

HEARTY ELEMENTS

Hot Breakfast Entrees



- ELEMENTS GRIDDLE CAKES WITH PECAN CINNAMON BUTTER**
three buttermilk griddle cakes with local maple syrup and pecan butter 4.00
- HOUSE SMOKED SALMON FRITTATA**
smoked salmon, red onion, fontina cheese and spinach 4.75
- EGGS BENEDICT**
poached eggs, rosemary ham, ciabatta and hollandaise sauce 5.50
- CINNAMON FRENCH TOAST WITH APPLE BUTTER**
grilled cinnamon battered ciabatta, apple butter and local maple syrup 4.00
- SPINACH AND WILD MUSHROOM OMELET**
spinach, wild mushrooms, swiss cheese 5.00
- BREAKFAST COMBO**
potato pancakes, rosemary ham and applewood-smoked bacon, two eggs any style, choice of toast 7.50
- TWO EGG PLATTER**
two eggs any style, sausage or applewood-smoked bacon, home fried potatoes, choice of toast 7.00

SANDWICH ELEMENTS

Breakfast Sandwiches



- BACON AND EGGS ON TOASTED SESAME KAISER BUN**
two eggs any style, applewood smoked bacon, amish cheddar or american cheese 5.50
 - WESTERN PITA PIZETTE**
eggs, green pepper, onions, ham, amish cheddar, toasted pita bread 6.00
 - GRILLED VEGETABLES AND EGGS QUESADILLA**
scrambled eggs, peppers, onions, portobella mushroom, mozzarella cheese, salsa 5.50
 - SMOKED TURKEY AND EGG CROISSANT**
two eggs any style, smoked turkey, fontina cheese, spinach walnut pesto 5.50
- A LA CARTE ELEMENTS**
- BREAKFAST MEATS**
maple pork sausage, turkey sausage, applewood-smoked bacon 2.50
 - HOME FRIED POTATOES** 2.00
 - TWO EGGS ANY STYLE** 3.00
 - FRESH FRUIT CUP** 2.25
 - TOAST** 1.50

LIGHTER ELEMENTS

Pastries, Fruits, Cereals, Yogurt



- CHEESE BLINTZES**
sweet cheese stuffed crepes with fig and honey syrup 4.25
- STEEL CUT IRISH OATS**
warm apples, cinnamon butter, brown sugar small 2.75 | large 3.75
- HOMEMADE GRANOLA CEREAL WITH BERRIES**
Elements homemade granola mix, seasonal berries 3.75
- YOGURT AND GRANOLA**
yogurt, Elements homemade granola mix 3.75
- BAGEL, DANISH, or MUFFIN** 2.00

BEVERAGE ELEMENTS

Coffee, Tea, Fruit Juices, Hot Chocolate



- COFFEE**
Elements special roast and special roast decaffeinated from Phoenix Coffee 2.00
- TEA**
selected tea and herbal varieties 1.50
- HOT CHOCOLATE** 2.00
- SELECT FRUIT JUICES** 1.75

signature item locally sourced

Elements is proud to serve only cage free eggs