



classic breakfast

Two free run eggs any style,
elements signature potato tartlet with chive sour cream,
artisan breads & your choice of:

Roasted tomatoes 16

Portobello mushrooms 16

Double smoked bacon or Duck sausage 18

Substitute a bagel, croissant or
gluten free bread - add 3

benedicts

Two poached free run eggs, toasted English muffin,
elements signature potato tartlet with chive sour cream:

Canadian back bacon, citrus hollandaise 18

Tomato & avocado, aged cheddar,
pesto hollandaise 18

Sautéed spinach, goat's cheese, sundried tomato
hollandaise 18

BC smoked salmon, crispy capers
& citrus hollandaise 20

Haida Gwaii, BC Dungeness crab
meat, citrus hollandaise 21

Traditional french toast - french bread
sliced & fried golden, with real Canadian
maple syrup 16

Healthy hash, butternut squash, cherry
tomatoes, roasted peppers, red onions
& kale topped with 2 poached eggs
& sundried tomato pesto 19
- sub tofu for eggs, add 1
- add chorizo add 4

Corn fritters topped with fresh spinach,
pancetta, 2 poached eggs, hollandaise &
tomato relish 19

Toasted sesame bagel & cream cheese 8
with smoked salmon & crispy capers add 6



on the side

Roasted **Portobello mushrooms** or **tomatoes** 4

Canadian **back bacon** or **honey ham** 5

Free run **egg** or Artisan **toast** 4

Pure Canadian **maple syrup** 4

Double **smoked bacon** 5

Chive sour cream topped **potato tartlet** 4

Bacon or **apple pork bangers** 5

Smoked **duck sausage** or **smoked salmon** 6