



Elements

RESTAURANT & BAR

Greens

SOUTHWEST SALAD | \$16.99

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

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

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

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

Sliced fresh mozzarella, tomatoes, sweet basil, balsamic glaze & pesto. (GF) (V)

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 with cheese curds. Substitute for fried cheese curds for \$3.

FRIED CHEESE CURDS | \$14.99

Served with gravy & marinara.

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

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Elements Entertainment Lounge

= Vegetarian

= Gluten Friendly

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 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.

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 (V)

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 (V)

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

Add: Chicken \$5

MACARONI & CHEESE | \$15.99 (V)

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 (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.

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

Elements CU Lager	16oz \$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**

Tuesday

\$11.99 Build-a-Burger & Fries

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

\$18.99 Steak & Eggs + Coffee

11am - 4pm

Sunday

\$5 Caesar Sunday

Choose 3 Appetizers for \$30

Daily

\$9.99 Bacon & Eggs + Coffee

10am - 12pm

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

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