



100  
elements

## Amuse

*Chef's Creation*

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## Appetizers

### Fall Corn Velouté

*Glass Potato Chip & Chive Oil*

### Roasted Fruit, Candied Pecan & Blue Cheese Salad

*Herb Crostini & Shallot Vinaigrette*

### Chèvre Cheesecake

*Onion Marmalade & Red Currant Jelly*

### Atlantic Lobster Ravioli, Pea Emulsion

*Lobster & Pea Shoot Salad*

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## Sorbet

*Refreshing Palate Cleanser*

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## Entrées

### Cacao Nib & Fennel Seed Crusted Pork Tenderloin \$40

*Fall Succotash*

### Fillet of Pike-Perch Au Pistou \$45

*Pan-Seared Fillet, Provençal Flavoured Broth*

### Pepper Steak \$50

*Bacon Tuile & Demi-Glace*

### Roasted Rack of Lamb Persillade \$50

*Eggplant & Cherry Tomato Terrine*

### Classic Roast Chicken \$45

*Savory Bread Pudding & Pan Jus*

### Pan-Seared Duck Breast \$48

*Blackberry & Onion Jus*

### Butternut Squash Risotto \$38

*Cinnamon & Basil Oil*

*Seasonal Vegetables & Starch of the Day*





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Please remember this is a classroom setting.  
Your unique dining experience is also a student learning environment.

## Desserts

### Vanilla Meringue & Lemon Curd Pavlova

*Raspberry Coulis, Seasonal Berries*

### Caramel Pudding

*Vanilla Bean Ice Cream*

### Apple Tart Tatin

*Bourbon Butter Pecan Ice Cream*

### Flourless Chocolate Cake, London Fog Ice Cream

*Raspberry Coulis, Seasonal Berries*

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## Our Story

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*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.*

### 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.

