

SNACKS

WINGS

Herbed salt and pepper, Electric honey, mango BBQ, or hot sauce.

\$12  

ARTICHOKE AND SPINACH

DIP

Artichoke, spinach, red onion, red pepper, cream cheese, and grilled pita.

\$12 

FRIES

House chipped fries, finished with sea salt and fresh herbs.

\$6  

POUTINE

House chipped fries, topped with our own gravy and finished with a swiss and cheddar cheese blend.

\$9 

TEMPURA CHICKEN BITES

Local chicken, tempura battered and fried crispy, served with cucumber ranch and roasted garlic aioli for dipping.

\$11 

HOME FRIES

(CUBED POTATOES)
Fried crispy, tossed in sea salt and fresh herbs, topped with roasted garlic aioli.

\$7  

SALADS

MIXED GREENS

Field greens, red onion, carrots, cucumbers, tomatoes, hemp hearts, balsamic or lemon herb dressing.

SMALL \$8 LARGE \$10

CAESAR SALAD

Crisp lettuce, roasted garlic croutons, parmesan, and a garlic rich Caesar dressing.



SMALL \$8 LARGE \$10

QUINOA SALAD

Toasted quinoa and mixed greens with red onions, roasted red pepper, pickled jalapenos, tomatoes, cucumbers, feta, olives, and lemon herb dressing.

SMALL \$10 LARGE \$12



LOCAL INGREDIENTS



IS OR CAN BE MADE GLUTEN FREE



IS OR CAN BE MADE VEGETARIAN

BURGERS AND SANDWICHES

THE FOLLOWING ARE SERVED WITH A SIDE, CHOICE OF SOUP, MIXED GREENS, OR FRIES.
(SWITCH TO QUINOA SALAD OR CAESAR SALAD FOR AN ADDITIONAL \$2)


NOT SO CLASSIC PULLED PORK

Slow braised pork tossed with a sweet and spicy mango BBQ sauce, crisp lettuce, tempura battered jalapenos, and Sriracha mayo, served on a sesame Kaiser bun.

\$12 


THE BETTER CLUB SANDWICH

Rosemary brined and grilled local chicken breast, crisp lettuce, Bothwell cheddar, crispy bacon, house made dark ale mustard, and tomato jam, served on thick cut marble rye.

\$15 

CLASSIC BEEF BURGER

Manitoba farm raised ground beef with crisp lettuce, tomato, red onion, pickles, and house made dark ale mustard. Served on a whole wheat Kaiser bun.

\$13 


VEGGIE BURGER

Ground mushroom and almond burger, with crisp lettuce, tomato jam, pickles and red onion on a whole wheat Kaiser bun.

\$11 


OLD FASHIONED FRIED CHICKEN

Breaded and fried chicken thighs, served with a cucumber ranch sauce, pickled red onion, crisp lettuce, and tomato on a whole wheat Kaiser bun.

\$13 

CHICKEN BACON SWISS

Rosemary brined and grilled local chicken breast, with crisp bacon, roasted garlic aioli, green onion coulis, lettuce, and tomato, topped with melted Swiss cheese on thick cut French bread.

\$15 

GRILLED CHEESE

ON THICK CUT MARBLE RYE

Bothwell cheddar, crisp
bacon, tomato jam

Swiss cheese, grilled
apple, spinach and pickled
red onion

\$12   



LOCAL INGREDIENTS

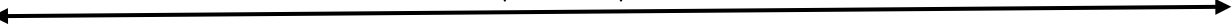


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BOWLS, STUFF, AND THINGS



PASTA

Rigatoni with grilled chicken, garlic roasted artichoke hearts, fresh baby spinach. Topped with parmesan cheese fresh herbs, all in a rich herbed cream 'béchamel' sauce.

\$12   

Rigatoni with roasted vegetable medley of crimini mushroom, sweet peppers, red onion, and zucchini, topped with parmesan cheese, and fresh herbs finished with a roasted tomato marinara

\$9   


SPICY NOODLE BOWL

Rice noodles in a spicy ginger soy broth garnished with fresh vegetables; carrot, red and green onion, chilies, baby spinach, pickled shitake mushrooms, fried nori, and sesame seeds.

\$12  

THE TRADITIONAL

Local free run / organic eggs, bacon or sausage, and a choice of toast, with peanut butter or house made jam.

\$9 

ANYTIME BREAKFAST

Whole wheat wrap stuffed with; two eggs, crisp bacon, salsa, Bothwell cheddar, siracha mayo, and mixed greens.

(Served with home fries)

\$11.50  

RICE OR NOODLE BOWL

(CHOOSE FROM EITHER, CORIANDER BASMATI RICE OR RICE NOODLES)

Butter chicken topped: house-made spiced butter chicken and cucumber salsa, garnished with green onion.

\$12 

Vegetarian chili topped: rich in fresh vegetables and a variety of beans and spices, garnished with green onion.

\$10  

SOUP, SALAD AND BREAD

Daily soup served with your choice of mixed greens, quinoa, or Caesar and fresh bread.

\$10   



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EARLY BIRD

(MONDAY TO FRIDAY 8AM-11AM)

BREAKFAST ON A BUN

SERVED WITH ROASTED GARLIC AIOLI, LOCAL FREE RUN EGGS, ON AN ENGLISH MUFFIN

ANYTIME BREAKFAST

Two eggs, crisp bacon, salsa, Bothwell cheddar, sriracha mayo, and mixed greens stuffed into a whole wheat wrap

(Served with home fries)

\$11 

Veggie: baby spinach, one egg, Swiss cheese, and roasted vegetable medley.

\$7  

Traditional: one egg, tomato, and Bothwell cheddar cheese

\$6  

BANANA BREAD FRENCH TOAST

Crispy fried-battered house baked banana bread with a blueberry, and maple compote finished with orange/brown butter compound.

