



ELEMENTS  
bar & bistro

# Breakfast

## Delta Canadian Classic

two omega pro eggs any style, rosti potato & toast  
with your choice of bacon, ham or sausage.

Includes one of the following: juice, coffee, or tea

17.95

## Fire Grilled Steak and Eggs

marinated AAA sirloin, two omega pro eggs any style, rosti potato & toast

22.25

## E-Bistro Omelette

three omega pro eggs, coppa air-cured ham, monteray & aged cheddar cheese  
rosti potato & toast

16.50

## Elements Breakfast Buffet

It's early so leave the decision making to us. Enjoy a wonderful buffet of pastries, fresh eggs, meats, cheeses, and fruit. Freshly prepared omelette included at Chef's action station... Include your choice of coffee or tea, and juice

19.95

## E-Bistro Plated Continental

assortment of plain and chocolate filled croissants, fresh baked mini muffin, European deli meats and domestic cheeses with seasonal fruit

14.75

## Traditional Eggs Benny

two omega pro eggs, Canadian back-bacon, english muffin, hollandaise,  
rosti potato & seasonal fruit.

Add smoked salmon 2.00

17.00

## Spinach and Eggs Benny

two omega pro eggs, english muffin, baby spinach, shallots, hollandaise,  
rosti potato & seasonal fruit

17.00

## Bruschetta Benny

2 poached eggs, fresh sliced tomato bruschetta, on top of grilled Tuscan loaf  
rubbed with garlic and basil hollandaise

17.00

*Our Kitchen is Your Kitchen*

*Special requests for off the menu items and/or changes to preparation methods are easily accommodated*

*Executive Chef Paul Maniaci*

## Huevos Rancheros

two eggs any style on a tortilla with refried beans, fresh tomato salsa, guacamole, sour cream, cheddar and jack cheeses. Served open faced and with your choice of bacon, ham, or sausage

16.00

## E-Bistro Signature Pancakes

choose from three large buttermilk pancakes or highwood crossing flax seed pancakes, maple syrup, and with your choice of bacon, ham or sausage

14.75

## Vanilla Infused Waffles or French Toast

seasonal berries, whipped cream, and with your choice of bacon, ham or sausage

14.75

### Elements Bistro Events

Please inquire with your server for more information

Tuesday thru Friday - "On the Run" lunch buffet from 11:30am-2pm, only \$15.95 per person

Saturday Nights - "Italian Night Buffet", only \$21.95 per person

Sunday Brunch - Served from 11:00am-2pm every Sunday

### Elements Lounge Events (lobby level)

Tuesday-Thursday - Live Entertainment starting at 5pm

Daily Features and Specialties

Come and enjoy cocktails with all your friends



### Starbucks

Please visit Starbucks for additional food selections and all your hand crafted beverage needs.

Located lobby level.



## Healthy Choices

### Heart Smart 16.25

scrambled egg whites, seasonal fruit, flax seed toast

### Yoghurt Parfait 10.75

seasonal fruit salad, plain yoghurt, cassis, 100% whole grain honey and almond granola, and served with a mixed berry scone

### Healthy Start 16.25

selection of seasonal fruit, yoghurt or cottage cheese, fruit fiber, and fresh baked mini muffin

### Swiss Muesli 10.25

old fashioned rolled oats, coconut, raisins, diced dates, skim milk, bananas and strawberries

## Drinks

regular or decaffeinated coffee 3.50

selection of herbal or regular teas 3.25

espresso 3.50

cappuccino 4.50

café latté 4.50

glass of tropicana fruit juice 4.50



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