

SNACKS

WINGS

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

\$13  

POUTINE

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

\$10  

FRIES

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

\$7  

SWEET POTATO FRIES

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

\$8  

MUSHROOMS ON TOAST

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

\$12  

TEMPURA CHICKEN BITES

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

\$12 

PEROGIES

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

\$13  

HOT & SOUR SOUP

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

\$11   

SALADS

MIXED GREENS

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

SMALL \$8 LARGE \$10

CAESAR 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

SMALL \$10 LARGE \$12

ROASTED CARROT

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

\$12   

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

\$15  

BEASTY 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

\$14  

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

\$15  

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

\$14  

VEGGIE BURGER

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

\$14  

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

\$15  

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

\$12   

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

\$12 



MANITOBA FEATURE



IS OR CAN BE MADE GLUTEN FREE



IS OR CAN BE MADE VEGETARIAN

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)

\$12 

THE TRADITIONAL

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

\$11  

STEAK & EGGS

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  

BUTTER CHICKEN OR CHICKPEA CURRY



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

\$13  

BANGERS AND SMASHED

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

\$12  

FRIED CHICKEN & WAFFLES

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

\$14 

BUDDHA BEET BOWL

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

\$13   

CUSTOMIZE YOUR MEAL

Cheese	\$2
Fried egg	\$1.50
Side home fries	\$3
Side fries	\$3
Gravy	\$1.50

Beef burger patty	\$5
Veggie burger patty	\$5
Chicken breast	\$7
5oz New York steak	\$10
Bacon or sausage	\$2
Toast	\$2
Jam/peanut butter	\$1




BREAKFAST

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

BREAKFAST POUTINE

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


\$11 

BREAKFAST ON A BUN

Veggie: roasted mushrooms, and Swiss cheese


\$9 

Traditional: crisp bacon, tomato, and Bothwell cheddar cheese

\$12 

WAFFLES

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

\$13 

SERVED WITH ROASTED GARLIC AIOLI, LOCAL FREE RUN EGGS, ON A WHOLE WHEAT KAISER BUN

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

\$11 

STEAK & EGGS

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  

BOATS OF OATS

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

\$8  

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

CORN BEEF HASH

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

\$15  

TOMATOES & TOAST

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

\$9   

BRUNCH

SATURDAY AND SUNDAY 10 AM - 4 PM

BACON EGGS BENEDICT

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

\$13 

BREAKFAST MENU & THE FOLLOWING

HUEVOS RANCHEROS

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

\$12  



LOCAL INGREDIENTS



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elements

THE RESTAURANT

BEVERAGES

DRIP COFFEE	\$3
ESPRESSO	\$3
AMERICANO	\$3
CAPPUCCINO	\$3.50
CAFÉ LATTE	\$3.50

ADD A FLAVOUR SHOT \$1

Vanilla, Sugar Free Vanilla,
Maple, Pumpkin, Almond,
Hazelnut, Caramel,
Peppermint,
Sugar Free Sweetener

HOT CHOCOLATE \$3

LOOSE LEAF TEA \$2.50

Chamomile, Sencha Green,
Rooibos, Soul's Harmony,
Earl Grey, Assam, Cranberry
& Orange, Ginger Lemon,
Jasmine, Peppermint

HOUSE BREWED ICED TEA \$2.25

FRESH LEMONADE \$2.25

POP \$2.50

FENTIMAN'S \$3.25

JUICES \$5

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

BEER

Torque	(PINT) \$6 (PITCHER) \$19
Original 16 Light Lager	\$5
Mystery Can	\$8
Big Rock Cider	\$6.50

HOUSE MIXED SANGRIA

(GLASS) \$8 (1/2L) \$19

Red: wine, liquors, juices, & soda

White: wine, citrus, liquors, & soda

RED WINE

Naked Grape

(6OZ) \$6 (9OZ) \$8 (1/2L) \$14

Wine Men of Gotham, Shiraz (bottle) \$35

Dos Dos Fincas, Malbec (bottle) \$40

WHITE WINE

Naked Grape

(6OZ) \$6 (9OZ) \$8 (1/2L) \$14

Cono sur, chardonnay (bottle) \$35

Veramonte, sauvignon blanc (bottle) \$38

HENKELL TROCKEN (200ML) \$12

SOCIAL MEDIA



ELEMENTS204 / DIVERSITYUOFW



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ELEMENTS_RESTAURANT