



Comfort Plates

Menu available from 2:00 pm to 11:00 pm

Salt & Pepper Chicken Wings

1 lb. of chicken wings tossed in sea salt & cracked pepper garnished with celery
\$12

Hot Wings

1 lb. of chicken wings tossed in our signature dry rub
\$12

Nachos

Great for sharing. Crispy tortilla chips layered with melted cheese, tomatoes, green onions, jalapeno peppers
Served with sour cream, salsa & guacamole
\$16

Add ground beef or chicken fajita for \$3

The Mediterranean

Trio of dips, grilled flatbread with zahtar spice, roasted garlic hummus, mediterranean ratatouille, red pepper and feta – great on your own or shared
\$14

Pizzas & Pastas

Diavola

Ziti pasta, chicken, shrimp & fresh tomato, Madagascar peppercorn cream sauce
\$18

Melanzane

Pappardelle pasta, marinated eggplant, button mushrooms, bocconcini, tomato basil sauce
\$18

Spolumbo's Pizza

Spolumbo's Italian sausage, double smoked bacon, tomato basil sauce & fontina cheese
\$18

Margarita Pizza

Italian sundried tomatoes, buffalo mozzarella cheese & tomato basil sauce
\$18

Canadese

Valbella pepperoni and double smoked bacon, mushrooms, mozzarella cheese & tomato basil sauce
\$18



Small Plates

Menu available from 2:00 pm to 11:00 pm

Homemade Soup

Prepared daily with the freshest ingredients
\$6

Elements Seafood Chowder

Scallops, shrimp, salmon, mussels, clams &
Yukon gold potatoes
\$9

Baked Three Onion & Grasshopper Ale Soup

Three varieties of roasted onions, finished with
Alberta's big rock grasshopper ale,
Sylvan lake gouda & mozzarella
\$9

Organic Five Greens

Roasted tomato, local feta, & marinated olives, herb
vinaigrette
\$9

Steak and Greens

Grilled 6oz flat iron, organic vine ripe tomatoes with madagascar peppercorn dressing
\$14

Caesar Cardini

Hearts or romaine radicchio, fococcia crustini, grana padano, roasted garlic vinaigrette
\$10

Cherry Tomato Bruschetta

Extra virgin olive oil, shaved grana padano,
baby basil & Tuscan loaf
\$9

Prawns with Spicy Mango Salsa

Mustard oil, mizuna, spruce grove potato chips
\$14

Grilled Vegetables and Prairie Mushroom Ragout in Phyllo

Sweet cabernet sauce and gorgonzola
\$14

House-made Gravlox

Sweet onion loaf, watercress, roasted caper and
artichoke relish
\$14



Large Plates

Menu available from 2:00 pm to 11:00 pm

All sandwiches include a choice of fries,
market salad or daily soup.
Substitute our famous treviso for \$2.

Sandwiches

Black Angus Burger

Vine-ripened tomatoes, red leaf lettuce, onions, aged cheddar, double smoked bacon, roasted garlic mayonnaise on a ciabatta bun
\$16

Chicken Parmesan Panino

Breaded breast of chicken, parmesan mayo, provolone cheese, tomato & onions on a ciabatta bun
\$14

Fire Grilled Ribeye Sandwich

Grilled 6oz Alberta AAA ribeye served open-faced on focaccia
with carmelized onions
\$18

Add Alberta springs whiskey au jus and wild mushroom ragout \$3

The Mediterranean Wrap

With zahtar spice, roasted garlic hummus, mediterranean ratatouille, lettuce, tomato, onion, cucumber, and chicken
\$14

Bison Meatloaf

Wild mushroom with Saskatoon berry demi,
roasted garlic mashed and medley of vegetables
\$21