



Lunch Menu

~ appetizers ~

Cherry Tomato Bruschetta	9
extra virgin olive oil, shaved grana padano, baby basil & tuscan loaf	
The Mediterranean	14
trio of dips, grilled flatbread with zahtar spice, roasted garlic hummus, mediterranean ratatouille, red pepper and feta – great on your own or shared	
House-Made Gravlox	14
sweet onion loaf, watercress, roasted caper and artichoke relish	
Prawns with Spicy Mango Salsa	14
mustard oil, mizuna, spruce grove potato chips	
Grilled Vegetables and Prairie Mushroom Ragout in Phyllo	14
sweet cabernet sauce and gorgonzola	

~ soups & salads ~

Homemade Soup	6
prepared daily with the freshest ingredients	
Baked Three Onion & Grasshopper Ale Soup	9
three varieties of roasted onions, alberta's big rock grasshopper ale sylvan lake gouda and mozzarella	
Elements Seafood Chowder	9
scallops, shrimp, salmon, mussels, clams & yukon gold potatoes	
Steak and Greens	14
grilled medium rare 6oz flat iron, organic vine ripe tomatoes with madagascar peppercorn dressing	
Caesar Salad	10
hearts of romaine, shaved grana padano, roasted garlic focaccia crustini, classic caesar dressing	
Organic Five Greens	9
roasted tomato, local feta, & marinated olives, herb vinaigrette	
Enhancements to your greens	5
choice of grilled chicken, balsamic marinated beef or garlic and lemon prawns	

~ sandwiches ~

all sandwiches include a choice of soup, salad or fries (caesar salad is an additional \$2.00 and chowder is an additional \$4.00)	
Fire Grilled Ribeye Sandwich	18
grilled 6oz AAA ribeye served open-faced on focaccia with carmelized onions and wild mushroom ragout. served with alberta springs whiskey au jus	
Black Angus Burger	16
vine-ripened tomatoes, red leaf lettuce, onions, aged cheddar, double smoked bacon, roasted garlic mayonnaise on a ciabatta bun	
Daily Soup and Sandwich	14
chef's daily inspired creation will be sure to satisfy your hunger	
Chicken Parmesan Panino	14
breaded breast of chicken, parmesan mayo, provolone cheese, tomato & onions on a ciabatta bun	
The Mediterranean Wrap	14
with zahtar spice, roasted garlic hummus, mediterranean ratatouille, lettuce, tomato, onion, cucumber, and grilled chicken	

Our Kitchen is Your Kitchen

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



~ mains ~

Bison Meatloaf wild mushroom with saskatoon berry demi, roasted garlic mashed and medley of vegetables	21
Chicken Curry chicken breast; curry sauce with naan bread, basmati rice pilaf pappadums and mango pickle	21

~ pastas and pizzas ~

Pasta Diavola ziti pasta, chicken, shrimp & fresh tomato, and tossed in a green peppercorn cream sauce	18
Melanzane nuvole pasta, eggplant, peppers and onions, zucchini and asiago tomato basil sauce	18
Margarita Pizza italian sundried tomatoes, buffalo mozzarella cheese & tomato basil sauce	18
Spolumbo's Pizza spolumbo's italian sausage, roasted onions and mozzarella cheese & tomato basil sauce	18
Canadese Pizza valbella pepperoni and double smoked bacon, mushrooms, mozzarella cheese & tomato basil sauce	18

~ all day breakfast ~

Delta Canadian Classic two omega pro eggs any style, baby red potatoes & toast your choice of bacon, ham or sausage. includes one of the following: juice, coffee, or tea	17
--	----

~ dessert ~

Almond Strawberry Shortcake with strawberry crème fraiche and strawberry coulis	10
Orange Scented Cheese Cake finished with orange segments	10
Mascarpone Crème Caramel with a hint of coffee	10
Flourless Chocolate Torte finished with warm chocolate sauce	10
Warm Apple Pie with vanilla bean ice cream	10

~ Elements Bistro Events ~

Plases inquire with your server for more information

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

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

Sunday Brunch – Served from 11:00am-2pm every Sunday, only \$27.95 per person

~ Elements Lounge Events ~

Tuesday-Thursday - Live Entertainment starting at 5pm

Happy Hour Special Monday-Friday from 4pm-6pm

Come and enjoy a cocktail with all your friends!

Our Kitchen is Your Kitchen

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