elements

THE RESTAURANT

SNACKS

CHICKEN BITES
Tempura battered chicken bites served with chipotle aioli | 12

SWEET POTATO FRIES
Sweet potatoes hand-cut, baked until golden brown and served with curry aioli | 8

POUTINE
Chipped potatoes, 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

POUND O' FRIES
A pile of Manitoba russet potatoes fried until crispy & golden brown, tossed in house made seasoning | 6

SALADS

GREEN SCENE
Mixed greens, cucumbers, red onion, orange, and tomatoes tossed in sweet soya vinaigrette | 8

QUINOA SALAD
Quinoa, mixed greens, carrots, cucumbers, chickpeas, hemp hearts, red peppers tossed in a lemon herb vinaigrette | 10

CLASSIC CAESAR SALAD
Crisp romaine lettuce tossed in house made Caesar dressing, topped with house made herb croutons & parmesan cheese | 8

LOOKING FOR *More?*

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

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 JERK
Pulled jerk chicken, curtido, red onion and red pepper relish on top cut bun | 10

CHICKEN BACON WRAP
Seasoned pulled chicken, pork belly, mixed greens, tomato, Bothwell cheddar & aioli. Served in a whole wheat flour tortilla | 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

THE FUNGI
Beef burger patty, sautéed onion and mushrooms under melted Swiss cheese with house pickles and sriracha aioli on Kaiser bun | 13

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 | 12

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

PASTA PICANTE
4 tender meatballs tossed in spicy tomato sauce topped with ricotta and herb bread crumbs on a nest of Natures Farm linguini | 10

EGGPLANT LASAGNA
Eggplant layered with spinach, mushrooms, and marinara sauce topped with Bothwell cheese. Served with toasted house made focaccia | 14

CREAMY CARBONARA
Pork belly, mushrooms, green peas sautéed with fettuccini in a rich cream sauce and topped with roasted red peppers, parsley, & bread crumbs | 14

BREAKFAST ALL DAY ERY DAY!
2 Natures Farm eggs done any style, home fries, choice of bacon or sausage and toast | 12

elements204 / diversity204

elementstherestaurant / diversity foodservices

elements_restaurant

RISE & SHINE

Available until 11:00am | Monday- Friday

BREAK-FAST
2 scrambled eggs, shredded Bothwell cheese, mushrooms, caramelized 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
Customize a two-egg omelette with your choice of 2 fillings, served with home fries and toast | 10

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

BREAKFAST ON A BUN
Veggie: one egg, baby spinach, Swiss cheese and roasted vegetables on toasted English muffin | 8

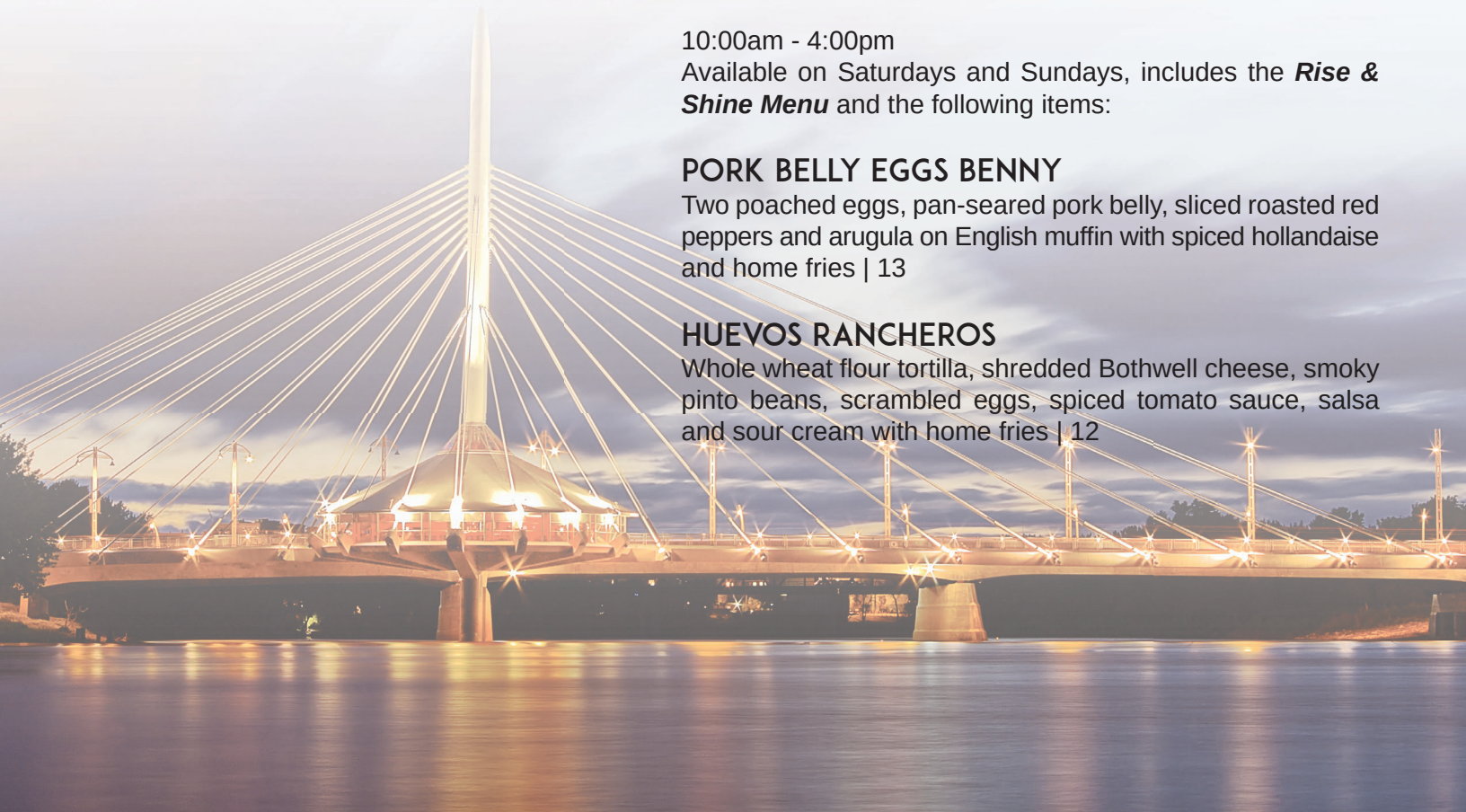
Classic: one egg, Bothwell cheddar cheese and tomato on toasted English muffin | 7

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
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: Torque | 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

elements
THE RESTAURANT

by the award-winning

DIVERSITY
food services

Level II certified restaurant
2018 Greenest Restaurant over 10,000 square feet

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

Please come visit us at any one of our locations and inquire about our extensive catering services.

BUFFALO STONE café

pangea's kitchen

Café Bodhi

THE MALECÓN world food

EAGLES' ROOST
café & grill