

GREENS

CHEF'S SUPERFOOD SALAD | \$16 ^{GF}

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 ^V ^{GF}

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 ^{GF}

Rice noodle, chicken, summer vegetables, thai vinaigrette in a tortilla wrap with peanut dipping sauce.

FALAFEL & VEGETABLE WRAP | \$15 ^V

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

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, 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 | \$20**

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, peanuts & 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.

FROM OUR PIZZERIA

- PEPPERONI | \$21**
Tomato sauce, mozzarella, & bell pepper.
- 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.

DRINKS

HIGHBALLS (1oz)	\$6.45
COOLERS	From \$6.90
BOTTLED BEER	
Domestic	\$6.45
Imported/premium	From \$6.90

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**

**Call ext. 185
To Order!**


10% Service charge of total bill will be added upon delivery.


 Redwood Steakhouse and Bar

 Teakwood Family Restaurant

 Elements Entertainment Lounge

 redwoodmhl

 teakwoodfusionmhl

 elements_restaurant_bar

