ELEMENTS

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

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

Can be GF
Vegetarian
Vegan

please notify your server of any dietary restrictions or alergies

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Groups of 8 or More Are Subject to an 18% Auto-Gratuity Charge

ELEMENTS

TO START

CAESAR SALAD — 18
Crisp pancetta and aged Parmesan over little gem lettuce with Caesar vinaigrette and herb croutons

CHARRED PEARS & RADICCHIO — 22
Charred pears, radicchio, arugula, whipped goat cheese, hazelnut, pickled shallots, maple-sherry vinaigrette

CRISPY CHICKEN WINGS — 22
1 lb chicken wings, yuzu tare, and charred spring onions

SEARED SCALLOPS — 26
Golden scallops over wasabi pea purée with miso vinaigrette and microgreens

TUNA TATAKI — 24
Seared Ahi Tuna, avocado, grapefruit- ponzu, herb oil, and crispy shallots

CRISPY PRAWN RICE — 22
Tempura prawn, crispy rice, avocado, yuzu aioli

PORK BELLY BITES — 22
Slow roasted pork belly with gochujang glaze

MAINS

COMPRESSED CAULIFLOWER STEAK — 25
Miso-maple glaze, toasted farro, roasted squash puree, herb oil

PAN-SEARED SALMON — 36
Crisp potato pave, tomato-saffron melt, pickled fennel, herb oil

CHEF'S SIGNATURE SIRLOIN — 45
Sliced sirloin, herb chimichurri, bordelaise cream, golden mac & cheese bite

ROASTED CHICKEN SUPREME — 32
Corn & Parmesan cream, wild mushroom, charred leeks, chicken jus

BRAISED BISON SHORT RIB — 48
Five-hour braised bison short rib, buttermilk mashed potatoes, reduced bone jus, crispy onion rings

STEAKS

STRIPLOIN AA (10OZ)	40
BEEF TENDERLOIN (6OZ)	42
SIRLOIN (6OZ)	36

SIDES

BUTTERMILK MASHED POTATOES	8
SEASONAL VEGETABLES	8
HERB & GARLIC BRIOCHE BREAD	10

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ELEMENTS

COMFORTS & CLASSICS

GRILLED CHICKEN CARBONARA 26
Linguine tossed creamy carbonara with grilled chicken

WILD MUSHROOM RAGÚ 28
Slow-braised mushrooms in a rich herb ragù over linguine

TANTANMEN 30
Creamy sesame broth, chili oil, chashu pork, ajitama egg, bok choy, ramen noodles

FISH & CHIPS 30
Tempura battered cod with coleslaw and tartare sauce

ELEMENTS HOUSE BURGER 28
Beef patty, onion and bacon marmalade, cheddar, umami sauce, arugula & crispy onion rings on a toasted potato bun

CRISPY CHICKEN SANDWICH 26
Buttermilk fried chicken with coleslaw avocado and whole-grain mustard aioli on a toasted potato bun

PRIME RIB SANDWICH 36
Slow-roasted prime rib tossed in BBQ sauce with arugula, pickled onions and mild cheddar, and whole-grain mustard aioli on a sourdough bun

PANEER TIKKI BURGER 25
Paneer veggie patty with arugula, tahini mint yogurt, tomato chutney and pickled onion on a toasted potato bun

DESSERTS

THE RASPBERRY VELVET 16
Raspberry mousse over delicate chiffon cake, finish with berry glaze

TEXTURES OF CHOCOLATE 16
Chocolate mousse, hazelnut & coffee crumble, choco-raspberry tuile

STICKY TOFFEE PUDDING 16
Warm date cake, apple caramel sauce, vanilla ice cream

GELATO 5
Vanilla, Salted Caramel or Dark Chocolate

SORBET 5

FEATURE

SUNDAY PRIME RIB ROAST

12 OZ 56
16 OZ 69

House dry rub & slow roasted, yorkshire pudding, buttermilk mashed potatoes, seasonal vegetables, peppercorn gravy

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