



Breakfast

Elements Continental Buffet 16 Chef Maniaci's selection of seasonal fruits, deli meats, domestic cheeses, home baked muffins, croissants and danish pastries, assorted breakfast cereals, yoghurt, and hot oatmeal
Elements Breakfast Buffet 21 It's early so leave the decision making to us. Our Continental Breakfast with the addition of an excellent hot item selection that includes Valbella breakfast sausages, maple bacon, scrambled eggs, hash-browned potatoes and Chef's omelets station
Buffets - Include your choice of coffee or tea, and juice

~ from the kitchen ~

Delta Canadian Classic 17 two omega pro eggs any style, baby red potatoes & toast your choice of bacon, ham or sausage. includes one of the following: juice, coffee, or tea
Fire Grilled Steak and Eggs 22 grilled ribeye, two omega pro eggs any style baby red potatoes & toast
E-Bistro Omelette 16 three egg omelette, coppa air-cured ham, monteray & aged cheddar cheese baby red potatoes & toast
Traditional Eggs Benny 16 two eggs, canadian back-bacon, english muffin, hollandaise, baby red potatoes, & seasonal fruit add smoked salmon \$2.00
Florentine Benny 17 two eggs, english muffin, baby spinach, shallots, hollandaise, baby red potatoes & seasonal fruit
Huevos Rancheros 16 corn-tortilla, two eggs any style, salsa fresca, guacamole, sour cream, monteray jack cheese, served open faced and with your choice of bacon, ham, or sausage

~ from the iron ~

Rita's Signature Flapjacks 14 choose from three large buttermilk pancakes or highwood crossing flax seed pancakes, maple syrup, your choice of bacon, ham or sausage
Vanilla Scented Waffle or French Toast 14 fresh berries, whipped cream, your choice of bacon, ham or sausage
Chocolate and Banana Filled French Toast 14 chocolate hazelnut spread, bananas and whipped cream

Our Kitchen is Your Kitchen

Special requests for off the menu items and/or changes to preparation methods are easily accommodated



~ lifestyle fare ~

Heart Smart	16
scrambled low-cholesterol eggs seasonal fruit, elements 7-Grain toast	
Yoghurt Parfait	9
seasonal fruit salad, plain yoghurt, cassis, highwood crossing organic granola	
Healthy Start	16
selection of seasonal fruit, yoghurt or cottage cheese, highwood crossing flax seed muffin	
Swiss Muesli	9
highwood crossing old fashioned rolled oats, coconut, raisins, diced dates, skim milk, bananas and strawberries	

~ on the side ~

bacon, canadian back bacon or smoked maple ham or sausage	4
baby red potatoes	4
hot oatmeal	6
choice of toast	3
bagel	3
bagel with cream cheese	6
bakery basket	8
one egg any style	3
two eggs any style	6

~ eye openers ~

second cup regular or decaffeinated coffee	3.50
selection of herbal or regular teas	3.25
espresso	3.50
cappuccino	4.50
café latté	4.50
glass of tropicana fruit juice	4.50

~ Elements Bistro Events ~

Plases inquire with your server for more information

Tuesday thru Friday - “On the Run” lunch buffet from 11:30am-2pm, only \$15.95 per person

Wednesday & Saturday Nights - “Italian Night Buffet”, only \$21.95 per person

Sunday Brunch – Served from 11:00am-2pm every Sunday, only \$27.95 per person

~ Elements Lounge Events ~

Tuesday-Thursday - Live Entertainment starting at 5pm

Happy Hour Special Monday-Friday from 4pm-6pm

Come and enjoy cocktails with all your friends!

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