



100  
elements

**Menu items are limited.**

**Please remember this is a classroom setting.**

Your unique dining experience is also a student learning environment.

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## small courses

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### **Spicy Vegetarian Peanut Soup**

A fiery vegetarian velouté

### **Heirloom Tomato Caprese Salad**

Traditional recipe with heirloom tomatoes, goat cheese, parmesan crisp

### **Warm Salad with Fish n' Chips**

Mesculin lettuce, Allumette fries, Dijon vinaigrette

### **Crispy Pork Belly**

Watermelon, arugula, serrano mint vinaigrette

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## entrées

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### **Pan-Seared Cocoa-Dusted Beef Tenderloin**

Highlander stout, dark chocolate-rosemary sauce

### **Braised Alaskan Pollock**

Alaskan Pollock, baby spinach  
Coconut and sweet potato curry sauce

### **Chicken Breast with Lentils à la Française**

Oven roasted chicken breast, Puy lentils, celeriac purée,  
red wine sauce

### **Wild Mushroom Gnocchi**

Hand rolled potato gnocchi, onions, shallots,  
sweet peppers, roasted garlic cream sauce



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## INDULGENCES

### **Salted Caramel Tartlet, Chocolate Ganache**

Salted pretzel crust, caramel filling, chocolate ganache

### **Viennese Apple, Rum and Raisin Strudel**

Vanilla bean ice cream

### **Pecan Pie Bread Pudding**

Maple Crème Anglaise

### **Chocolate Swirl Meringues**

Fresh berries, white chocolate sauce

### **Coffee and Tea**

See our Specialty Coffee and Tea menu for more options

### **Friandise**

A tasty morsel to complete the meal

## 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.

### **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.

