

# ELEMENTS

ON THE FALLS RESTAURANT

## NIAGARA PARKS CULINARY'S ..... CHEF ELBERT WIERSEMA

Holland-born Executive Chef Elbert Wiersema C.F.B.E. graduated with a culinary degree in 1985. His journey began at the famous Chez Castel in Paris, France. He then went on to the 45 Park Lane Metropole Casino in London, United Kingdom and Horizons & Cottages, a Relais & Chateau property in Bermuda. During 15 years on the islands he worked for prestigious properties like Elbow Beach Hotel, a Mandarin Resort, Harmony Club and Ariel Sands Hotel. While in Bermuda he graduated as a designated Certified Food & Beverage Executive through the American Hotel & Motel Association.

Upon moving to Canada in 2002, Chef Elbert landed at Niagara Parks' picturesque Queenston Heights Restaurant, featuring a comprehensive selection of local VQA wines and fresh farm fare. He worked with local producers and has created signature dishes using Ontario, Canadian and local products. Chef Elbert is now bringing his unique culinary passion to Elements on the Falls Restaurant which features the freshest ingredients from local farms, where our award-winning Chef expertly prepares Niagara-inspired cuisine right before your eyes.

Chef Elbert has represented Canada at the Toronto Food & Wine Classic as well as many charity culinary events. Niagara Parks is delighted to have Chef Elbert serving you at Elements on the Falls Restaurant, dining as close as you can get to the Falls.

## PROUDLY FEAST ON CERTIFIED .....

Elements on the Falls Restaurant is recognized by the Ontario Culinary Tourism Alliance for leading the way in local food procurement, partnerships and community participation.

Feast ON is a program that certifies restaurants that are champions of Ontario food and drink. By dining at Elements on the Falls Restaurant, you help to support the many growers, producers and craftspeople that make up the province's strong food and agriculture sectors.



The "Certified Taste of Ontario" badge shows locals and travellers alike that we are committed to showcasing Ontario's unique tastes of place.

You can learn more about the Feast ON program by visiting their website at [feaston.ontarioculinary.com](http://feaston.ontarioculinary.com)

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## SOUPS & STARTERS

<b>CHEF'S FEATURE SOUP</b>	created fresh daily	8
<b>ROASTED BUTTERNUT SQUASH BISQUE</b>	baby arugula cream, flat parsley noodle, toasted sunflower seeds	9
<b>VEGETABLES SAMOSAS</b>	aromatic, zesty vegetable filling, accompanied by coriander dip	14
<b>CHICKEN BRUSCHETTA WONTONS</b>	filled crispy wonton pastry, accompanied by peach apricot chutney	14
<b>ARTICHOKE AND SPINACH DIP</b>	with melted Asiago and Woolwich goat cheese, hint of horseradish, St. David's roasted bell peppers	16
<b>COHO SMOKED SALMON ROULADE</b>	cold Canadian smoked salmon, rolled over a VQA Riesling wine cream cheese, butter lettuce and micro greens, roasted Ontario garlic aioli	16
<b>SMOKED MUSCOVY DUCK BREAST</b>	on cognac and peppercorn pate, organic butter lettuce and artisan bread, white balsamic ice wine dressing	16

## SALADS

<b>ASPARAGUS, WOOLWICH GOAT CHEESE &amp; PROSCIUTTO SALAD</b>	organic butter lettuce, toasted sunflower seeds, maple vidal dressing	16
<b>CAESAR SALAD</b>	hearts of romaine, shaved parmesan, bacon bits, croutons, creamy garlic dressing	14
<b>ORGANIC NIAGARA BUTTER LETTUCE</b>	choice of vinaigrette dressing: blueberry baco noir, maple vidal, white balsamic ice wine, peach chardonnay, Italian	11



At Niagara Parks Culinary, we're committed to supporting the many growers, producers and craftspeople that make up Ontario's strong food and agricultural sectors.

Ask your server about our selection of Niagara VQA wines, local craft beers, and the many purveyors who supply our fresh, local ingredients.

