

## SNACKS

### WINGS

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

\$12  

### 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  

### TOSTADA

Tempura pike, fresh salsa, lettuce and red onion, drizzled with a jalapeno and cilantro yogurt, and topped with soft cheese

\$12 


### TEMPURA CHICKEN BITES

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

\$12

### DELICATESSEN PEROGIES

Potato and cheese stuffed dumplings topped with house made corned beef, sauerkraut, Russian dressing and finished with melted Swiss cheese

\$13 

## 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



### D.E.L.A

Roasted beets and sweet potato, mixed greens, sprouted quinoa, and creamy apple vinaigrette, topped with savory granola and hemp

SMALL \$10 LARGE \$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)

### PICKLED PORK

Slow braised pulled pork, house made kimchi, fresh cucumber, and toasted nori aioli, finished with fresh cilantro on a sesame seed bun

\$15 

### HOT BOB

Manitoba farm raised beef, jalapeño peppers and grilled onion salsa, sriracha aioli, tomato, crisp lettuce, and Bothwell cheddar served on a whole wheat kaiser bun

\$14 


### CHICKEN LOVES BACON

Herb brined and grilled 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 

### CHICKEN & BRIE

Herb brined local chicken breast served on toasted thick cut marble rye bread, with melted brie cheese, and a roasted apple chutney with dark ale house mustard bread

\$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

\$11

## 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

Spiced morsels of chicken in a mildly spicy curry sauce served on coriander rice with cucumber raita and crispy chickpeas

\$12 

### CURRIED CAULIFLOWER

Spiced roasted cauliflower tossed with sprouted lentils, fresh tomatoes, fresh herbs, toasted pumpkin seeds, and a light vinaigrette

\$12  

### FRIED CHICKEN & WAFFLES

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

\$14 

### SHRIMP AND MUSHROOM BARLEY RISOTTO

Creamy barley risotto with Parmesan reggiano cheese topped with garlic roasted mushrooms, fresh herbs, crisp bacon and sustainable prawns

\$13

## CUSTOMIZE YOUR MEAL

Cheese	\$2
Fried egg	\$1.50
Side home fries	\$3
Side fries	\$3
Side of barley	\$5
Gravy	\$1.50

Beef burger patty	\$5
Chicken breast	\$7
5oz New York steak	\$10
Shrimp	\$8
Pulled pork	\$5
Bacon or sausage	\$2
Toast	\$2
Jam/peanut butter	\$1

## BRUNCH

(SATURDAY AND SUNDAY 10AM-4PM)

### BREAKFAST ON A BUN

SERVED WITH ROASTED GARLIC AIOLI, LOCAL FREE RUN EGGS, ON AN ENGLISH MUFFIN

#### GRAVLAX

House made pike gravlax served on a poppyseed bagel with onion and caper relish and herbed cream cheese

\$10 

Veggie: roasted mushrooms, and Swiss cheese

\$9




Traditional: crisp bacon, tomato, and Bothwell cheddar cheese

\$12



#### WAFFLES

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

\$12 

#### HUERVOS RANCHEROS

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

\$12



#### BOATS OF OATS

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

\$8



#### 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

\$10



#### 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



#### BACON EGGS BENEDICT

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

\$13

#### 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

#### 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



LOCAL INGREDIENTS



IS OR CAN BE MADE GLUTEN FREE



IS OR CAN BE MADE VEGETARIAN

# 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

POD \$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



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