



# Elements

RESTAURANT & BAR

## Greens

### **SOUTHWEST SALAD | \$16.99** GF V

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** GF V

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

### **CAPRESE SALAD | App \$6.99 | Entree \$14.99** GF V

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

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

## 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** V

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** V GF

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

## Small Bites

### **SMOKED SALT FRIES | \$9.99** V

With garlic aioli.

### **SWEET POTATO FRIES | \$9.99** V

With smoked chipotle aioli.

### **CACTUS CUT CHIPS | \$9.99** V

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

### **ONION RINGS | \$9.99** V

With chipotle mayo.

### **JALAPENO POPPERS (6pc) | \$9.99** V

## Handhelds

All handhelds are served with fries. Substitute for Caesar salad, tossed salad, homemade Cajun chips, or cup of soup +\$3

### **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.

elements\_restaurant\_bar

Elements Entertainment Lounge



## 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 Ⓥ

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

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

### SPAGHETTI & MEATBALLS | \$21.99 Ⓥ

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

### ALFREDO FETTUCCINE | \$15.99 Ⓥ

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

Add: Chicken \$5

### MACARONI & CHEESE | \$15.99 Ⓥ

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.

## From Our Pizzeria

### PEPPERONI | \$22.99

Homemade sauce, mozzarella, & pepperoni.

### CHEESE | \$20.99 Ⓥ

Homemade sauce & 3 cheese blend.

### MARGARITA | \$21.99 Ⓥ

Tomato, fresh basil & buffalo mozzarella.

### HAWAIIAN | \$22.99

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

### GARDEN PIZZA | \$21.99 Ⓥ

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

## Drinks

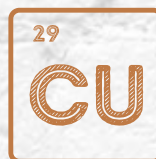
HIGHBALLS (1oz)	\$6.90
COCKTAILS (1oz)	From \$8.35
PREMIUM	From \$8.25
COOLERS	From \$7.40

### BOTTLED BEER

Domestic	\$6.90
Imported/premium	From \$8.10
Tall boys	\$8.80

### DRAFT BEER

16oz	
Elements CU Lager	\$7.00
Trolley 5 Conductor Red Ale	\$8.00
Miller Lite	\$8.00
Michelob Ultra	\$8.00
Med Hat Brew Co. Blood Orange	\$8.00
Coors Original	\$8.00
Madrid	\$9.60



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## Desert

### CHOCOLATE LAVA CAKE | \$9.99

With vanilla icecream.

### CHEESECAKE | \$9.99

Ask your server about todays flavor!

### PIE OF THE DAY | \$9.99

## Weekly Specials:

### Monday

- \$5 Corona
- \$5 Margarita (1oz)
- \$3.50 Tacos
- \$5 Off Nachos
- \$10 Mexican Bulldog

*\*Must purchase 1  
drink to receive  
specials\**

### First Tuesday of The Month

\$19.99 Roast Beef Special 5pm - 9pm

### Wednesday

\$0.50 Wing Special at 3pm - Close

### Thursday

\$11.99 Steak Sandwich & Fries  
6oz of Wine | \$6.25

### Friday

\$11.99 Fish & Chips

### Saturday & Sunday Breakfast

\$18.99 Steak & Eggs + Coffee  
\$14.99 Bacon & Eggs + Coffee  
11am - 4pm

### Sunday

\$5 Caesar Sunday  
Buy 1 Get 1 Appetizer Half Price

### 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

Ⓥ = Vegetarian

Ⓤ = Gluten Friendly