



100
elements

MENU #1 – FRENCH BISTRO

Classic French Onion Soup - \$8

Rich, slow-cooked beef and onion broth, toasted baguette and melted Gruyère cheese

Twice Baked Old Cheddar Cheese Souffle - \$8.25

Mixed greens and herb vinaigrette

Croustade of Wild Mushrooms on Grilled Focaccia - \$7

Crispy focaccia, sautéed wild mushrooms in a savoury herb cream

Chicken Thighs a la Crème - \$17

Oven roasted chicken, glazed carrots, turnips, parsnips, turned potato, velouté cream sauce

Filet of Trout Meuniere - \$16

Pan fried fillet of trout with a brown butter sauce

Mixed Grill (Gluten Friendly) - \$20

Medallions of pork, beef and a lamb chop, served with a watercress sauce

Steak Frite, Café de Paris Butter (Gluten Friendly) - \$20

Top sirloin steak with Café de Paris Butter and French fries

Tian Ratatouille, with a Piperade (Vegan) - \$12

Layered Provençal vegetables, Basque-style sauce, peppers, tomatoes, and onions

Chocolate Pate (Gluten Friendly) - \$8.50

A classic dessert with a twist

Glazed Lemon Tart - \$8

Brûlée lemon tart in a sweet dough

Seasonal Clafoutis (Gluten Friendly) - \$7

French dessert baked with seasonal fruit and a hint of vanilla

OUR STORY

100 Elements was born out of a desire to serve the best regional foods, Canadian wines and beers, and seasonal fare. We believe food is more than just a meal... it is a culinary experience. Share your comments and rate us on Trip Advisor.

