





SNACKS =

CHICKEN BITES

Tempura battered chicken bites served with chipotle aioli | 8

RED ROOT

Fried beet chips with peppery yogurt dill dipping sauce | 6

POUTINE

Hand chipped fries and shredded Bothwell cheese smothered in rosemary peppercorn gravy | 8

PESTO CHEESE BREAD

Grilled focaccia, house made pesto, shredded Bothwell cheese, arugula with lemon vinaigrette and spicy roasted red pepper dip | 9

FRIED PEROGIES

5 cheddar potato pan fried perogies with caramalized onions, crispy pork bits with dill yogurt | 10

SOUP OF THE DAY & BREAD

Choose from one of our vegetable or meat soups with a side of bread | 1/2 Bowl 3 | Full Bowl 6

SALADS

GREENERY

Mixed greens with tomato, cucumber, red onion, frosted spiced walnuts, and Saskatoon ginger vinaigrette | 8

CHICKPEA SALAD

Curried chickpeas, mixed greens, carrots, cucumbers, quinoa, hemp hearts, red onion, and red peppers tossed in yogurt dill dressing | 9

3 SISTERS SALAD

Sautéed corn, squash, zucchini, sage white beans, tossed with chopped kale, herb vinaigrette, parsley and dill | 12

KALE CAESAR

Chopped kale, ricotta, toasted walnuts, pickled red onion, house croutons topped with creamy Caesar dressing | 12



BURGERS & SANGERS

Served with your choice of fries, soup or salad

VEGGIE BURGER

A house made mushroom and almond patty with spicy apple chutney, mixed greens, cilantro and aioli on whole wheat Kaiser bun | 12

THE FUNGI

Beef burger patty, sautéed onion and mushrooms under melted Swiss cheese with house pickles and sriracha aioli on Kaiser bun | 14

THE JERK

Pulled jerk chicken, curtido, red onion and red pepper relish on top cut bun | 12

B.E.L.T.

House made pork belly, pickled egg, mixed greens and tomato with chipotle aioli on Kaiser bun | 12

ROASTED VEGGIE SANDWICH

Hard grilled onion, red pepper, zucchini, eggplant with spicy tomato jam, whipped cilantro labneh on grilled focaccia | 10

TRADITIONAL

Beef burger patty, mixed greens, tomato, red onion, house pickles, aioli on Kaiser bun | 12

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INTO YOUR COMFORT ZONE

COMFORTABLE CHICKEN

A thick and creamy chicken stew with carrots, celery, potatoes, onions, herbs served in puffed pastry with curtido, arugula and lemon ginger vinaigrette | 13

MEAT AND POTATOES

Bison meat loaf, creamy roasted garlic mashed potatoes served with chef's vegetable | 14

PASTA PICANTE

3 Tender meatballs tossed in spicy tomato sauce topped with ricotta and herb bread crumbs atop Natures Farm linguini | 12

FROM THE GARDEN

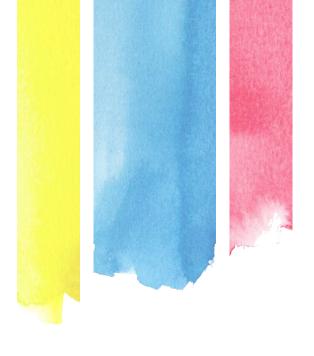
Roasted squash, red potatoes and red peppers drizzled with yogurt dill sauce topped with fresh green onion and parsley | 11

PORK AND BEANS

Creamy sage braised white beans, 3 pieces of pan-seared pork belly topped with spicy mustard and parsley | 12

BREAKFAST ALL DAY ERY DAY!

