

100  
elements

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## small courses

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### **Caramelized Parsnip and Coconut Soup**

Parsnip bhajis

### **Kale Caesar Salad**

Classic garlic dressing, crisp double-smoked bacon,  
Grana Padano

### **Wild Mushroom Linguini**

Linguini pasta with sautéed mushrooms  
in a cream sauce

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## entrees

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### **Pepper Steak**

AAA Alberta striploin cooked to your liking,  
brandy peppercorn sauce

### **Curried Chicken Kiev**

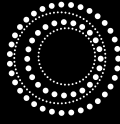
Squash Sag Aloo

### **Fillet of Pickerel 'Au Pistou'**

Pan-seared fillet served with a Provencal flavoured broth

### **Butternut Squash Risotto**

Finished with Mascarpone cheese



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## INDULGENCES

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### **Earl Grey Chocolate Torte**

Triple sec macerated berries, Chantilly cream

### **Classic Tiramisu**

Coffee flavoured zabaglione mixed with mascarpone, whipped cream and sponge fingers

### **Financiers**

Salted angel delight, Dulce de Leche and Orangecello syrup

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### **Coffee & Tea**

See our specialty coffee and tea menu for more options

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## OUR STORY

100 Elements was born out of a desire to serve the best regional foods, Canadian wines and beers, and seasonal fare.

This is a classroom setting. Your unique dining experience is also a student learning environment.

**We believe food is more than just a meal... it is a culinary experience.**

Share your comments and rate us on Trip Advisor.



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### **Allergy Alert**

Please inform your server of any allergies. Although we will make every attempt to prepare your food according to your restriction, we cannot make any guarantees.