

# -elements dinner

## submit

### atlantic seafood chowder 9 share 14

salmon/haddock/shrimp/scallops/ mussels

### soup of the day 5 share 8

your server will share details

### spinach salad 7 share 12

fresh strawberry/roasted almonds/  
goat cheese/champagne dressing

### caesar salad 6 share 10

crisp romaine/focaccia crouton/shaved parmesan/house dressing

### salad greens and pork brochettes 11 share 18

ginger pork skewer/mesclun greens/pine nuts/citrus dressing

### beef ravioli 8 share 12

ravioli/sun-dried tomato/pernod cream

### crab cake 11 share 18

corn salsa/ancho aioli/pea shoots

### tempura shrimp 11 share 15

ginger chili sauce

### sambro steamed mussels 7 share 12

white wine sauce/roasted garlic/lemon

## core

### aaa alberta beef 8oz striploin 20

red wine reduction/sautéed mushroom/sautéed mushrooms & onions

### 10 oz slow roasted beef tenderloin 20

served medium to well done, demi glace/caramelized onions/sautéed mushrooms

### pork tenderloin 20

dark rum and maple demi glace

### caribbean pork curry 18

scented basmati rice

### 6oz. atlantic salmon 20

cajun blackened/mango salsa/rice pilaf

**tandoori chicken "makhini" wrap 14**

tandoori marinated chicken breast/cashew nut/spicy tomato sauce/peppers/sun-dried tomatoes/red onion/spinach/feta

**sun-dried tomato and goat cheese penne pasta 15**

sun-dried tomatoes/peppers/red onion/ asparagus/spinach/goat cheese/pine nuts/basil cream sauce

**barbeque baby back ribs -f ull rack 20/half 14**

whisky bbq sauce

**roasted egg plant, portobello mushroom timbale 16**

curried lentils/cottage cheese/garlic spinach/roasted red pepper and sun-dried tomato sauce

**chicken supreme 20**

pesto cashew cream/garlic smashed potato

**pan seared scallops 19**

pan seared/risotto/maple curry

**pan fried haddock 18**

mashed potato/rice or side salad/vegetable medley

**lobster panini 15**

italian flat bread/spinach/pesto/boccincini

**fish and chips 12**

beer battered /coleslaw/tartar sauce

**burger 12**

8oz. 100% pure beef patty/ lettuce/tomato/ red onion/sautéed mushroom/applewood smoked cheddar or swiss cheese

## sharing platters

**crispy coated fries or sweet potato fries 8**

trio of garlic, red pepper, and chili aioli

**curry 29**

caribbean pork and indian chicken/scented basmati rice

**barbecue back rib and chicken wings 29**

whisky bbq sauce/sweet potato fries

**panini platter 21**

smoked meat or tandoori chicken/roasted red pepper hummus panini/fries

**please advise your server of any allergies or dietary concerns you may have**

