



elements

THE RESTAURANT

authentic food - simply prepared

lunch

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 • home made pickles • grilled bread

lunch

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

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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 • sundried tomato corn salsa • pickled slaw

SANDWICHES

all sandwiches are served on house made focaccia, rye or harvest grain bread with your choice of soup of the day or side salad

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

STEAK SANDWICH 14

striploin • arugula • goat cheese • caramelized onions • house made steak sauce

GRILLED CHICKEN SANDWICH 13

house made mustard • mayo • caramelized onions • tomatoes • greens

WHITEFISH CLUB SANDWICH 13

house made mustard • back bacon • tomatoes • lettuce • tartar sauce

TACO PLATE 13

choice of: smoky pinto beans • chicken • shrimp • smoked steelhead
corn tortillas • fresh salsa • pickled slaw • cilantro lime cream • pinto beans
smoky wild rice

Lunch

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 3

gibraltar 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

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!