

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 Bread (Serves 2-4) 12.95

Toasted Cheese Garlic Bread

with Bruschetta Salsa Dip 8.95

Vegetable Spring Rolls

with Curried Ontario Apple Mustard Sauce 9.45

Tempura Battered Shrimp

Served with Red Currant Plum Sauce 9.95

Cajun Calamari

Fried Golden and Served with Marinara Sauce 9.45

Spicy Thai Chicken Strips

Breaded Chicken Tenders

Drizzled with Thai Chili Sauce and Sesame Seeds 9.95

Roasted Red Pepper Hummus

Garlic and Rosemary Scented Grilled Flatbread (Serves 2-4) 12.95

SOUPS & SALADS

Caesar Salad

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

Greek Salad

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

Baked French Onion Soup

Roasted Garlic and Fennel Scented, Woodstock Cheddar and Mozzarella Crust 8.25

Mixed Baby Niagara Greens Salad

Choice of Dressing 7.95

Creamy Clam Chowder

Bacon, Onion, Celery, Carrots, Peppers, Potatoes and Clams
with Herb Croutons 7.95

Chef's Soup of the Day 7.45

Grilled Bosc Pear and Ermite Blue Cheese Salad

Garden Greens and Niagara Ice Wine Vinaigrette 9.95

*Our Chefs celebrate Niagara's abundance and share with you
the joys of farm-to-table dining.
Proudly serving locally sourced farm-fresh ingredients.*

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

ENTRÉE SALADS

Grilled Chicken Caesar Salad

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

Make it a Steak Caesar 19.25

Make it a Tiger Shrimp Caesar 18.25

Grilled Chicken Greek Salad

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

Make it a Steak Greek 19.25

Warm Salmon and Oriental Noodle Salad

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

“ELEMENTS” Rainbow Chicken Salad

Spinach, Watercress, Red Onion, Topped with Grilled Chicken Raspberry Vinaigrette and Niagara Fresh Fruit 19.95

HOUSE FEATURES

Grilled New York Sirloin Steak 6 oz.

Open-faced on Garlic Crustini with Button Mushrooms and French Fries 19.95

Add Crumbled Blue Cheese 1.95

Penne Pasta Carbonara

with Smoked Bacon, Ham, Sundried Tomato and Creamy Parmesan Cheese Sauce 17.95

Teriyaki Chicken Stir Fry

Celery, Bell Peppers, Carrots, Bok Choy, Onion, Bean Sprouts and Crispy Chicken with Soya Ginger Glaze over Chinese Noodles 18.75

Make it Vegetarian 17.25

Gourmet House Made Macaroni and Cheese

Grilled Chicken, Roasted Red Peppers and Four Cheese Crust 17.25

Pepper Berry Rubbed Atlantic Salmon

Lemon Dill Butter Sauce, Vegetable Medley and Potato of the Day 21.95

Herb Crusted Chicken Supreme

Wild Mushroom and Red Wine Glaze Vegetable Medley and Potato of the Day 21.95

Slow Roasted Prime Rib of Beef

Natural Pan Juices, Vegetable Medley and Potato of the Day

“House” Cut—8 oz 26.95

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

SIGNATURE SANDWICHES

Roasted Prime Rib of Beef and Mozzarella Dip

on an Onion Panini with Natural Pan Drippings and French Fries 18.75

Grilled Cajun Chicken Sandwich

with Swiss Cheese, Back Bacon, Honey Grain Mustard Mayonnaise
Lettuce and Tomato, on a Toasted Sesame Bun with French Fries 18.75

Balsamic Grilled Vegetable and Provolone Cheese Wrap

with Lettuce and Tomatoes in a Spinach Wrap
Served with Mixed Greens and Choice of Dressing 17.25

Seafood Salad Croissant

Iced Baby Shrimp, Seafood Flakes, Scallions, Celery and Mayonnaise
on a Croissant with Mixed Greens and Choice of Dressing 18.25

! Chef's Healthy Alternative : Make it a Salad

Smoked Ontario Turkey Breast Ciabatta

Woodstock Cheddar, Lettuce, Cranberry Mayonnaise
on a Ciabatta Bun with Mixed Greens and Choice of Dressing 16.95

Buffalo Chicken Wrap

Breaded Tender Chicken Strips, Tossed in Buffalo Hot Sauce, Lettuce, Four Cheese
with Smoky Ranch Dressing and French Fries 18.25

Char-grilled Burgers

All Burgers Served with Lettuce, Tomato, Onion, Dill Pickle and French Fries

"ELEMENTS" All Beef Burger 14.75

Canadian Bison Burger on Onion Bun 16.25

Veggie Burger 14.25

***Make Any Burger a "Double"** 4.00

***Add to Any Burger** 1.95 Each

Canadian Bacon, Woodstock Cheddar, Guacamole

Grilled Portobello Mushroom, Blue Cheese

VEGETARIAN ALTERNATIVES

Pasta Primavera

Penne with Julienne of Spring Vegetables
and Basil Scented Tomato Sauce 17.25

"ELEMENTS" Signature Mixed Vegetable Plate

Selection of Steamed Garden Vegetables
on Warm Great Lake Wild Rice and Black Bean Pilaf 17.95

SIDE DISHES All 2.95 Each

French Fries

Daily Potato

House Vegetable Medley

Button Mushrooms

Grilled Portobello Mushroom

Prices are in Canadian Funds and Do Not Include Applicable Taxes and Gratuity