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## LUNCH ENTRÉES

<b>BUFFALO CHICKEN WRAP</b>	chicken tenders tossed in buffalo sauce, three-cheese blend, smokey ranch dressing, served with French fries	20
<b>SMOKED TURKEY SANDWICH</b>	all natural smoked turkey on a freshly baked seeded bun, roasted red pepper aioli, Bright's Havarti, steak tomato, crisp lettuce, side of Niagara butter lettuce with maple vidal dressing	21
<b>GREAT LAKES FISH SANDWICH</b>	Northern Ontario rainbow trout and smoked rainbow trout, steak tomato and green slaw on a brioche bun with Dijon mustard and a side of Niagara butter lettuce with ice wine vinaigrette	22
<b>GRILLED VEGETABLES AND CANADIAN BRIE SANDWICH</b>	creamy brie with grilled marinated vegetables on a leek and parmesan bun, with a side of Niagara butter lettuce with blueberry baco noir dressing	22
All burgers served with French fries		
<b>CHAR-GRILLED ELEMENTS BURGER</b>	hand-formed Canadian beef, on a brioche bun, with crisp lettuce, steak tomato, onions and pickle spear	20
<b>NIAGARA BURGER</b>	hand-formed Canadian beef on a brioche bun, with Portobello mushroom, concord gorgonzola, crisp lettuce, steak tomato, onions and pickle spear	22
<b>PARKS BURGER</b>	vegetarian burger on a brioche bun topped with guacamole, crisp lettuce, steak tomato, onions and pickle spear	19
<b>ADDITIONS &amp; SUBSTITUTIONS</b>	Add cheese or bacon to any burger or sandwich Substitutions for French fries: House Salad Caesar Salad	2 4 5
<b>VEGETABLE STIR FRY</b>	medley of vegetables, Udon noodles, soya ginger glaze	23
<b>GRILLED CANADIAN 6 OZ. STRIPLOIN STEAK</b>	parmesan and porcini powder dusted shoe string fries, served with a side of Niagara butter lettuce	26
<b>GRAIN-FED CHICKEN BREAST PARMESAN</b>	butternut squash bauletti pasta, grilled eggplant, zucchini and peppers, locally sourced vegetables, roasted red pepper sauce	24
<b>CANADA 150 MAPLE LEAF RAVIOLI</b>	ricotta and spinach ravioli topped with lemon garlic shrimp, lobster cream sauce, locally sourced vegetables	26

All Prices are quoted in Canadian funds and do not include applicable tax or service fee.



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## SWEET ENDINGS .....

### NIAGARA SPY APPLE BARGE

warm cinnamon-scented apples and raisins over French vanilla ice cream in a filo pastry basket, Chantilly cream

11

### CANADA 150 MAPLE CHEESE CAKE

cinnamon graham crust, drizzled with Canadian maple syrup

11

### WHITE CHOCOLATE CRÈME BRÛLÉE

synergy of cream, eggs, sugar and white chocolate

10

### THE MELTING ROCK

raspberry sorbet, graham tartlet with local fruit and cherry liqueur sponge cake nestled inside a white chocolate dome

14

### CHARCUTERIE OF DESSERTS FOR TWO

selection of mini crème brûlée, macarons, maple cheesecake, daily gelato

19

### TRIO OF GELATO WITH FRUIT

your server will be pleased to advise daily selection

7

## LOCAL FOOD PURVEYORS .....

Read on to learn about the many local growers and producers that help us to prepare fresh Ontario ingredients for visitors from around the world:

### ACE BAKERY

Our flatbread is produced by Ace Bakery in Toronto, Ontario, Canada.

### MOUNTAIN OAK FARMSTEAD

Mountain Oak Farmstead premium Canadian cheese is a creamy, tasty cheese, made with the freshest milk possible, minutes after the last cow in their herd is milked. Mountain Oak is located in New Hamburg, Ontario.

### SLEGERS GREENS

Slegers is a family-owned greenhouse operation located at the edge of Strathroy, 20 minutes west of London and have been producing greens since 1987. They grow their greens with the roots attached for the freshest, raw food available.

### FORTY CREEK WHISKY

Forty creek distillery was started in Grimsby, Ontario in 1992. This outstanding BBQ sauce is infused with Forty Creek Whisky and has a rich, bold flavour that harbours flavours of honey, vanilla and toasty oak.

### ST. DAVID'S HYDROPONICS

St. David's Hydroponics has been growing peppers in Ontario since 1985; they believe that their carbon footprint should be as close to zero as possible.

### RAINBOW TROUT

Our trout is sourced from northern Lake Huron, one of Ontario's most picturesque settings, in a part of the lake that is both sheltered and still has the necessary cold water flow.

### LA SALETTE NORFOLK COUNTY

Our salad ingredients are from locally sourced products through La Salette Norfolk County.

### NIAGARA FOOD SPECIALTIES

Niagara Food Specialties (Pingue Cappicola) are local artisan producers of traditional hand crafted cured meats. Niagara Food Specialties is located in Queenston, Ontario.

### 100KM FOODS

100km Foods sources local charcuterie cured meats and Ontario cheese including Thornloe Cheese and Bright Havarti Cheese.

### NIAGARA VINEGAR

House-made vinaigrettes are made with locally sourced fruits and flavoured vinegars from Niagara Vinegar in St. Catharines, Ontario.

### THE BUTCHER SHOPPE

The Butcher Shoppe is a Southern Ontario family run Meat Purveyor that started in the Kensington Market over 30 years ago and maintain doing things the old fashioned way. They source as much local product as possible to custom cut steaks, roasts and to further process in their smoke houses.

### QUEENS PASTA

The pasta is made by Queens Pasta, from Toronto, Canada, with the finest ingredients available. For the last 20 years, Queens Pasta has been committed to creating the best and freshest pasta products, using only Canadian flour and fillings.

### WOOLWICH DAIRY INC.

Woolwich Goat Cheese is produced in Orangeville, Ontario by Woolwich Dairy Inc. with all natural ingredients.

