

## STARTERS

### **Classic Shrimp Cocktail**

with Zesty Charred Tomato and Chipotle Cocktail Sauce 12.95

### **Spinach, Artichoke and Asiago Cheese Dip**

Garlic Rosemary Scented Grilled Flat Breads 12.95

### **Toasted Cheese Garlic Bread**

with Bruschetta Dip 8.75

### **Vegetable Spring Rolls**

with Curried Ontario Apple Mustard Sauce 8.95

### **Maritime Seafood Cakes**

Served with Niagara Peach and Pimento Relish 8.95

### **Smoked Atlantic Salmon**

Red Onions, Capers, Dill Cream Cheese  
and Pumpnickel Points 12.95

## SOUPS & SALADS

### **Caesar Salad**

Romaine Lettuce, Herb Croutons, Bacon Bits, Shaved Parmesan  
with Creamy Garlic Dressing 10.95

### **Greek Salad**

Garden Greens, Black Olives, Cucumber, Tomato  
Sweet Onion and Feta Cheese Dressing 10.95

### **Oven Roasted Onion, Garlic and Fennel Soup**

Woodstock Cheddar and Mozzarella Crust 7.75

### **Mixed Baby Niagara Greens Salad**

Choice of Dressing 7.45

### **Creamy Clam Chowder**

with Herb Croutons 7.45

### **Chef's Soup of the Day** 7.25

### **Grilled Bosc Pear and Ermite Blue Cheese Salad**

with Garden Greens and Niagara Sherry Wine Vinaigrette 9.75

## SIDE DISHES All 2.95 Each

**French Fries**

**Daily Potato**

**House Vegetable Medley**

**LUNCH** DAILY 11:30 A.M. TO 4:00 P.M.

## ENTRÉES

### **Penne Pasta**

Canadian Bacon, Peas, Sun-dried Tomatoes  
Creamy Parmesan Cheese Sauce 17.25

### **Grilled New York Sirloin Steak 6 oz**

with Button Mushrooms and French Fries 19.95

### **Pasta Primavera**

Penne with Spring Vegetables  
and Basil Scented Tomato Sauce 16.25

### **‘ELEMENTS’ Signature Mixed Vegetable Plate**

Selection of Steamed Garden Vegetables  
on Warm Great Lake Wild Rice and Black Bean Salad 16.95

### **Teriyaki Chicken Stir Fry**

Vegetables, Soya Ginger Glaze, over Chinese Noodles 18.25

**“Make it Vegetarian”** 16.95

## ENTRÉE SALADS

### **Lemon Pepper and Garlic Grilled Tiger Shrimp Caesar**

Romaine Lettuce, Herb Croutons, Bacon Bits, Shaved Parmesan  
with Creamy Garlic Dressing 17.95

### **Grilled Chicken Greek Salad**

Garden Greens, Black Olives, Cucumber, Tomato  
Sweet Onion and Feta Cheese Dressing 17.25

### **Ginger-glazed Salmon Salad**

Mixed Greens Scallions, Pineapple, Water Chestnuts  
Chinese Noodles and Tangerine Balsamic Vinaigrette 17.25

### **Grilled Chicken Caesar Salad**

Romaine Lettuce, Herb Croutons, Bacon Bits, Shaved Parmesan  
with Creamy Garlic Dressing 17.25

## **\*ADD TO ANY ENTRÉE**

### **Grilled Black Tiger Shrimp Skewer**

in Garlic Butter 9.95

**Button Mushrooms** 2.95

**Grilled Portobello Mushroom** 2.95

**LUNCH** DAILY 11:30 A.M. TO 4:00 P.M.

## SIGNATURE SANDWICHES

### **Roasted Prime Rib of Beef**

on an Onion Panini with Natural Pan Drippings and French Fries 17.95

### **Grilled Cajun Chicken Breast**

with Swiss Cheese, Back Bacon, Honey Grain Mustard Mayonnaise  
Lettuce, Tomato, on a Toasted Sesame Bun and French Fries 17.25

### **Grilled Bison Burger**

on a Toasted Onion Bun

with Lettuce, Tomato, Onion, Dill Pickle and French Fries 14.95

Add: *Canadian Bacon, Canadian Cheddar*

*Grilled Portobello Mushroom* Each 1.95

### **Smoked Ontario Turkey Breast Wrap**

Woodstock Cheddar, Lettuce, Tomatoes in a Tomato Wrap  
with Cranberry Mayonnaise and Mixed Greens 15.95

### **Elements Burger**

Grilled 6 oz. Beef Burger

Lettuce, Tomato, Onion, Dill Pickle and French Fries 13.95

Add: *Canadian Bacon, Canadian Cheddar*

*Grilled Portobello Mushroom* Each 1.95

### **Prosciutto Ham and Provolone Cheese**

Ciabatta Bread, Lettuce, Tomatoes

Balsamic Roasted Vegetables, and Mixed Greens 16.75

### **Smoked Atlantic Salmon Croissant**

with Herbed Cream Cheese and Mixed Greens 17.25



Every dollar you spend with us helps preserve the nature and heritage of the Falls and the Niagara River Parkway. Niagara Parks has operated without tax dollars since 1885.

## SWEET ENDINGS

### Niagara Apple Barge

Warm Cinnamon-scented Apples and Raisins with Vanilla Bean Ice Cream in Filo Pastry 7.95



### Coffee Scented Crème Brûlée

Almond Biscotti and Fresh Fruit 7.95

### Baked New York Style Cheesecake

Seasonal Fresh Fruit Sauce 7.95



### Triple Chocolate Extravaganza

Chocolate Sponge Cake  
Chocolate Mousse with Chocolate  
Frosting and Wild Berry Coulis 7.95

### Seasonal Ice Cream or Sherbet

Please ask your Server for Today's Selections 5.95

## FROTHY COFFEES

Espresso 3.95

Double Espresso 4.95

Cappuccino 4.95

Caramel Cappuccino 5.95

Latte 4.95

Chai Tea Latte 5.95

