



brunch

elements

THE RESTAURANT

authentic food - simply prepared



BREAKFAST

add green bean fair trade organic coffee or fair trade tea to your meal for \$1.5

BUILD YOUR OWN BREAKFAST 7

served with toast (rye or harvest grain)
choose three of the following items:

- two eggs (any style)
- house made breakfast sausage patty
- bacon
- house cured back bacon
- house smoked tofu
- grilled tomatoes and onions
- wilted greens
- breakfast potatoes
- fresh fruit cup

add additional items for 2 each

FRENCH TOAST 7

whole grain bread • egg • vanilla • fresh fruit garnish
served with choice of house made jam or organic maple syrup
add wild blueberries, chocolate sauce and/or real whipped cream for 2 each

BAKED OMELETTE 8

served open faced with whole grain toast
choose three of the following items:

- fresh tomato • kalamata olives • sauteed mushrooms • fresh spinach • locally made ham
- bacon • caramelized onions • green onions • feta cheese • melted brie • goat cheese
- cheddar cheese

add additional items for 2 each



SMOKED STEELHEAD SCRAMBLE 7.5

smoked steelhead • scrambled eggs • green onions
served with toast and breakfast potatoes and fresh fruit garnish

HUEVOS 7

two locally made corn tortillas • smoky pinto beans • salsa • red sauce
Bothwell cheddar • two eggs (any style) • breakfast potatoes

STRATTA 8

savory bread pudding • seasonal fillings - ask about this weekends creation
served with a side of fruit

STEAK AND EGGS 13

striploin • two eggs (any style) • breakfast potatoes • toast (rye or harvest grain)
house made steak sauce

BREAKFAST RIS-OAT-O 7

steelcut oat risotto • bacon • fresh tomato • green onions • house made marinara
slow cooked egg

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we are proud to serve only Nature's Farm organic free run eggs



Recommended by the Vancouver Aquarium as an ocean-friendly seafood choice.

LIGHTER FARE

BREAKFAST RAMEN 6

rice noodles • house made back bacon • slow cooked egg • greens • light ramen broth

BREAKFAST WRAP 5

whole wheat tortilla • scrambled eggs • mesa red sauce • cheddar • salsa • pinto beans

BREAKFAST BUN 5

toasted whole wheat bun • fried egg • lettuce • cheddar cheese • tomato • mayo
add bacon or house cured back bacon for 2 each

OATS 5

locally grown steel cut oats • cane sugar or organic maple syrup • milk or soy
for an additional 1.5 top with your choice of:

- house made cranberry-almond granola
- freshly cut fruit
- banana and raisin

WAKE UP 4

muffin of the day served with your choice of coffee, tea or juice

FRESHEN UP 5

fresh fruit and toast served with your choice of coffee, tea or juice

FRESH FRUIT PARFAIT 4.5

fresh fruit salad topped with yogurt and house made cranberry granola
add toast and jam for 2

SIDES

breakfast potatoes 2

toast and jam (rye/harvest grain) 2.25

muffin of the day 2.25

fruit salad 3

organic maple syrup 2.25

bacon 2.25

house made sausage patty 2.25

house made back bacon 2.25

smoked tofu 2

eggs (ea) 1.25

salsa 1.25

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SMALL PLATES

TODAY'S SOUP 5

served with house made bread

SOUP, SALAD AND BREAD 7.5

today's soup, choice of salad and house made bread

GRILLED BREAD 5

served with:

- spicy bean dip
- baba ganoush
- cucumber and dill dip



SHRIMP AND TOAST 10

sautéed shrimp • assorted mushrooms • spinach • roasted onion glaze • grilled bread

MISO CHILI BEEF 9

sesame oil • black pepper • wilted spinach

GREENS

add to your **salad**:

chicken, shrimp, beef or smoked steelhead 4.25
house made bacon bits 2

seared smoked tofu 4
garlic bread 3

WARM SPINACH SALAD 6/9

spinach • mixed mushrooms • caramelized onions • house made bacon bits
warm creamy dressing

GREEN SALAD 5/8

mixed greens • carrots • red onion • fresh tomato • cucumber
• extra virgin olive oil and fresh lemon
• grilled apple vinaigrette
• roasted onion dressing

SMOKED TOMATO CAESAR SALAD 5/8

crisp romaine • smoked tomato caesar dressing • asiago cheese • grilled crouton

MEDITERRANEAN QUINOA SALAD 6/9

organic quinoa • cucumbers • tomatoes • bell peppers • olives • feta cheese
pickled peppers • fresh lemon and oregano dressing

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BURGERS AND SANDWICHES

all burgers and sandwiches are served on house made focaccia or a whole wheat kaiser with your choice of soup of the day or side salad

THE BURGER 9.5

local beef • lettuce • sundried tomato corn salsa • caramelized onion • mayo

MUSHROOM ALMOND BURGER 9.5

house made veggie patty • lettuce • tomato • red onion • jalapeno maple mayo

SMOKED TOFU BURGER 9.5

smoked tofu patty • sundried tomato corn salsa • pickled slaw

DELI SANDWICH 9

choice of locally made ham or organic turkey - served warm or cold
lettuce • tomato • onion • cheddar cheese • honey-dijon

GRILLED CHEESE 9

choose your cheese: cheddar, brie or blue

choose one filling: bacon, pulled pork, tomato corn relish, refried beans
fresh tomato, smoked steelhead



BOWLS

THREE STEP RAMEN 9 add poached egg for 1.25
served with greens, carrots, celery, bean sprouts

step one: pork, chicken, beef, shrimp or tofu
step two: rice or egg noodles
step three: hot and sour or seasoned chicken broth



PAD PEANUT 8/13

egg noodles • cabbage • carrots • bean sprouts • peanuts • green onions • cilantro

BAKED MAC AND CHEESE 8/13

bacon • green onions • chevre • cheddar cheese • seasoned bread crumbs

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SWEETS

CREME BRULEE 6

green tea • vanilla shortbread • burnt sugar

VEGAN CHOCOLATE CAKE 7

red wine • berries • whiskey icing

CHEESECAKE 7

chevre • vanilla • lemon

choose your topping:
strawberry • chocolate • blueberry • caramel

BAKLAVA 5.5

pistachio and almond • citrus cream
honey syrup

COOKIES 4

shortbread cookies • choice of chocolate or
caramel sauce

CRUMBLE 5

some kind of warm fruit situation
oat topping

BEVERAGES

SODA BAR 2.5

soda water blended with syrup or juice

house made ginger ale • cranberry
house made kaffir lime syrup • lemon
strawberry • banana • mango
raspberry-blackcurrent

house made lemon iced tea 2.25

BOTTLED DRINKS

juice 2.5

pop 2.5

san pellegrino (250ml) 2

san pellegrino (750ml) 3.5

BARISTA BAR

drip coffee 2.5

espresso 2.5

americano 2.5

cappuccino 2.5

flat white 3

steamer 3

caffe latte 3.5

london fog 3.5

mocha latte 4

chai latte 4

fair trade hot chocolate 3.5

loose leaf tea 2.5

earl grey • assam • jasmine • chinese green

rooibos • ginger-lemon green • soul's
harmony

slow pressed coffee 3

slow brewed for a sweeter coffee experience
that's easier on the stomach

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