

SNACKS

WINGS

Herbed salt and pepper, Electric honey, or Jalapeño hot sauce.



MUSHROOMS ON TOAST

Creamy mushrooms and white beans with kale, on top of house made focaccia



POUTINE

Fries topped with fresh herbs, gravy and a Bothwell Swiss & cheddar blend



TEMPURA CHICKEN BITES

Herb brined local chicken, tempura battered and fried crispy, served with cucumber ranch and roasted garlic aioli for



SALADS

fries

House chipped fries, finished with sea salt and fresh herbs.



PEROGIES

Potato and cheese stuffed dumplings topped with Dijon onions and crispy bacon, served with sour cream



sweet potato fries

Oven Roasted, house cut sweet potatoes served with Sriracha aioli.



HOT & SOUR SOUP

A rich hot broth with shiitake mushrooms, bamboo shoots, marinaded/grilled tofu, green onions, and egg crepe



MIXED GREENS

Field greens, red onion, carrots, cucumbers, tomatoes, hemp hearts, balsamic or lemon herb dressing





CHESAR SALAD

Crisp lettuce, roasted garlic croûtons, parmesan reggiano, and a rich Caesar dressing

SMALL\$8 LARGE\$10



QUINOA SALAD

Toasted quinoa and mixed greens with red onions, roasted red peppers, pickled jalapeño peppers, tomatoes, cucumbers, feta, olives and a lemon herb

dressing







Spiced roasted carrots with greens, poached raisin, toasted pumpkin seeds, and a light maple apple vinaigrette





Sis or can be made gluten free





BURGERS AND SANDWICHES

THE FOLLOWING ARE SERVED WITH A SIDE CHOICE OF: SOUP, MIXED GREENS, OR FRIES. (SWITCH TO QUINOA, D.E.L.A. OR CAESAR SALAD FOR AN ADDITIONAL \$2)

HOT HAM & CHEESE

hot shaved local ham, with melted Swiss cheese, and house ark ale mustard on marble rye bread



BEFISTY BOB BURGER

Manitoba farm raised beef, cucumber ranch sauce, melty cheddar, crisp lettuce, tomato, crisp bacon, onion rings, and sriracha aioli served on a whole wheat Kaiser bun



CHICKEN LOVES BACON

Herb brined and roasted local chicken breast and crisp bacon with roasted garlic aioli, dark ale house mustard, lettuce, and tomato topped with melted Swiss cheese on thick cut French bread



CLASSIC BEEF BURGER

Manitoba farm raised ground beef with crisp lettuce, tomato, red onion, pickles, and house made dark ale mustard. Served on a whole wheat Kaiser bun



VEGGIE BURGER

Ground mushroom and almond burger, with crisp lettuce, tomato jam, pickles and red onion on a whole wheat Kaiser bun



GRILLED CHICKEN

Grilled and roasted chicken thighs, served with pickled red onion, roasted garlic aioli, greens, fresh herbs, and sunflower seeds on a multigrain hoagie bun



ALL THE GRILLED CHEESE

Swiss, cheddar, feta, Brie and Parmesan reggiano on thick cut marble rye bread. Like we said ... it's all the cheese



HERO'S HOAGIE

Grilled house made sausage, Dijon fried onions, roasted peppers, cheddar, and two sunnyup eggs served in a top cut griddled hoagie bun





 \mathfrak{S} is or chn be mhde gluten free





BOWLS, STUFF, AND THINGS

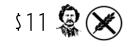
BACON 'N' CHEESE MAC DADDY

A towering pile of locally made macaroni noodles enveloped in a rich béchamel with crisp bacon and Bothwell cheese finished with breadcrumbs (and more cheese)



THE TRADITIONAL

Local free run / organic eggs, bacon or sausage, and a choice of toast, served with home fries and house made jam



STEFIK & EQQS

A seasoned grilled 5oz. NY strip with two sunnyup eggs, and mesa red chili sauce topped with hemp and served with roasted sweet potato



BUTTER CHICKEN OR CHICKPEN CURRY

Mildly spiced curry dishes served with coriander rice, cucumber raita, crispy chickpeas, and grilled house bread



bangers and

SMASHED Grilled sausage, served on crisp sautéed smashed potato, with mushroom & onion gravy, and fresh kale



fried Chicken & Waffles

Fresh Belgian style waffles, topped with double breaded herb brined chicken thighs, and finished with a tangy maple and chipotle crème fraîche



BUDDHA BEET BOWL

A nutritionally balanced, hearty dish packed full of: quinoa, roasted beets, carrots, kale, hemp seeds, crispy cheakpeas, roasted red peppers, marinated and grilled tofu, and green onions, with a light vinaigrette



CUSTOMIZE YOUR MEAL

Cheese	\$2	Beef burger patty	\$5
Fried egg	\$1.50	Veggie burger patty	\$5
Side home fries	\$3	Chicken breast	\$7
Side fries	\$3	5oz New York steak	\$10
Gravy	\$1.50	Bacon or sausage	\$2
		Toast	\$2

