



ELK ROCK

LUNCH MENU

REMINDER: Please silence your cell phones when in the dining room. Urgent calls should be taken outside of the dining room.
-Food & Dining Services Committee

Lunch: Monday - Saturday: 11 am - 2 pm

STARTERS

Soup du Jour

3/5

PIZZA

Pizzas are served on a Pinsa style crust. Pinsa crust is a unique, airy pizza crust, with a crispy exterior and a soft fluffy interior.

All pizzas come with a tomato sauce base, unless specified, and three cheese blend of mozzarella, provolone, and parmesan. Vegan cheese available on request.

* Gluten-Free option available on request.

Three Cheese (D/VG) * 8

The Garden (D/VG) * 12
Artichoke hearts, Kalamata olives, red onions, cherry tomatoes, and pesto sauce.

The Chicago (D) * 12
Italian sausage, mushrooms, and black olives.

The Big Island (D) * 12
Canadian bacon, chopped bacon, and pineapple.

The La Mancha (D) * 12
Kalamata and Manzanilla olives, roasted red peppers, shaved Manchego, and sun-dried tomatoes.

The Bangkok (D/Nuts) * 14
Peanut sauce, cheese blend, grilled chicken, red onions, cilantro, peanuts, and sweet chili garlic sauce.

The Stockyard (D) * 14
Pepperoni, Canadian bacon, Italian sausage, and linguica.

PIZZA

Build Your Own Pizza 8

Choose a Crust:
Pinsa Crust
Gluten-Free Crust

Choose Sauce:
Pizza Sauce
Pesto Sauce
BBQ Sauce

Choose Cheese:
Vegan Mozzarella
Three Cheese Blend
Cheddar Cheese **1 Credit**
Extra Cheese **1 Credit**

Meats: 2 Credits Each
Pepperoni, Italian Sausage,
Canadian Bacon, Grilled Chicken,
Crumble Bacon, Salami

Veggies: 1 Credits Each
Artichoke Hearts, Kalamata Olives,
Black Olives, Cherry Tomatoes, Spinach,
Red Onions, Manzanilla Olives, Pineapple,
Green Peppers, Mushrooms,
Roasted Red Peppers, Sun-Dried Tomatoes,
Sliced Pepperoncini Peppers.

SHARED PLATES

Spinach Artichoke Dip (GF/D) 8
Sour cream, mayo, spinach, artichokes, and cheese. Served with tortilla chips.

Greek Spinach Salad (GF/D/VG) 4
Spinach, Greek vinaigrette, Kalamata olives, cherry tomatoes, red onions, and Feta cheese.

Caesar Salad (D/VG) * 5
Romaine, Caesar dressing, croutons, and Parmesan cheese.

Hummus Platter (DF/VE) * 7
Hummus, pita bread, Kalamata olives, carrots, cucumbers, cherry tomatoes, and asparagus.

Ensalata Iberica (GF/D) 8
Spinach, arugula, Manzanilla olives, roasted red peppers, chorizo, shaved Manchego, and sherry vinaigrette.

Thai Chicken Salad (GF/DF/Nuts) 8
Shredded cabbage, grilled chicken, red onions, cilantro, green peppers, peanuts, and ginger lime dressing.

BBQ Chicken Ranch Salad (GF/D) 8
Romaine, Ranch, grilled chicken, bacon, black olives, cherry tomatoes, red onions, cheddar cheese, and BBQ Sauce.





ELK ROCK From the Grill

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ENTREES

Build Your Own Sandwiches
can be made cold or grilled.

Deli Sandwich 3/6

Bread: Buttermilk, Nine-Grain, Sourdough, Rye, or Gluten-Free

Choice of: Turkey, Ham, Roast Beef, Egg Salad, or Tuna Salad

Choice of: Cheddar, Swiss, Havarti, or American cheese

Add: Mayo or Mustard

Add: Lettuce, Tomato, or Red Onion

Add: Sweet or Dill Pickle

Reuben Sandwich (D) 3.5/7

Angus corned beef, rye bread, sauerkraut, Swiss cheese, and 1000 Island dressing.

All Beef Hot Dog 6

Diced onion and relish upon request

Burger (D) 8

Grilled beef patty, cooked to order, brioche bun, green leaf lettuce, tomato, red onion, and dill or sweet pickle.

(Substitute Dr. Praeger or Impossible patty.)

Add Bacon (2): 3

Add Cheese (Swiss, Cheddar, American): 1

Grilled Chicken Sandwich (D) 8

Grilled chicken breast, brioche bun, green leaf lettuce, tomato, red onion, and dill or sweet pickle.

(Substitute Gardein Chik'n Breast)

Add Bacon (2): 3

Add Cheese (Swiss, Cheddar, American): 1

SIDES

French Fries 1

Sweet Potato Fries 1

Brown Rice 1

Coleslaw 1

Carrot Raisin Salad 1

Cottage Cheese 1

Vegan 4 Bean Chili 1

Kettle Chips 1

- BBQ
- Honey Mustard
- Sea Salt

DESSERTS

Chocolate Lava Cake (D) 6

Ice Cream 2

Sorbet, Chocolate, or Vanilla

House Made Ice Cream 3

Daily Dessert 2

Rustic Berry Tart (D) 4

Sugar-Free Dessert 2

Mixed Fruit 2

DRINKS

Coffee

Regular or Decaf

Hot Tea 1

Iced Tea 1

Lemonade 2

Arnold Palmer 2

Pink Lady 2

Juice 2

Orange, Cranberry, Apple, V8,

Low Sodium V8

Milk 2

Whole, 2%, Skim, Lactose Free, Oat,

Oat, Soy, Almond

(GF) Gluten Free • (VE) Vegan • (VG) Vegetarian • (D) Contains Dairy

(DF) Dairy Free • (A) Contains Alcohol • (OF) Oil-Free • (♦) Low Carb • (▼) Low Sodium • (†) Low Fat

