



100
elements

Menu items are limited.

Please remember this is a classroom setting.

Your unique dining experience is also a student learning environment.

small courses

Thai-Style Pumpkin Soup

Puréed soup flavoured with coconut milk,
garnished with toasted pumpkin seeds

Deconstructed Shrimp Cocktail

Trio of sauces
Classic cocktail, Marie Rose, and Tequila spiced sauces

Polenta, Wilted Spinach and Wild Mushrooms

Roasted red pepper, mascarpone cheese infused cream sauce

Classic Caesar Salad with a Twist

Romaine leaves wrapped in a parmesan tuile,
double smoked bacon crisp and garlic dressing

entrées

Cacao Nib and Fennel Encrusted Pork Tenderloin

Fall succotash, white wine cream sauce

Lamb Loin Wellington

Deconstructed lamb Wellington, duxelle of mushroom and chestnut
Minted red wine demi-glace sauce

Olive Oil Poached Salmon

Zucchini ribbons, tomato passata, and pickled red onions
Red pepper sauce

Acorn Squash and Tofu Ratatouille

Firm tofu, variety of fall vegetables, garlic, tomato concassée, maple syrup
and fresh basil served in an acorn squash



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INDULGENCES

Apple Galette

Goats cheese vanilla ice cream

Sous-Vide Crème Brulée

Fresh fruit, gluten-free lemon Madeleine

Chocolate, Orange and Almond Tart

Orange and almond tart, orange flavoured chocolate ganache

Sticky Toffee Pudding

Highlander blacksmith smoked porter butterscotch 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..

