



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

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.

Pizzas listed below available in half or whole sizes.

Three Cheese (D/VG) *	4 / 8
Pepperoni (D) *	5 / 10
Sausage (D) *	5 / 10
The Garden (D/VG) * Artichoke hearts, Kalamata olives, red onions, cherry tomatoes, and pesto sauce.	6 / 12
The Chicago (D) * Italian sausage, mushrooms, and black olives.	6 / 12
The Big Island (D) * Canadian bacon, chopped bacon, and pineapple.	6 / 12
The Bangkok (D/Nuts) * Peanut sauce base, cheese blend, grilled chicken, red onions, cilantro, peanuts, and sweet chili garlic sauce.	6 / 12
The Gaucho (D) * Marinated skirt steak, roasted red peppers, sun-dried tomatoes, and chimichurri drizzle.	7 / 14
The Kansas City (D) * BBQ sauce base, grilled chicken breast, black olives, red onion, bacon, and ranch drizzle.	7 / 14

DESSERTS

Chocolate Lava Cake (D)	6
Rustic Berry Tart (D)	4
Mixed Fruit	2

PIZZA

Build Your Own Whole Pizza 8

Choose a Crust:
Pinsa Crust
Gluten-Free Crust

Choose Sauce:
Pizza Sauce
Pesto Sauce
BBQ Sauce

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

Veggies: 1 Credits Each

Artichoke Hearts
Black Olives
Cherry Tomatoes
Green Peppers
Kalamata Olives
Mushrooms
Pepperoncini Peppers
Pineapple
Red Onions
Roasted Red Peppers
Spinach
Sun-Dried Tomatoes

Meats: 2 Credits Each
Canadian Bacon
Chopped Bacon
Grilled Chicken
Italian Sausage
Linguica Sausage
Pepperoni
Salami

SHARED PLATES

Greek Spinach Salad (GF/DF) Spinach, Greek vinaigrette, Kalamata olives, cherry tomatoes, red onions, and Feta cheese.	4
Caesar Salad (D/VG) * Romaine, Caesar dressing, croutons, and Parmesan cheese.	5
BBQ Chicken Ranch Salad (GF/D) Romaine, Ranch, grilled chicken, bacon, black olives, cherry tomatoes, red onions, cheddar cheese, and BBQ Sauce.	8
Chimichurri Steak Salad (GF/DF) Spinach, arugula, marinated skirt steak, cherry tomatoes, green bell peppers, avocado, and chimichurri dressing.	8
Thai Chicken Salad (GF/DF/Nuts) Shredded cabbage, grilled chicken, red onions, cilantro, green peppers, peanuts, and ginger lime dressing.	8
Hummus Platter (DF/VE) * Hummus, pita bread, Kalamata olives, carrots, cucumbers, cherry tomatoes, and asparagus.	7
Spinach Artichoke Dip (GF/D) Sour cream, mayo, spinach, artichokes, and cheese. Served with tortilla chips.	7





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: American, Cheddar, Swiss, or Havarti

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

(Substitute Dr. Praeger or Impossible patty)

Add Bacon : 3

Add Cheese : 1

American, Cheddar, Swiss, or Havarti

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 : 3

Add Cheese : 1

American, Cheddar, Swiss, or Havarti

SIDES

French Fries 1

Sweet Potato Fries 1

Brown Rice 1

Coleslaw 1

Carrot Raisin Salad 1

Cottage Cheese (GF/D) 1

Vegan Four Bean Chili (GF/DF/OF/VE) 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, 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

