



ELK ROCK

LUNCH MENU

September 21 - September 26, 2026

Lunch: Monday - Saturday: 11 am - 2 pm

SANDWICHES

Deli Sandwich - Cold or Grilled 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

SPECIALS

HEARTH OVEN SPECIAL 8

Greek Chicken Flatbread (D)

Garlic oil, grilled chicken breast, kalamata olives, artichoke hearts, sun-dried tomatoes, with Greek vinaigrette.

ELK ROCK GRILL SPECIAL 8

Pastrami & Muenster (D)

Pastrami, Muenster cheese, caramalized onion mayo, and deli mustard, on Pumpernickel bread. Served with curly fries.

SIDES

Soup of the Day 3 / 5

French Fries 1

Sweet Potato Fries 1

Brown Rice 1

Coleslaw 1

Carrot Raisin Salad 1

Daily Dessert 1

Cottage Cheese 1

Vegan Four Bean Chili
(GF/DF/OF/VE) 1

Kettle Chips 1

• BBQ

• Honey Mustard

• Sea Salt

DAILY SOUPS & DESSERTS

Monday, September 21

SOUP:

- German Sausage & Barley (D)
- Autumn Vegetable & Quinoa (GF/DF/OF/VE) ↓

DESSERT:

- Buttermilk Blueberry Muffin (D)

Tuesday, September 22

SOUP:

- Spanish Chicken & Rice (GF/D)
- Tuscan Vegetable (GF/DF/OF/VE) ↓

DESSERT:

- Ginger Molasses Sandwich Cookie (D)

Wednesday, September 23

SOUP:

- Bean & Bacon (GF/DF)
- Cabbage & Apple (GF/DF/OF/VE) ▼↓

DESSERT:

- Pumpkin Vanilla Swirl Loaf (D)

Thursday, September 24

SOUP:

- Polenta, Kale & Italian Sausage (GF/D/A)
- Spiced Carrot & Tahini (GF/DF/OF/VE)

DESSERT:

- Truffle Brownie Bars (D)

Friday, September 25

SOUP:

- Manhattan Clam Chowder (GF/D) ♦↓
- Roasted Red Pepper & Corn (GF/DF/OF/VE) ↓

DESSERT:

- Oatmeal Raisin Cookies (D)

Saturday, September 26

SOUP:

- Minestrone (D) ↓
- Tomato Florentine (GF/DF/OF/VE) ♦↓

DESSERT:

- Oatmeal Raisin Cookies (D)



ELK ROCK

(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