & fresh tomato on a flour tortilla.
- BBQ PULLED PORK SLIDERS | \$15 FOR 3**
Brioche slider buns, mustard aioli & Okanagan apple slaw
- SMOKED SALT FRIES | \$5.50**
- SWEET POTATO FRIES | \$5.50**

HAPPY HOUR:

SUNDAY - THURSDAY
10am - 5pm | 9pm - close

FRIDAY & SATURDAY
10am - 5pm | 11pm - close

| Domestic Beer: \$3.75
| Highballs: \$3.75
| Cu Lager (20 oz): \$4.75
| House Wine (6 oz): \$5.25





MAINS

PAN SEARED SALMON | \$29

Warm roasted potatoes, pico de gallo, citrus chimichurri, local microgreens.

NY STRIPLOIN SURF & TURF | \$39

8oz AAA beef striploin, 3 shrimp, garlic mashed potato, Chef's choice seasonal vegetable.

RACK OF BBQ RIBS | \$21

Pork BBQ ribs, corn muffin, slaw.

BBQ ALBERTA PULLED PORK MAC N CHEESE | \$24

Parmesan and truffle crumble.

MEDITERRANEAN GNOCCHI | \$24

Summer vegetables, sundried tomato pesto, grilled artichoke, grilled red pepper & goat feta, served with garlic toast.

BUTTER CHICKEN BOWL | \$25

Bowden Farm chicken, cumin basmati rice, poppadum cucumber rita, naan bite.

BURGER & SANDWICH BOARD

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

Bowden Farm grilled chicken breast, peppercorn aioli, bacon, fried egg, pickled onion, lettuce.

CLASSIC CHEESEBURGER | \$19

Cheddar, tomato, lettuce, red onion, chipotle mayo, pickle.

CHICKEN CAESAR WRAP | \$18

Kale, romaine, breaded chicken, parmesan, double smoked bacon.

AAA ALBERTA BEEF DIP | \$22

Okanagan red wine au jus, "Brassica" grainy mustard aioli, locally grown caramelized onions, Redcliff Bakery artisan loaf.

STEAK SANDWICH | \$19

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

PIZZA (12 inch)

PEPPERONI PIZZA | \$19

Tomato sauce, mozzarella, & bell pepper.

MARGARITTA | \$19

Tomato sauce, mozzarella, fresh basil.

HAWAIIAN | \$19

Grilled pineapple, black forest ham & red onion.

GARDEN PIZZA | \$19

Red Hat mix grilled vegetables, parmesan, mozzarella, grilled tomato & grilled artichoke.

DESSERT

S'MORES CHOCOLATE CHEESECAKE | \$9

WARM BREAD PUDDING | \$9

With blood orange sauce.

DRINKS

HIGHBALLS (1oz) \$6

COCKTAILS (1oz) From \$7.15

ADD A SHOT \$3

PREMIUM From \$6.25

ADD A SHOT \$4

COOLERS From \$6.50

BOTTLED BEER \$6

Domestic From \$6.75

Imported/premium

DRAFT BEER 16oz 20oz

Elements CU Lager \$5.95 \$6.95

Med Hat Brewing Co. \$7.95 \$8.95

Bud Light \$7.95 \$8.95

Budweiser \$7.95 \$8.95

Kokanee \$7.95 \$8.95

Michelob Ultra \$7.95 \$8.95

Alexander Keith's \$8.45 \$9.45

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 | \$9.75 Schooners of Cu Lager

THURSDAY

College Night | Half Price Appetizers for MHC

Students | \$4 Shooter Specials

EVERYDAY

\$5.25 Cocktail Feature (1oz)