

MENU

TO START

SOUP OF THE MOMENT CUP \$6
 BOWL \$9

Comes with fresh baguette (GF)

STEAK BITES \$17

Blacken cajun fried steak bites, chimichurri mayo, bed of spinach.

MUSHROOM BREAD PUDDING \$14

Wild mixed mushrooms, red wine, thyme, gorgonzola, demi, and pea shoot.

PEI MUSSELS \$22

Provencale butter, garlic, white wine, shallots, tomato & soft herbs.

OR

Thai with lemon grass, ginger, garlic chili & coconut milk.

Per 1lb with dipping bread

WING BY THE POUND \$16

Ceaser Wings: Whole wings, mott's clamato, lea & perrin, horseradish, vodka, fried celery leaf, pickle bean & ceaser dip.

CAESAR SALAD \$15

Kale, cashew Caesar dressing, parmesan chips, focaccia croutons and in-house smoked bacon.

SUMMER SALAD \$15

Mixed organic greens with cucumber, tomato, apple, sunflower seeds, walnuts & maple dressing.

CARAMELIZED PORK BELLY \$15

Caramelized pork belly with sausage crumble apple puree, mixed leaves & pork crackling.

FOR THE KIDS

MAC & CHEESE \$8

CHICKEN FINGERS & FRIES \$10

BURGER & FRIES \$10

FISH & CHIPS \$12

DESSERT

LEMON TART \$10

Glazed lemon tart with strawberry ice cream, caramel & blackcurrant sauce

CRUSHED MERINGUE \$10

Eton mess crushed meringue, season fruits, vanilla whipped cream & chocolate

ICE CREAM SANDWICH \$12

White chocolate baileys buckwheat brownie, Espresso ice cream. (GF)

MINI DONUT HOLES \$10

Mini donut holes with old fashioned sugar, strawberry & chocolate dipping sauce

MAIN COURSES

COMFORT FOOD

BUDDHA BOWL **\$26**

Roasted sweet potato, chickpeas, red cabbage, tomato, avocado, peppers, cucumber, dressed sprouts served with sesame seeds, hot sauce & peanut sauce.

SMOKED BRISKET **\$20**

In-house smoked brisket, BBQ sauce, tomato, house pickles, lettuce & slaw on an Arrowhead beer bun. Served with fries, soup or salad.

BEET & BEAN BURGER **\$18**

Beet & black bean burger with tomato, avocado, sweet & sour peppers, lettuce & roasted garlic mayo. Served with fries, soup or salad (GF)

ALE BRAISED SHORT RIBS **\$30**

Fernie Red Ale braised short ribs with herb gnocchi, mushrooms, leeks & marinated veg.

BOUILLABAISSE **\$28**

A rich seafood dish with salmon, cod, mussels & chorizo served with fennel, tomato, grilled mini potatoes, baguette & smoked pepper aioli.

BACON CHEDDAR BURGER **\$20**

6 oz ground chuck beef burger with our smoked cheddar, tomato, red onion, double smoked bacon, lettuce & roasted garlic aioli. Served with fries, soup or salad.

GARAM MASALA CHICKEN BURGER **\$20**

Free range chicken breast brined in buttermilk, tossed in seasoning served with tomato garam masala, chipotle mayo, red onion & lettuce on an Arrowhead beer bun. Served with fries, soup or salad.

BEER BATTERED **\$18**

FISH & CHIPS **\$21**

Red ale beer batter, Caper mayo, Malt glaze, Coleslaw, Lemon. 1 or 2 pieces made to order.

PAN-FRIED SALMON **\$30**

Crispy pan-fried salmon, leeks, French lentils, wild rice, tarragon, baby spinach & buttermilk dressing

BUTTERNUT PASTA **\$26**

Butternut filled pasta with olives, tomato, eggplant, zucchini & sage butter sauce.

FROM THE GRILL

10OZ RIB EYE **\$38**

AAA 21 day dry aged 10oz rib eye steak with herb mash peppercorn butter truffle, jus & marinated veg.

NEW YORK **\$36**

AAA 21 day dry aged double cut New York steak with herb mash, brandy, mushroom sauce & marinated veg.

6OZ TENDERLOIN **\$36**

6oz beef tenderloin wrapped in bacon with bourguignon garnish (mushroom shallot bacon mini potatoes)

GF - CAN BE MADE GLUTEN FREE. \$2 CHARGE

ORDER TAKE OUT:
250-341-4002



ELEMENTS