



Gluten Free Menu

(all menu options below have been specially prepared using all gluten free ingredients)

~ breakfast ~

Served from 6:30am-11:00am

Elements Continental Breakfast	16
selection of seasonal fruits, toasted bagel or muffin, and breakfast cereal	
Eggs Benedict Florentine	18
sautéed spinach, hollandaise, english muffin, baby red potatoes & seasonal fruit	
Huevos Rancheros	16
two eggs, corn tortilla, salsa fresca, guacamole, sour cream & monteray jack cheese	
Gluten Free Waffle	14
fresh berries, whipped cream & maple syrup	
Yoghurt Parfait	10
seasonal fruit salad, plain yoghurt, cassis, cranapple granola	

~ all day dining ~

Served from 11:00am-11:00pm

Steak and Greens	14
grilled 6oz flat iron, vine-ripened tomatoes with peppercorn dressing	
Insalata Nona	9
vine ripe tomatoes, red onions, red wine vinegar and olive oil, Inspired by Chef's Grandma	
Cherry Tomato Bruschetta	12
extra virgin olive oil, baby basil & flatbread	
Sirloin Burger	16
vine-ripened tomatoes, red leaf lettuce, onions, roasted garlic mayonnaise served on a gluten free bun	
Pasta Diavola	18
gluten free penne with chicken, shrimp, fresh tomato and tossed in a green peppercorn cream sauce	
Canadese Gluten Free Pizza	18
valbella pepperoni and double smoked bacon, mushrooms, mozzarella cheese & tomato basil sauce	
Margarita Gluten Free Pizza	18
Italian sundried tomatoes, buffalo mozzarella cheese & tomato basil sauce	

~ dessert ~

Chocolate Flourless Torte	10
finished with a raspberry puree	

Please Note

Due to the sensitivity of the above noted items,
added time may be necessary to prepare specialty items.

Our Kitchen is your Kitchen

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