




BREAKFAST

ODE TO THE EGG

- KOOTENAY CLASSIC**  20
2 eggs served with your choice of pork bacon or chicken apple sausage, white, whole wheat or marble rye toast, herb & garlic wedges
- COPPER POINT BENNY**  22
2 poached eggs on an English muffin, back bacon, hollandaise, and herb & garlic wedges
- SMOKED SALMON BENNY**  24
2 poached eggs on an English muffin with smoked coho salmon, spinach, hollandaise, and herb & garlic wedges
- ELEMENTS ENGLISH BREAKFAST**  24
2 eggs, bacon, chicken apple sausages, roasted tomato wedges, roasted mushrooms, warm baked beans, and herb & garlic wedges
- BRIOCHE BREAKFAST SANDWICH**  22
Soft scrambled eggs, cheddar, maple bacon, whole grain mustard aioli on a toasted brioche bun. Served with herb & garlic wedges

SWEET MORNINGS

- BUTTERMILK PANCAKES** 18
Fluffy buttermilk pancakes topped with whipped cream and maple syrup, served with your choice of pork bacon or chicken apple sausage
- BRIOCHE FRENCH TOAST** 19
Thick-cut brioche cooked to perfection with mascarpone, berry compote, and whipped cream. Served with your choice of pork bacon or chicken apple sausage
- CARAMELIZED BANANA & WHIPPED YOGHURT** 16
Warm caramelized banana, whipped vanilla yoghurt, house granola, burnt honey
- FIGS & BURRATA** 20
Creamy burrata, caramelized figs, chutney spread on toasted sourdough with lemon-thyme honey glaze

-  Can be GF please notify your server of any dietary restrictions or allergies
-  Vegetarian
-  Vegan

BRUNCH CLASSICS

- MISO-BRAISED MUSHROOM & SAVOURY BEAN TOAST**  22
Miso-braised wild mushrooms, savory kidney beans, herb oil, and pickled shallots on toasted sourdough. Served with dressed greens
- SHORT RIB & EGG BOWL** 26
Braised short rib, herb & garlic wedges, caramelized onions, roasted mushrooms, 2 poached eggs, hollandaise
- HALLOUMI SANDWICH**   22
Grilled halloumi, basil pesto, mixed greens, marinated heirloom tomatoes and pickled shallots. Served with herb & garlic wedges or dressed greens
- PASTRAMI & AVOCADO TOAST**  26
Toasted sourdough, smashed avocado, warm pastrami, poached egg, whole-grain mustard aioli, pickled red onion. Served with herb & garlic wedges or dressed greens
- B.E.L.T**  20
Thick-cut bacon, sunny-side egg, lettuce, tomatoes, cheddar, and whole grain mustard aioli on toasted marble rye. Served with herb & garlic wedges or dressed greens

OMELETTES

- Served with herb & garlic wedges and your choice of white, whole wheat, or marble rye toast
- KOOTENAY OMELETTE**  22
Fluffy omelette with pastrami, sautéed mushrooms and onions, parmesan, and mozzarella
- HERB & GARDEN OMELETTE**  18
Fluffy omelette filled with sautéed spinach, mushrooms, and onions, with parmesan, and mozzarella

SIDES




- Egg | Toast 2
- Pancake | Gluten-free or Sourdough Toast 3
- Fruit Bowl | Herb & Garlic Wedges 6
- 2pc Chicken Sausage | 3pc Pork Bacon 8



TO START

KALE CAESAR SALAD 	18	SEARED SCALLOPS 	24
Crisp pancetta and aged Parmesan over chilled kale with Caesar vinaigrette and herb croutons		Golden scallops over wasabi pea purée with miso vinaigrette and microgreens	
HIERLOOM TOMATO & BURRATA 	22	CHICKEN SKEWERS	20
Creamy burrata over marinated heirloom tomatoes with pickled shallots, balsamic vinaigrette, and basil pearls		Grilled marinated chicken thighs with pineapple-Fresno salsa, pickled shallots, and herbs	
TUNA & AVOCADO CRUDO 	22	BEEF SKEWERS	26
Marinated raw tuna, avocado, grapefruit-ponzu, chive oil, and crispy shallots		Grilled marinated beef skewers with fresh chimichurri and creamy green goddess	
GRAVLAX OF GRAPES	26		
House-cured grape gravlax with avocado, apple-celery essence, hibiscus pearls, and coriander tuile			





MAINS


CHARRED MISO EGGPLANT 	25	SOY CHICKEN	32
Roasted eggplant glazed with dengaku sauce, green onions, and toasted farro		Sous vide 1/2 Cornish hen with soy reduction and jicama salad	
PAN-SEARED SALMON 	36	BRAISED BISON SHORT RIB 	45
Warm herb and tomato relish with seasonal greens		Five-hour braised short ribs over wild mushroom risotto with reduced bone jus, garnished with crispy onion rings	


STEAKS


STRIPLOIN AA (10OZ)	40
BEEF TENDERLOIN (6OZ)	42
RIB EYE (12OZ)	50

SIDES

BUTTERMILK MASHED POTATOES 	8
MAPLE GLAZED BABY CARROTS 	8
STEAMED BROCCOLINI WITH CINNAMON BUTTER 	8
HERB & GARLIC BRIOCHE BREAD	10
OVEN BAKED WILD MUSHROOMS 	14

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 Vegetarian



 Vegan

 Est. 1971

Prices Do Not Include Applicable Taxes
Groups of 8 or More Are Subject to an 18% Auto-Gratuity Charge



COMFORTS & CLASSICS




WEST COAST SEAFOOD CARBONARA	36	ELEMENTS HOUSE BURGER	28
Linguine with mussels, prawns, and salmon in Parmesan cream		Beef patty, onion and bacon marmalade, cheddar, umami sauce, kale & crispy onion rings on a toasted brioche	
CHICKEN LINGUINE	26	CRISPY CHICKEN SANDWICH	26
Basil pesto sauce served with breaded chicken scallopini		Buttermilk fried chicken with coleslaw avocado and whole grain mustard aioli on a toasted brioche	
WILD MUSHROOM RAGÙ 	28	PRIME RIB PANINI	35
Slow-braised mushrooms in a rich herb ragù over linguine		Slow-roasted prime rib with coleslaw, caramelized onions and cheddar	
FISH & CHIPS	30	BEETS & HALLOUMI BURGER 	22
Tempura battered cod with jicama slaw and tartare		Beets patty with seared halloumi, basil mayo, avocado and pickles	

DESSERTS

ALL ABOUT CHOCOLATE	16	TIRAMISU TRUFFLE CAKE	16
Dark chocolate cake, mousse, ganache, whipped cream		Espresso-soaked cake, mascarpone cream, Kahlúa ganache	
HIBISCUS POACHED PEAR PAVLOVA	16	GELATO	5
Crisp meringue with hibiscus poached pear & ganache		Vanilla, Salted Caramel or Dark Chocolate	
		SORBET	5
		Mango or Strawberry	

FEATURE

SUNDAY PRIME RIB ROAST	
12 OZ	56
16 OZ	69
Savory rosemary bread pudding, mashed potatoes, seasonal vegetables, and mushroom au jus	

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