Jam/peanut butter \$1





IS OR CAN BE MADE GLUTEN FREE





BREAKEASI

MONDAY - FRIDAY 8 - 11AM, SATURDAY & SUNDAY FROM 10AM - 4PM

BREAKFAST ON A BUN

SERVED WITH ROASTED GARIIC AIOUL LOCAL ERFE RUIN EGGS. ON A WHOLE WHEAT KAISER BUIN

BREAKFAST POUTINE

Home fries topped with Swiss and cheddar cheeses, Mesa red chili sauce, salsa, sourcream green onions and a sunny side up egg



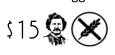
THE TRADITIONAL

Local free run / organic eggs (cooked any style), home fries, bacon or sausage, with your choice of toast, served with peanut butter or jam



CORI BEEF HASH

home fries sautéed with house made cornbeef, fresh herbs, mushrooms, spinach, and Dijon onion, topped with a fried egg



Veggie: roasted mushrooms, and Swiss cheese



STEFIK & EQQS

A seasoned grilled 5oz. NY

strip with two sunny-up eggs,

and mesa red chili sauce

topped with hemp and

served with roasted sweet

potato

\$15

Traditional: crisp bacon, tomato, and Bothwell cheddar cheese



WALLES

Daily made, traditional Belgian style waffles with berry compote, whipped cream and Notre Dame creamery butter



HERO'S HOAGIE

Grilled house made sausage, Dijon fried onions, roasted peppers, cheddar, and two sunny-up eggs served in a top cut griddled hoagie bun

\$11

TOMATOES & TOAST

Toasted multigrain bread with sliced tomato, melted Swiss cheese and two fried eggs topped with sprouted quinoa, hemp hearts and green onions



HUEVOS RANCHEROS

Two corn tortillas, Bothwell cheddar cheese, refried beans, eggs, red chili sauce, salsa, and sour cream, with

home fries \$19



IS OR CAN BE MADE VEGETARIAN

SATURDAY AND SUNDAY 1 OAM - 4DW

BREAKFAST MENU & THE FOLLOWING

BACON EGGS BENEDICT

Two poached eggs, on toasted English muffins, baby spinach, crispy bacon, topped with bacon hollandaise, and served with home fries







IS OR CAIN BE MADE GLUTEN FREE



BRUNCH

BOATS OF OATS

Steel cut oats, berry compote, granola, maple syrup and chia seeds





BEVERFIGES

DRIP COFFEE \$3 \$3 **ESPRESSO** \$3 AWERICANO \$3.50 CADDITICUID \$3.50 CAFÉ LATTE \$1 ADD A FLAVOUR SHOT Vanilla, Sugar Free Vanilla, Maple, Pumpkin, Almond, Hazelnut, Caramel, Peppermint, Sugar Free Sweetener \$3 HOT CHOCOLATE \$9.50 LOOSE LEAF TEA Chamomile, Sencha Green, Rooibos, Soul's Harmony, Earl Grey, Assam, Cranberry & Orange, Ginger Lemon, Jasmine, Peppermint HOUSE BREWED ICED TEA \$2.25 \$2.25 FRESH LEMONADE \$2.50 POP \$3.25 FENTIMAN'S \$5 JUICES

Choose up to 3 fruits to combine				
Lime	Lemon	Orange		
Apple	Grapefruit	Beet		
Carrot	Ginger	Greens		

SMOOTHIES

\$7

- A) Pink your poison (grapefruit, watermelon, strawberries, and banana)
 B) Be Smooth (Strawberries, orange, banana, and yogurt)
- C) Green Gulp'in (cucumber, mint, spinach, lime juice, and Diversity roof-top honey)
- D) Strangeberry (blueberry, strawberry, apple and ginger)

ALCOHOLIC BEVERAGES

	2) \$19 \$5 \$8 \$6.50			
HOUSE MIXED SFINGRIFI				
(GLfISS) \$8 (1/2	L)\$19			
Red: wine, liquors, juices, & soda				
White: wine, citrus, liquors, & soda				
RED WITE Naked Grape (6OZ) \$6 (9OZ) \$8 (1/2) Wine Men of Gotham, Shiraz (bottle) Dos Dos Fincas, Malbec (bottle))\$14 \$35 \$40			
WillTE WINE Naked Grape				
(602) \$6 (902) \$8 (1/2	L)\$14			
Cono sur, chardonnay (bottle)	\$35			
Veramonte, sauvignon blanc (bottle)	\$38			

HENKELL TROCKEN (200ML) \$12



ELEMENTS204 / DIVERSITYUOFW

social Made



ELEMENTSTHERESTAURANT / DIVERSITYFOODSERVICES



ELEMENTS_RESTAURANT