

# -elements lunch

## submit

### caesar salad 6

crisp romaine/focaccia crouton/shaved parmesan/house dressing

### spinach salad 7

fresh strawberry/roasted almonds/goat cheese/champagne dressing

### atlantic seafood chowder 9

salmon/haddock/shrimp/scallops/mussels

### soup of the day 5

your server will share details

## core

### soba and tempura soup 18

shrimp tempura/oriental vegetables/soba noodles

### tandoori grilled chicken salad 19

avocados/mango/salad/citrus dressing/garlic naan bread

### garlic and roasted red pepper crusted

#### aaa alberta beef 6oz striploin 18

red wine demi glace/sautéed mushroom/crispy onions

### tandoori chicken panini 14

cashew nut/spicy tomato sauce/peppers/sun-dried tomatoes/red onion/spinach/feta/spinach tortillas

### lobster panini 15

italian flat bread/spinach/pesto/boccincini

### smoked meat panini 12

sauerkraut/swiss cheese/ciabatta bread

### roasted red pepper hummus panini 13

spinach/feta/cucumber/sun-dried tomato/focaccia bread

### caribbean pork curry 17

basmati rice

### pan-fried haddock 18

mashed potato rice or side salad/vegetable medley

### fish and chips 12

beer battered/coleslaw/tartar sauce

### crab cake 11

corn salsa /ancho aioli/pea shoots

### sambro steamed mussels 7

white wine sauce/roasted garlic/lemon

### quesadilla

spinach tortilla/salsa/sour cream

### vegetarian 8

### chicken 10

### shrimp 12

### caesar crusted halibut 20

grilled romaine/focaccia crouton/crispy bacon/parmigiano-reggiano

### spinach crab cake salad 16

strawberries/roasted almonds/goat cheese/corn relish

### miso salmon salad 16

honey/soy/ginger/market greens

### burger 12

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

### (c)hicken (l)ettuce (u)nder (b)acon 11

choice of wrap or sandwich pulled chicken/tomato/lettuce/bacon /applewood cheddar

### vegetarian penne pasta 15

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

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

