



dinner

elements
THE RESTAURANT

elements

THE RESTAURANT

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

SPICY BACON CARAMEL POPCORN 4

organic popcorn • bacon • peanuts • chilies

STEAMED EDAMAME BEANS 5

juniper salt • lemon

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

STICKY RICE CAKES 6

crispy rice cakes • toasted sesame • crumbled nori • sweet soy syrup

PAN-FRIED DUMPLINGS 9

braised local pork • cabbage • sprouts • sweet and spicy sauce

MISO CHILI BEEF 9

sesame oil • black pepper • wilted spinach

SUNDRIED TOMATO SPANAKOPITA 8

spinach • sundried tomato • fresh herbs • yogurt dip

CHEESE PLATE 9

assorted cheeses • homemade pickles • grilled bread

dinner

Ocean Wise



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

GREENS

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

add to your salad or bowl:

chicken, shrimp, beef or smoked steelhead 4.25
house made bacon bits 2
side salad 4

seared smoked tofu 4
garlic bread 3

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

BAKED MAC AND CHEESE 8/13

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

LINGUINE 8/13

onions • fresh tomatoes • olive oil • roasted garlic • feta • toasted hazelnuts

PENNE 8/13

mushrooms • zucchini • onions • house made marinara • parmesan cheese

PAD PEANUT 8/13

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

BAKED LENTIL STEW 9

green lentils • root vegetables • seasoned bread crumbs • toast

BURGERS

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

add bacon or cheese (blue,cheddar or brie) for 2 each
add a fried egg for 1.25

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 • tomato corn salsa • pickled slaw

MAINS

LAND

BEEF 20

striploin • house made steak sauce • warm carrot salad • smashed potatoes
wilted greens

CHICKEN 18

juniper brine • mushrooms • onions • grilled apple sauce • vegetables
steamed potatoes

PORK RIBS 21

miso-chili glaze • wild rice • pickled slaw • vegetables

GARDEN

SMOKED TOFU 14

mixed mushrooms • roasted garlic • wild rice • mixed greens

STUFFED ZUCCHINI 14

pine nut and quinoa stuffing • warm carrot salad • steamed potatoes • smoked tomato

WATER

WHITE FISH 18

warm tomatoes • onions • garlic • wild rice • wilted greens • vegetables

TROUT 19

poached shrimp • vegetables • steamed potatoes • herb beurre blanc

SABLEFISH 23

marinated wakame • warm carrot salad • crispy rice cakes • sweet and spicy soy

dinner



A BIT ABOUT US AND A FEW OF OUR PURVEYORS

OUR COMMITMENT

We are devoted to nurturing relationships with local farmers, growers and producers.

We are dedicated to creating a menu based on regional ingredients.

We support producers who practice sustainable agriculture.

Our beliefs are reflected not only in our food, but also in our choice of beer, wine and even packaging.

We invite you to discover our hospitality and support our mission to walk in a sustainable and eco-friendly direction.



OCEAN WISE

is a Vancouver Aquarium conservation program created to educate and empower consumers about the issues surrounding sustainable seafood.

Ocean Wise works directly with restaurants and markets, ensuring that they have the most current scientific information regarding seafood and helping them make ocean friendly buying decisions.

The options are highlighted on our menus with the Ocean Wise symbol, making it easier for you to make environmentally friendly seafood choices.

The Ocean Wise logo next to a menu item is a good choice for keeping ocean life healthy and abundant for generations to come.

NATURE'S FARM PASTA AND EGGS

Hermann and Sheryl Grauer

Located in Steinbach, Hermann and Sheryl Grauer launched Nature's Farm in 1987 with the intent of providing gourmet, natural products while promoting ecological stability. They also believe in the importance of holistic and sustainable practices, and preserving the future for our children and our children's children.

BEARCAT FISHERIES

Barry and Deb Matkowski

Wild caught, hand processed fish from northern Manitoba. Employing local First Nations and harvesting with sustainability as a goal.

FRESH OPTION ORGANIC DELIVERY (F.O.O.D.)

Marnie Feeleus

In 2003 FOOD was founded by a former chef in the response to Winnipeg's need for aggregating sustainably-grown and organic foods. A full-service distributor specializing in fresh produce FOOD's team of grassroots trail-blazers together with their trusted farmers have amassed an impressive listing of healthy whole foods with few food miles logged from farm to plate. Fresh Option delivers year round to both home-cooks and commercial clients, day-cares, and Diversity Foods commitment to 'buy local' plays an important role in strengthening this regional food system initiative.

GREEN BEAN COFFEE

Derryl Reid

Green Bean Coffee is a Manitoba family owned and operated Micro Coffee Roaster. Roasting only premium 100% fair trade and organic coffees, their mission is to achieve sustainability, while being socially, environmentally and ethically responsible. We are proud to serve their coffee!