

FOR THE TABLE

3 FOR \$30 DURING HAPPY HOUR WEEKDAYS 3-6PM

AHI TUNA CRUDO (Gf)	\$18	FRIED BRUSSEL SPROUTS (V) ♥	\$16
TOASTED NORI // GINGER GEL // YUZU & LEMONGRASS VINAIGRETTE // GRAPEFRUIT PEARLS		MAPLE GASTRIQUE // CHILI // CAPERS // LEMON // BROKEN NUTS	
INDIAN STREET CORN (Gf) (V)	\$15	TACOS (MEAT OR VEG OPTIONS) (Gf) ♥	\$17
KASHMIRI // CHAAT MASALA // CUMIN // HOT & SWEET // MINT & CUCUMBER RAITA		PORK CARNITAS // JICAMA SHELL // SWEET + SPICY CHUTNEY // CILANTRO CREMA // PICKLED RED ONION	
AVOCADO TOAST (V)	\$12	BEEF TATAKI	\$18
YUZU // COMPRESSED PEAR // SOURDOUGH // EDAMAME // CHILI // RADISH		SWEET SOY // GARLIC CHIPS // SESAME // GINGER GEL // CHILI // RADISH	
BABY KALE SALAD (Gf)	\$15	BROC N' ROLL TOAST (V)	\$12
BACON VINAIGRETTE // PICKLED RED ONION // CUCUMBER // CARROT // SPICE ROASTED HAZELNUTS (ADD CONFIT CHICKEN \$6 TROUT OR STEAK \$8)		CHARRED BROCCOLINI // RICOTTA // LEMON // HOT HONEY // SPICED HAZELNUTS	
FONDUE PARMESAN SQUARES (3) (V)	\$15	BAO (3) (MEAT OR VEG OPTIONS) ♥	\$16
AND CHEF'S GARNISHES		STEAMED BUN // GOCHUJANG MAYO // 5 SPICE PORK BELLY // CILANTRO // CARROT // JAPANESE SWEET PICKLES // YUZU PEARLS	
AVOCADO & SCALLION SLAW	\$14	BROCCOLINI ♥	\$16
RED ONION // PEAR // JICAMA // CARROT // RADISH // SESAME SOY VINAIGRETTE		MISO CASHEW CREAM // MINT // CRISPY SHALLOTS // BROKEN HAZELNUTS	
MUSHROOM TOAST (V)	\$12		
CREMINI // LEEKS // SOURDOUGH // SHERRY CREAM			

ELATED [verb]

\ i - "lāt \ to be filled with joy
"i smiled to myself and felt elated" - Charlotte Bronte.

BE ELATED!

16OZ ROUGIE DUCK BREAST	\$38	ALBERTA RAINBOW TROUT FILLET (Gf)	\$28
SPICED SWEET POTATO PUREE // TEXTURES OF APPLE // SWEET PICKLED CUCUMBER // CRISPY NOODLES		FENNEL POLLEN FRIED POTATO // PICKLED MUSTARD SEEDS // FENNEL & COMPRESSED APPLE SLAW // DILL CREME FRESH	
ALBERTA HUTTERITE ½ CHICKEN (Gf)	\$32	ALBERTA BEAR & FLOWER FARMS PORK (Gf)	\$38
CITRUS MARINATED // JUCAMA & SCALLION SLAW // CRISPY YUCCA // AVOCADO CHIMICHURRI		BELLY * CHEF AARON'S FEATURE*	
ALBERTA BENCHMARK FARMS SHORT RIB (Gf)	\$40	SMOKEY PORK BROTH // CREAMED HOMINY // CHARRED PINEAPPLE // AVOCADO // FRESH HERBS // PEPITAS	
72 HOUR BRAISE // POLENTA // WILD MUSHROOM // SUMMER VEGETABLES // PICKLED SHALLOT		VEGAN ♥	MP
14 OZ ALBERTA BENCHMARK FARMS RIBEYE (Gf)	\$45	ROTATING FEATURED VEGAN PLATE, PLEASE ASK YOUR SERVER	
FINGERLING POTATOES // CREAMED LEEKS // PICKLED SHIMEJI MUSHROOMS		CHARCUTERIE & CHEESE FOR THE TABLE	\$35
		CHEF SELECTION // LOCALLY CURED MEATS + FINE CHEESES // PRESERVES // PICKLES // ARTISAN TOASTED SOURDOUGH CROUTES. (EXTRA CROUTES \$2.50)	

to share or not to share?

SNACKS & SWEETS

S'MORES TOAST (V)	\$10
NUTELLA // PEANUT BUTTER // MARSHMALLOW // GRAHAM CRUNCH	
ROTATING DESSERTS (V)	\$10
ASK YOUR SERVER	
TRUFFLE POPCORN (Gf) (V)	\$8
SHAVED PECORINO // TRUFFLE // CRACKED BLACK PEPPER	
FRITES (Gf) (V)	\$8
MALT VINEGAR AIOLI	

GLUTEN-FREE (Gf)
VEGETARIAN (V)
VEGAN ♥

All dishes can be modified to accommodate dietary restrictions

Elate Lounge
EAT | REFRESH | SHOP