2 Natures Farm eggs done any style, home fries, choice of bacon or sausage and toast | 11



LOOKING FOR

Pound of Fries | 6

Seasoned 4oz Chicken Breast | 8

5oz New York Strip Steak | 12

Pork Belly (2pc) | 6

4oz Jerk Chicken | 6

One Egg Any Style | 2

Diversity Pork Sausage | 3

Thick Cut Bacon (3pc) | 3

Shrimp Skewer (3pcs) | 6

RISE & SHINE

Available until 11:00am | Monday- Friday

BREAK-FAST

2 scrambled eggs, shredded Bothwell cheese, mushrooms, green onion, home fries and chipotle aioli wrapped in flour tortilla | 10

FRENCH TOAST FOSTER

2 Pieces of thick cut French toast drizzled with banana maple caramel sauce, toasted coconut and Chantilly cream | 12

FREE STYLE OMELETTE

Customized two-egg omelette with your choice of 2 fillings, served with home fries and toast | 10

Choices: mushrooms, shredded Bothwell cheese, roast vegetables, green onion, bacon, sausage, spinach

BREAKFAST ON A BUN

Veggie: one egg, baby spinach, Swiss cheese and roasted vegetables on toasted English muffin | 7

Classic: one egg, Bothwell cheddar cheese and tomato on toasted English muffin | 7

BRUNCH

10:00am - 4:00pm

Available on Saturdays and Sundays, includes the Rise & Shine menu and the following items:

PORK BELLY EGGS BENNY

Two poached eggs, pan-seared pork belly, sliced roasted red peppers and arugula on English muffin with spiced hollandaise and home fries | 13

HUEVOS RANCHEROS

Whole wheat flour tortilla, shredded Bothwell cheese, smoky pinto beans, scrambled eggs, spiced tomato sauce, salsa and sour cream with home fries | 12

BEVERAGES |

Direct Trade Organic Coffee | 3
Espresso | 3
Americano | 4
Cappuccino | 4
Café Late | 4
Add Flavour Shot | 1
Vanilla, Sugar Free Vanilla, Maple, Pumpkin, Almond, Hazelnut, Caramel, Peppermint

Hot Chocolate | 3 Loose Leaf Tea | 3 Chamomile, Sencha Green, Roobios, Soul's Harmony, Earl Grey, Assam, Cranberry & Orange, Ginger Lemon, Jasmine, Peppermint

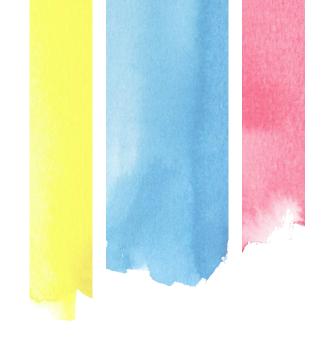
House Brewed Ice Tea | 3 Fresh Lemonade | 3 Pop | 2.5 Fair Trade Organic | 4

FRESH SQUEEZED JUICES | 6

Choose three fruits or vegetables to combine: Lime – Lemon - Orange Apple – Grapefruit - Beet Carrot – Ginger - Greens

SMOOTHIES | 8

Be Smooth
(Strawberries, orange, banana and yogurt)
StrangeBerry
(Blueberry, strawberry, apple and ginger)
Over the Rainbow
(Orange Juice, spinach, strawberry, blueberry, hemp heart)



ALCOHOLIC Beverages

BEER

On Tap: Half Pints | Pint 6 | Pitcher 19

Mystery Can | 8

Big Rock Cider | 7

HOUSE MIXED SANGRIA

Glass 8 | ½ Litre 19 Red: wine, liquors, juices & soda White: wine, citrus, liquors & soda

RED WINE

Naked Grape Shiraz (6oz) | 6 (9oz) | 8 (1/2 L) | 15

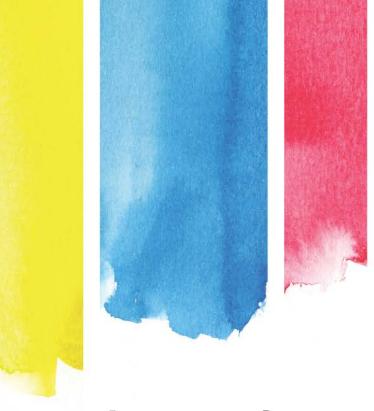
WHITE WINE

Naked Grape Pinot Grigio (6oz) | 6 (9oz) | 8 (1/2 L) | 15

WINE BY THE BOTTLE

New Feature Wine Every Week, Ask your Server for Details

HIGH BALLS 1oz | 6







Since 2009 all of the fish and seafood served at this restaurant has been consistent with the Vancouver Aquarium's OceanWise standard

2016-2017-2018 most sustainable Food Service of any Canadian post secondary campus



2017 #1 North American Food Service in Sierra Clubs Cool School ranking



by the award-winning



