

## Greens

### SOUTHWEST SALAD | \$16.99 <sup>GF</sup> <sup>V</sup>

Romaine, tomatoes, red peppers, avocado, corn chips, black beans, roasted corn & chipotle honey lime dressing.

### CAESAR SALAD | App \$6.99 | Entree \$14.99

Romaine, brioche croutons, double smoked bacon, parmesan cheese, Caesar dressing.

### FIELD GREENS | App \$6.99 | Entree \$14.99 <sup>GF</sup> <sup>V</sup>

Local mixed greens, tomatoes, seasonal berries, cucumber, radish, pumpkin seeds, pickled onion, maple vinaigrette.

### CAPRESE SALAD | App \$6.99 | Entree \$14.99 <sup>GF</sup> <sup>V</sup>

Sliced fresh mozzarella, tomatoes, sweet basil, balsamic glaze & pesto.

Add: 6oz grilled chicken \$5 | 6oz striploin \$12

## Comfort Food

### CHICKEN SCHNITZEL | \$14.99

With mashed potato.

### HOT HAMBURGER | \$14.99

Caramelized onion, mashed potatoes, green beans & gravy, on toasted white bread.

### GRILLED CHEESE SANDWICH | \$14.99

Yellow cheddar & Texas toast, served with daily soup.

### CHEESE QUESADILLA | \$14.99 <sup>V</sup>

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

Crispy chicken \$5 | grilled chicken \$5 | pulled pork \$5

### SPAGHETTI & MEATBALLS | \$21.99 <sup>V</sup>

House made marinara sauce, meatballs, parmesan & fresh basil. Served with garlic toast.

### ALFREDO FETTUCCINE | \$15.99 <sup>V</sup>

Creamy alfredo sauce & shaved parmesan. Served with garlic toast.

Add: Chicken \$5

### MACARONI & CHEESE | \$15.99 <sup>V</sup>

Served with garlic toast.

Add: Crispy buffalo chicken \$6

### TACOS | \$17.99 for 3

Choice of crispy chicken, pulled beef, pulled pork or crispy fish. With smoked chipotle aioli, pico de gallo, lettuce, on a flour tortilla.

### FISH & CHIPS (1pc) | \$18.99

Beer batter fish, fries & tartar sauce.

## Small Bites

### SMOKED SALT FRIES | \$9.99 <sup>V</sup>

With garlic aioli.

### SWEET POTATO FRIES | \$9.99 <sup>V</sup>

With smoked chipotle aioli.

### CACTUS CUT CHIPS | \$9.99 <sup>V</sup>

Flavour options: Lemon pepper, Cajun spice, salt & pepper, or dill pickle. Served with chipotle aioli.

### ONION RINGS | \$9.99 <sup>V</sup>

With chipotle mayo.

### JALAPENO POPPERS (6pc) | \$9.99 <sup>V</sup>

## Appetizers

### SOUP OF THE DAY | Cup \$5.99 | Bowl \$10.99

Ask your server!

### FLOUR DUSTED CALAMARI | \$17.99

With tzatziki.

### CHICKEN WINGS | \$17.99

Choice of wet: orange ginger, buffalo, hot, hot honey, honey garlic, pickleback, bourbon BBQ.

Choice of dry: lemon pepper, Cajun spice, dill pickle, salt & pepper, peri peri, Cajun brown sugar.

### CHICKEN FINGERS & FRIES | \$17.99

With ranch & ketchup.

### DEEP FRIED PICKLE CHIPS | \$12.99 <sup>V</sup>

With creamy ranch.

### COCONUT SHRIMP | \$17.99

With Cajun dip.

### BONELESS PORK DRY RIBS | \$16.99

Served with mole sauce.

### POUTINE | \$14.99

Traditional Canadian poutine. Upgrades: fried cheese curds for +\$3.

### FRIED CHEESE CURDS | \$14.99

Served with gravy & marinara.

### NACHOS | Full order \$21.99 | Half order \$14.99 <sup>V</sup> <sup>GF</sup>

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

Add: pulled beef \$5 | chicken \$5 | pulled pork \$5

<sup>V</sup> = Vegetarian

<sup>GF</sup> = Gluten Friendly

## Handhelds

All handhelds are served with fries. Caesar salad, tossed salad, homemade Cajun chips, or cup of soup are +\$5

### ELEMENTS CHICKEN BURGER | \$18.99

Crispy breaded chicken breast or grilled chicken breast, bacon, lettuce, tomato, cheese, brioche bun & garlic aioli.

### CLASSIC CHEESEBURGER | \$18.99

6oz patty, cheddar, tomato, lettuce, red onion, garlic aioli & pickle on a brioche bun.

### VEGGIE BURGER | \$18.99 V

Homemade vegetable patty, lettuce, tomato & garlic aioli.

### CHICKEN CAESAR WRAP | \$18.99

Romaine, breaded chicken or grilled chicken breast, parmesan, double smoked bacon & Caesar dressing.

### GRILLED BLT WRAP | \$16.99

Bacon, tomato, lettuce & garlic aioli.

### ITALIAN PANINI | \$19.99

Salami, pepperoni, cheese & olive spread.

### AAA ALBERTA BEEF DIP | \$21.99

6oz Alberta sliced beef, red wine au jus, grainy mustard aioli, caramelized onions, on ciabatta.

### STEAK SANDWICH | \$21.99

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

### PULLED PORK MELT | \$19.99

Pulled pork, peppers, onion & melted cheese.

### BRAISED AB BEEF BRISKET SLIDER (3pc) | \$19.99

Brioche slider, horseradish aioli, caramelized onion.

## Panda Bowls

### GINGER BEEF BOWL | \$19.99

Beef, ginger sauce, sauteed vegetables & steamed noodles.

### ORANGE CHICKEN BOWL | \$19.99

Chicken, orange ginger sauce, sauteed vegetables & steamed noodles.

### SESAME PORK BOWL | \$19.99

Boneless pork, teriyaki sauce, sauteed vegetables & steamed noodles.

## From Our Pizzeria

### PEPPERONI | \$22.99

Homemade sauce, mozzarella, & pepperoni.

### CHEESE | \$20.99 V

Homemade sauce & 3 cheese blend.

### MARGARITA | \$21.99 V

Tomato, fresh basil & buffalo mozzarella.

### HAWAIIAN | \$22.99

Grilled pineapple, cheese, black forest ham & red onion.

### GARDEN PIZZA | \$21.99 V

Red onion, sweet peppers, garlic, oregano, & cheese.

## Dessert

### CHOCOLATE LAVA CAKE | \$9.99

With vanilla icecream.

### CHEESECAKE | \$9.99

Ask your server about todays flavor!

### PIE OF THE DAY | \$9.99

## Drinks

<b>HIGHBALLS (1oz)</b>	\$6.90
<b>COCKTAILS (1oz)</b>	From \$8.35
<b>PREMIUM COOLERS</b>	From \$8.10
	From \$7.40
 <b>BOTTLED BEER</b>	
Domestic	\$6.90
Imported/premium	From \$8.10
Tall boys	\$8.80
 <b>DRAFT BEER</b>	16oz
Elements CU Lager	\$7.00
Elements CU Red	\$7.00
Miller Lite	\$8.00
Michelob Ultra	\$8.00
Coors Original	\$8.00
Hops Valley IPA	\$8.00
Blood Orange	\$8.00
Madrid	\$9.60

Call ext. 185  
To Order!