

## SALADS

Quinoa (s) 9 (l) 12  
Toasted quinoa and mixed greens with red onions, roasted red peppers, pickled jalapenos, tomatoes, cucumbers, olives & feta cheese finished with a lemon herb dressing.

Mixed Greens (s) 8 (l) 11  
Field greens with red onions, carrots, and preserved tomato with a choice of balsamic vinaigrette or lemon herb dressing

Add Chicken 5 / Add Steak 8

## SOUPS

Soup of the Day 6.50  
Choice of daily made vegetarian or traditional (meat) soups served with fresh baked bread

Soup, Salad and Bread 10  
Daily soup served with your choice of side salad and fresh bread (Quinoa, or Mixed Greens)

## BURGERS

served with lettuce, tomato, onion, pickle, mayo, and mustard 9  
locally raised beef  
grilled local chicken breast  
or mushroom and almond Veggie patty

## Customize

Angry (add pickled hot peppers and jalapeno mayo) 2

Add bacon or cheese 2

Add a fried egg 1

## SANDWICHES

Club Sandwich 9  
Roasted chicken, mustard, tomato jam, cheddar cheese, bacon, and lettuce served on foccacia

Prime Rib 11  
Shaved garlic/rosemary roast beef and greens on toasted baguette

Cubano 9  
Slices of pork loin with pickled onions, swiss cheese and pickles on thick cut french bread

Grilled Cheese 9  
Check the specials board for this weeks flavour

Breakfast on the run 5  
Toasted English muffin, egg, bacon, cheddar cheese

## ADD A SIDE

Herb roasted potatoes 2

Salad 4

Soup 4

## DINNER

Daily Pasta & Garlic Bread 9  
Vegetarian 10  
Traditional (contains meat)

All day breakfast 10  
2 Natures Farm eggs, bacon, hash browns, toast and house jam.

## DESSERTS

Baked fresh daily (may include) 6  
cookies and milk  
cheese cake stuffed eclairs  
lemon meringues

## BRUNCH

(available only on Saturdays, Sundays and holidays)

## SNACKS

Grilled pita and dips 7.50  
baba ganoush & hummus served with warm pita

Corn tortillas and salsa 5

## BEVERAGES

Drip coffee 3

Espresso 3

Americano 3

Cappuccino 3

Steamer 3

Café latte 3.50

London fog 3.50

Mocha latte 4

Hot chocolate 3.50

Loose leaf tea 2.50

Slow brewed coffee 3.50

House-made Iced tea 2.25

Pop (Coke, Diet Coke, Sprite, Barq's) 2.50

Fentiman's 3.50

Tropicana Juice (apple or orange) 2.50

## SMOOTHIES

6

A) Blueberries, yogurt, banana and green tea

B) Strawberry, banana, orange and yogurt

C) Spinach, apple, mango, mint and soy milk

## TONICS

6

Hangover: greens, parsley, apple, celery, lemon, and ginger

Energy: orange, strawberry, blueberry, banana, and hemp hearts

Stress: carrot, cucumber, apple, cranberry, and chamomile tea

Detox: carrot, beet, ginger, apple, and echinacea

## BEER

st.James DRAFT (pint) 6 (pitcher) 19

Little Scrapper DRAFT (pint) 6 (pitcher) 19

Half Pints (st.James / Little Scrapper / Bulldog) 5

Mill Street Organic Lager 6

Original 16 Light Lager 5

Bottle Rocket ISA 5

Honey Dew Organic (500ml) 8

Mystery Can (500ml) 8

HOUSE MIXED SANGRIA (glass) 8 (1/2 L) 19

Red: wine • liquors • juices • soda

White: wine • citrus • fruit • soda

## RED WINE

6oz / 9oz / bottle

10 / 13 / 38 Pascual Toso: malbec, Argentina

8 / 11 / 32 Ventisquero: pinot noir, Chile

9 / 12 / 36 Cono Sur: cabernet/carmenier, Chile

## WHITE WINE

6oz / 9oz / bottle

7 / 9 / 25 Sycamore Lane: pinot grigio, USA

8 / 11 / 32 Ventisquero: sauvignon blanc, Chile

/ 36 Alconde: unoaked chardonnay, Spain

Henkell Trocken (200ml)

9

for more information  
call us: 204.786.9237  
follow us on twitter: @elements204  
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## Welcome to Elements, operated by Diversity Food Services.

Diversity Food Services is a joint venture of the University of Winnipeg's Community Renewal Corporation (UWCRC) & SEED Winnipeg to deliver excellent food services to the University of Winnipeg

We are dedicated to sourcing the best tasting local ingredients in season. We connect directly with growers and producers at their farms and gardens, then we carefully choose those purveyors who are responsible stewards of the land and of the people that they employ. We practice artisanal techniques: we butcher, brine, cure, smoke and bake using a contemporary approach and traditional sensibility.

Food is lightly handled to preserve its natural flavours.

This means that we can tell you what's truly in the food that's on our plates, and how it was prepared.

Our soups are made from our stocks  
Our mustard is made from vinegar and spice  
House bread is made from organic flour  
Our fries are made from local organic russet potatoes  
Our pickles are made from cucumbers  
Our sauces are made from local tomatoes

We believe that this makes all of the difference in how great food can taste, and how it can help fuel your body and mind.

Fresh . Local . Delicious

