



GREENS

CHEF’S SUPERFOOD SALAD | \$16
Kale, edamame beans, quinoa, blueberry, avocado, roasted squash, feta & pomegranate vinaigrette.

CAESAR SALAD | App \$7 | Entree \$14
Romaine, brioche croutons, double smoked bacon, parmesan cheese, housemade Caesar dressing.

FIELD GREENS | App \$7 | Entree \$14
Local mixed greens, Red Hat tomatoes, seasonal berries, cucumber, radish, pumpkin seeds, pickled onion, BC berry vinaigrette.

Add: 4oz grilled chicken \$6 | Add: 6oz salmon \$9
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.

VIETNAMESE WRAP | \$15
Rice noodle, chicken, summer vegetables, thai vinaigrette in a tortilla wrap with peanut dipping sauce.

FALAFEL PLATE | \$15
Summer grilled vegetables, naan bread & tahini garlic sauce.

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 | 4oz grilled chicken \$6

SPORTS PLATTER | \$39

Chicken fingers, BBQ crispy pork ribs, onion rings, fried pickles & french fries.



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.

FLOUR DUSTED CALAMARI | \$18
With lemon aioli.

CHICKEN WINGS | \$18
Choice of wet: Buffalo, hot, hot honey, honey garlic, Asian BBQ, teriyaki, or coconut curry sauce.
Choice of dry: Lemon pepper, mango chipotle, Cajun spice, salt & pepper, dill pickle, dried sriracha, garlic parmesan. Served with ranch.

TEMPURA BATTERED SHRIMP | \$18
With honey garlic aioli.

BOURBON BBQ CRISPY PORK RIBS | \$16
Served with coleslaw.

POUTINE | \$12
Traditional Canadian poutine. Upgrade to steak & mushroom poutine for +\$3.

FRIED PICKLE FRIES | \$12
With creamy ranch.

BRAISED AB BEEF BRISKET SLIDER (3pc) | \$18
Brioche slider, horseradish aioli, caramelized onion.

TEMPURA FRIED CAULIFLOWER | \$9
With herb basil aioli.

CHICKEN FINGERS & FRIES (4pc) | \$15
With ranch & ketchup.

MAC N’ CHEESE BITES | \$14
Served with truffle garlic aioli.

JALAPENO POPPERS (8pc) | \$12

NACHOS | Full order \$20 | Half order \$12
Corn tortilla, fresh jalapeno, roasted corn, tomato, green onion & melted mixed cheese, served with sour cream & tomato salsa.
Add: beef \$5 | chicken \$6

INTERNATIONALLY INSPIRED

PANDA BOWL | \$19
Option of ginger beef, orange chicken, Szechuan beef, or tofu. Served with wok fried vegetables, stir fried egg noodles, chili soy glaze & cilantro.

FISH & CHIPS (2pc) | \$18
With tartar sauce.

PASTA JUMBALAYA | \$21
Fettuccine, chicken, shrimp, vegetables & Italian sausage sautéed in a creamy tomato sauce.

COCONUT CHICKEN CURRY BOWL | \$19
Served on rice.



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: 4oz chicken \$6 | Add: 6oz salmon \$9

Add: 3 shrimp \$6 | Add: 6oz striploin \$12

COD TACOS | \$18 for 3

Lemon herb aioli, pico de gallo, lettuce, flour tortilla.

CHICKEN TACOS | \$18 for 3

Breaded chicken, smoked chipotle aioli, pico de gallo, lettuce, flour tortilla.

ALL DAY BREAKFAST | \$18

6oz NY steak & any style eggs, country style hashbrowns & baked tomato slice.

DESSERT

CHOCOLATE LAVA CAKE | \$9

With vanilla icecream.

CHEESECAKE | \$9

Ask your server about todays flavor!

PIE OF THE DAY | \$9

DRINKS

HIGHBALLS (1oz)	\$6.70
COCKTAILS (1oz)	From \$8.35
PREMIUM	From \$10.00
COOLERS	From \$6.70

BOTTLED BEER

Domestic	\$6.90
Imported/premium	From \$9.00

DRAFT BEER

Elements CU Lager	16oz \$7.00
Med Hat Brewing Co.	\$8.00
Banded Peaks Fired Up	\$8.00
Bud Light	\$8.00
Coors Original	\$8.00
Michelob Ultra	\$8.00
Corona	\$9.00
Stella	\$9.00

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

Caesar Sunday | \$5

Buy 1 Get 1 Appetizer Half Price

MONDAY

\$5 Corona

\$5 Margarita (1oz)

\$3.50 Tacos (chicken & fish)

\$5 Off Nachos

\$10 Mexican Bulldog

TUESDAY

\$12.99 Prime rib & all the fixings

WEDNESDAY

Western Wednesday Wing Special

\$9.75 Schooner of Cu Lager

THURSDAY

\$11.99 Steak Sandwich & Fries

\$11.99 All Day Breakfast

6oz of Wine | \$6.25

FRIDAY

\$11.99 Fish & Chips

HAPPY HOUR:

DAILY

2:00 pm - 6:00 pm

| Domestic Beer: \$5.50

| Highballs: \$5.50

| Cu Lager (16 oz): \$5.50

| House Wine (6 oz): \$5.50

Ask your server about
our daily feature!

\$9.99

