



ELEMENTS

BREAKFAST

KOOTENAY CLASSIC

2 eggs served with your choice of pork bacon or chicken sausage, white, whole wheat or marble rye toast, herb & garlic wedges

COPPER POINT BENNY

2 poached eggs on an English muffin, back bacon, hollandaise, and herb & garlic wedges

SMOKED SALMON BENNY

2 poached eggs on an English muffin with smoked coho salmon, spinach, hollandaise, and herb & garlic wedges

ENGLISH BREAKFAST

2 eggs, 2 pieces pork bacon, 2 chicken sausages, fresh tomato, sautéed mushrooms, baked beans, herb & garlic wedges

B.E.L.T.

Fried egg, bacon, lettuce, tomato, and cheddar cheese on marble rye. Served with herb & garlic wedges

COPPER EGGER

2 fried eggs, cheddar cheese, maple bacon, and mayo on a soft brioche bun. Served with herb & garlic wedges

OMELETTES

All omelettes served with herb & garlic wedges and your choice of white, whole wheat, or marble rye toast

Cheese

Mozzarella & parmesan

Copper

Onions, mushrooms & spinach

Add Bacon
or cheese
\$1 each

BREAKFAST BRUSCHETTA

2 poached eggs and mushroom bruschetta on sourdough toast

Full **18**
Half **12**

BUTTERMILK PANCAKES

Fluffy buttermilk pancakes topped with whipped cream and maple syrup, served with your choice of pork bacon or chicken sausage

Full **18**
Half **12**

20 BRIOCHE FRENCH TOAST

Thick-cut brioche cooked to perfection with mascarpone, berry compote, and whipped cream. Served with your choice of pork bacon or chicken sausage

3 Stack **17**
2 Stack **12**

SIDES

1pc Egg | 2pc Toast | 1pc Pancake

2 Each

2pc Gluten free | Sourdough toast

3 Each

Fruit bowl | 2pc Chicken sausage

5 Each

3pc Pork bacon | Herb & garlic wedges

BEVERAGES

COFFEE

Brewed coffee | Americano

4

Latte | Cappuccino

4

Espresso

single **3** | double **4**

TEAS

Chamomile | Earl grey | English

4

Breakfast | Green tea | Mint | Chai |

Mango | Passionfruit | Orange pekoe

JUICES

Orange | Apple | Cranberry |

4

Pineapple | Grapefruit | Clamato

After 9am

Mimosa
9

Signature Caesar
15



Can be GF

please notify your server of any dietary restrictions or allergies

Prices Do Not Include Applicable Taxes
Groups of 8 or More Are Subject to an 18% Auto-Gratuity Charge



ELEMENTS

TO START

KALE CAESAR SALAD

18

In-house caesar dressing, rendered bacon bits, parmesan crisp and croutons

ELEMENTS CAPRESE

18

Marinated cherry tomatoes with arugula, ricotta cream, balsamic pearls and basil oil

"ASIAN" TUNA SALAD

20

3oz Seared Ahi tuna with kale, cucumber, carrots and lemongrass dressing

CRISPY CHICKEN WINGS

24

1lb Chicken wings - choice of hot sauce, barbeque or lemon pepper

PEI MUSSELS

24

½lb Steamed in fresh basil & lemongrass cream with spinach & cherry tomatoes

TUNA TATAKI

20

Seared Ahi-tuna with avocado puree, pickled ginger, crispy nori and grapefruit-ponzu pearls

PORK BELLY TACO

22

Gochujang braised pork, coleslaw, mango-jalapeno salsa, pickled onions and banana peppers

SHRIMP TEMPURA TACO

24

Avocado crema, gochujang lime aioli, arugula, pickled onions and banana peppers

THE CLASSICS

CREAMY CARBONARA

24

Linguini, crispy maple bacon & parmesan cheese & baguette

LASAGNA BOLOGNESE

24

Slow-cooked bolognese with creamy béchamel & parmesan cheese

ZUCCHINI CANNELLONI

20

Spinach & ricotta stuffing with napoletana

FISH & CHIPS

27

2 5oz Tempura battered cod loins, coleslaw & tartare sauce

CHICKEN KARAAGE BURGER

25

Crispy Japanese chicken marinade, kimchi slaw, tomato & black garlic aioli

CLASSIC BURGER

24

6oz House made burger patty, tomato, onions, butter-leaf lettuce & pickles

BEETS & BEAN BURGER

20

Garlic aioli, avocado, butter-leaf lettuce, tomatoes and pickles

PRIME RIB MELT SANDWICH

35

Thin sliced prime rib roast, garlic aioli, coleslaw, braised onions & mild cheddar cheese on a sourdough toast



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Dairy-free



Vegetarian



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MAINS

PAN SEARED SALMON  39
6oz With roasted baby potatoes,
seasonal vegetables, creamy fennel
& miso sauce

BRAISED LAMB SHANK  38
Moroccan inspired lamb with saffron
rice & seasonal vegetables

CHICKEN CONFIT  32
Slow-cooked in garlic-thyme oil with
buttermilk mashed potatoes,
seasonal vegetables & port wine
gravy

SWEET INSTINCT

ALL ABOUT CHOCOLATE  14
Chocolate cake, mousse & ganache
topped with whipped cream

BAKED ALASKA  14
Figs financier, strawberry compote &
basil ice cream, toasted meringue

POACHED FRUIT 14
Spiced poached pears, vanilla cream,
crumble & hibiscus gelato

HOUSEMADE GELATO 5
Scoop of basil, hibiscus or cherry
tomato

SORBET 5
Scoop of Mango or Strawberry

6oz **TENDERLOIN**  52

10oz **RIBEYE**  52

10oz **NEW YORK STRIPLOIN**  48

All steaks are served with a
choice of starch, creamy
peppercorn "or" bordelaise
sauce & seasonal vegetables

KIDS MENU

CHICKEN STRIPS 15

FISH & CHIPS 15

PLAIN BURGER 13

GRILLED CHEESE 10

MAC & CHEESE 10

ADD ONS

6oz **SALMON** 18

6oz **CHICKEN BREAST** 14

3pcs **TIGER PRAWNS** 14

TRUFFLE PARMESAN FRIES 8

SWEET POTATO FRIES 8

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