\$9 

BREAKFAST POUTINE

Home fries, spicy red chili gravy, salsa, sour cream, Bothwell cheddar, and green onions, topped with a sunny side up egg.

\$9   

TOAST AND JAM/ PEANUT BUTTER

Three slices of toast of your choice, with peanut butter or jam

\$4  

FRUIT SALAD

Fresh cut array of fruits

\$5  

THE TRADITIONAL

Local free run / organic eggs (cooked any style), home fries, bacon or sausage, with your choice of toast, served with peanut butter or jam.

\$9  

BRUNCH

(AVAILABLE ONLY SATURDAY AND SUNDAY 10AM-4PM, INCLUDES EARLY BIRD MENU AND THE FOLLOWING ITEMS)


HUERVOS RANCHEROS

Two corn tortillas, Bothwell cheddar cheese, refried beans, eggs, red chili sauce, salsa, and sour cream, with home fries.

\$11   

BACON EGGS BENEDICT

Two poached eggs, on toasted English muffins, baby spinach, crispy bacon, topped with bacon hollandaise, and served with home fries.

\$12 



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CUSTOMIZE YOUR MEAL

Bacon or sausage	\$2
Cheese	\$2
Fried egg	\$1.50
Side home fries	\$3
Side fries	\$3
Gravy	\$1.50
Grilled pita (2)	\$3
Beef burger patty	\$5
Chicken breast	\$7
5oz New York steak	\$10
Pulled pork	\$5
Side roasted vegetable	\$4
Vegetarian chili	\$4
Toast	\$2
Jam/peanut butter	\$1
Dressing	\$1.50
Coriander rice	\$3
Rice noodle	\$3
Tofu	\$3

OUR SUPPLIERS INCLUDE:

Nature's Farm	Prairie Flour
Bee Project Apiaries	Mills Harm's Farm
Sleepy Owl Bakery	Gunn's Bakery
BearCat Fisheries	Green Bean coffee
Notra Dame Creamery	Cornell Cream
All natural meats	Bothwell Cheese
Harbourside farms	Neva Hydroponics
Prairie Amber Quinoa	FortWhyte Farms
Coco Camino	Braman's greens
Country Perogy	Fresh Option Organics
Greenland Gardens	Deruyck Farms

WHAT IS DIVERSITY FOOD SERVICES

Diversity Food Services is a joint venture of the University of Winnipeg's Community Renewal Corporation (UWCRC) & SEED Winnipeg to deliver excellent food services to the University of Winnipeg while providing meaningful employment and ownership opportunities for the community. Together our specific community objectives include job opportunities in the food industry for new Canadians, Aboriginal people, community residents and University students. Diversity's mission is to provide food services that demonstrate the desire to meet the goals of sustainability at the University within a work environment that reflects a high level of training for the diverse group of employees. We believe that together we can both enhance the quality of food services and develop competencies in all our employees.

Our Goal is to become the premier on-site restaurant at the University of Winnipeg known for its culinary expertise and its commitment to socially responsible practices.

For more information please visit our website www.diversityfoodsolutions.com

SOCIAL MEDIA



ELEMENTS204 / DIVERSITYUOFW



ELEMENTSTHERESTAURANT / DIVERSITYFOODSERVICES



ELEMENTS_RESTAURANT



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BEVERAGES

DRIP COFFEE		\$3
ESPRESSO		\$3
AMERICANO		\$3
SLOW BREW COFFEE		\$3.50
CAFÉ LATTE		\$3.50
ADD A FLAVOUR SHOT		\$1
Vanilla, Sugar Free Vanilla, Maple, Pumpkin, Almond, Hazelnut, Caramel, Peppermint, Sugar Free Sweetener		
HOT CHOCOLATE		\$3
LOOSE LEAF TEA		\$2.50
Chamomile, Sencha Green, Rooibos, Soul's Harmony, Earl Grey, Assam, Cranberry & Orange, Ginger Lemon, Jasmine, Peppermint		
HOUSE BREWED ICED TEA		\$2.25
FRESH LEMONADE		\$2.25
POP		\$2.50
FENTIMAN'S		\$3.25
JUICES		\$5
Choose up to 3 fruits to combine		
Lime	Lemon	Orange
Apple	Grapefruit	Beet
Carrot	Ginger Greens	
SMOOTHIES		\$7
Blueberries, yogurt, banana, Soy milk, & green tea		
Strawberry, yogurt, banana, & orange juice		
Spinach, apple, mango, mint, & soy milk		
Pineapple, coconut milk, banana, yogurt, & mango		
Blueberries, strawberries, banana, orange, & hemp hearts		

ALCOHOLIC BEVERAGES

BEER

St. James Draft	(pint) \$6 (pitcher) \$19
Bulldog Amber	(pint) \$6 (pitcher) \$19
Original 16 Light Lager	\$5
Mystery Can	\$8
Strongbow Cider	\$7

HOUSE MIXED SANGRIA

	(glass) \$8 (1/2L) \$19
Red: wine, liquors, juices, & soda	
White: wine, citrus, liquors, & soda	

RED WINE

Mixtus Cab Sauvignon/Merlot	
	(6oz) \$6 (9oz) \$8 (1/2L) \$14
The Stump Jump Shiraz (bottle)	\$35
Ikella Malbec (bottle)	\$40

WHITE WINE

Peller Estate Pinot Grigio	
	(6OZ) \$6 (9OZ) \$8 (1/2 L) \$14
The Stump Jump Dry Riesling (bottle)	\$35
Veramonte Sauvignon Blanc (bottle)	\$38

HENKELL TROCKEN (200ml)	\$12
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