

-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/crouton/shaved parmesan/house
dressing

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

crispy coated fries or sweet potato fries 8
trio of garlic, red pepper, and chili aioli

core

aaa alberta beef 8oz striploin 20
red wine reduction/sautéed mushroom/sautéed mushrooms & onions

caribbean pork curry 18
scented basmati rice

barbeque baby back ribs – full rack 20/half 14
whisky bbq sauce

chicken supreme 20
pesto cashew cream/garlic smashed potato

6oz. atlantic salmon 20
cajun blackened/mango salsa/rice pilaf

pan fried haddock 18
mashed potato/rice or side salad/vegetable medley

fish and chips 12
beer battered /coleslaw/tartar sauce

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

burger 12
8oz. 100% pure beef patty/ lettuce/tomato/ red onion/sautéed mushroom/applewood
smoked cheddar or swiss cheese

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

