



Elements

RESTAURANT & BAR

Greens

GREEK SALAD | Entree \$16.99

Sweet peppers, tomato, olives, cucumber, red onion & feta cheese on a bed of lettuce. With greek dressing & tzatziki drizzle. Topped with pita chips. (V)

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

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

MANGO SALAD | App \$6.99 | Entree \$14.99

Mixed greens, candied walnuts, mango, cranberries, feta cheese, tomato & red onion with a mango - passionfruit vinaigrette. (GF) (V)

Add: 6oz grilled chicken \$7 | Crispy chicken \$7

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, bourbon BBQ, chipotle ranch. Choice of dry: lemon pepper, Cajun spice, dill pickle, salt & pepper, maple bacon.

CHICKEN FINGERS (3) & FRIES | \$18.99

With ranch & ketchup.

BONELESS PORK DRY RIBS | \$16.99

Served with mole sauce.

POPCORN SHRIMP | \$16.99

With Tzatziki dip.

NACHOS | Full order \$24.99 | Half order \$17.99

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

Add: taco beef \$7 | chicken \$7

Bowls

GINGER BEEF BOWL | \$19.99

Beef, ginger sauce, sauteed vegetables & steamed noodles garnished with green onions & sesame seeds.

ORANGE CHICKEN BOWL | \$19.99

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

Ask your server about our daily soup
& sandwich!
\$9.99



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Elements Entertainment Lounge

Handhelds

All handhelds are served with fries. Substitute for Caesar salad, tossed salad, lattice chips, sweet potato fries or cup of soup +\$3 Upgrade to poutine or onion rings for +\$5.

BUFFALO CHICKEN BURGER | \$18.99

Spicy grilled or fried chicken, lettuce, cheese, bacon, & sweet aioli on a sesame brioche bun.

CLASSIC BURGER | \$18.99

6oz beef patty, cheese, tomato, lettuce, red onion, on a sesame brioche bun.

Add: Bacon +\$3

VEGGIE BURGER | \$15.99 (V)

Spicy black bean patty with lettuce, tomato & onion on a sesame brioche bun.

CHICKEN CAESAR WRAP | \$18.99

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

SHRIMP WRAP | \$21.99

Popcorn shrimp, lettuce, tomato, carrot & Cajun sauce.

MEATBALL SUB | \$21.99

Meatball, tomato sauce, pesto & parmesan.

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.

TURKEY CLUB SANDWICH | \$18.99

Turkey, tomato, bacon, lettuce & cranberry aioli on toasted sourdough.

BANH MI SUB | \$18.99

Sauteed chicken & pickled slaw with a Japanese mayo.

Small Bites

SMOKED SALT FRIES | \$9.99 (V)

With garlic aioli.

SWEET POTATO FRIES | \$9.99 (V)

With smoked chipotle aioli.

ONION RINGS | \$9.99 (V)

With chipotle aioli.

GARLIC CHEESE BREAD | \$9.99

With marinara dipping sauce.

LATTICE CHIPS | \$9.99 (V)

Flavours: Lemon pepper, dill pickle, or salt & pepper. Comes with chipotle aioli.

JALAPENO POTATO BITES | \$9.99 (V)

With a buffalo sweet sauce.

POUTINE | \$9.99

Traditional Canadian poutine with cheese curds.

FRIED CAULIFLOWER BITES | \$9.99 (V)

With a garlic aioli.

VEGETABLE SAMOSA (4) | \$9.99 (V)

With date & tamarind chutney.

Comfort Food

PORK SCHNITZEL | \$14.99

With mashed potato & mushroom gravy.

HOT HAMBURGER | \$14.99

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

CHEESE QUESADILLA | \$14.99 V

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

Crispy chicken \$7 | grilled chicken \$7 | taco beef \$7

SPAGHETTI & MEATSAUCE | \$21.99

House made meat sauce, & parmesan. Served with garlic toast.

ALFREDO FETTUCCINE | \$15.99 V

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

Add: Chicken \$7

TACOS | \$17.99 for 3

Choice of crispy chicken, taco beef, crispy cod, popcorn shrimp, or fried cauliflower. With smoked chipotle aioli, pico de gallo, lettuce, on a flour tortilla.

FISH & CHIPS (1pc) | \$18.99

Beer batter fish, fries & tartar sauce.

From Our Pizzeria

PEPPERONI | \$23.99

Homemade marinara, mozzarella, & pepperoni.

CHEESE | \$20.99 V

Homemade marinara, & 3 cheese blend.

CARNIVORE | \$23.99

Homemade marinara, pepperoni, taco beef, chicken, bacon & mozzarella.

HAWAIIAN | \$22.99

Homemade marinara, grilled pineapple, cheese, black forest ham & red onion.

VEGETARIAN | \$21.99 V

Homemade marinara, red onion, tomato, sweet peppers, garlic, oregano, & mozzarella.

Drinks

HIGHBALLS (1oz)

\$7.40

COCKTAILS (1oz)

From \$8.80

PREMIUM COOLERS

From \$8.60

From \$7.40

BOTTLED BEER

Domestic

\$7.40

Imported/premium

From \$8.60

Tall boys

\$8.80

DRAFT BEER (16oz)

Elements CU Lager

\$7.00

Blue Moon

\$8.00

Coors Lite

\$8.00

Hop Valley IPA

\$8.00

Med Hat Brew Co. Blood Orange

\$8.00

Coors Original

\$8.00

Madrid

\$9.60

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CU

Elements
RESTAURANT & BAR

Desert

CHOCOLATE LAVA CAKE | \$9.99

With vanilla icecream.

CHEESECAKE | \$9.99

Ask your server about todays flavor!

Weekly Specials:

Monday

\$17.99 All You Can Eat Tacos

\$6 Corona or \$30 for Bucket (5)

\$6 Lime Margarita (1oz)

Tuesday

\$12.99 Build-a-Burger & Fries

Wednesday

\$0.50 Wing Special at 3pm

Thursday

\$12.99 Steak Sandwich & Fries

6oz of Wine | \$6.25

Friday

\$12.99 Fish & Chips

Saturday

\$19.99 Pork Ribs + Fries

Sunday

\$5 Caesar Sunday

Choose 3 Appetizers for \$30

Daily Breakfast

\$9.99 Bacon & Eggs + Coffee

10am - 12pm

Must purchase 1 drink to receive specials

All specials are dine-in only

Drink Happy Hour:

DAILY | 2pm - 6pm

| Domestic Beer: \$5.50

| Highballs: \$5.50

| Cu Lager (16 oz): \$5.50

| House Wine (6 oz): \$5.50

SUN - THURS | 9pm - Close

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Elements Entertainment Lounge

V = Vegetarian

GF = Gluten Friendly