



ELK ROCK

LUNCH MENU

October 26 - October 31, 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

Roasted Red Pepper & Feta Flatbread (D)

Roasted red pepper spread, feta, arugula, cumin vinaigrette, and sumac.

ELK ROCK GRILL SPECIAL 10

Grilled Pork Banh Mi

Marinated grilled pork, Kewpie mayo, pickled carrots and daikon radish, and cilantro on French bread. Served with Chinese cucumber salad.

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, October 26

SOUP:

- Creamy Chicken Alfredo (D)
- Parsnip & Apple (GF/DF/OF/VE) ▼↓

DESSERT:

- Red Berry Tarts (D)

Tuesday, October 27

SOUP:

- Beef Barley (DF) ↓
- Cauliflower, Kale & Chickpeas (GF/DF/OF/VE) ↓

DESSERT:

- Assorted Cupcakes (D)

Wednesday, October 28

SOUP:

- Sausage & Potato (GF/DF) ▼
- Golden Beet (GF/DF/OF/VE) ↓

DESSERT: (GF/DF)

- Double Chocolate Sandwich Cookies (D)

Thursday, October 29

SOUP:

- Chicken Tikka Masala (GF/DF) ▼
- Mulligatawny (GF/DF/OF/VE) ↓

DESSERT:

- Shortbread Ghost Cookies (D)

Friday, October 30

SOUP:

- New England Clam Chowder (D)
- Autumn Vegetable & Quinoa (GF/DF/OF/VE) ↓

DESSERT:

- Salted Caramel Cookies (D)

Saturday, October 31

SOUP:

- Garden Vegetable (GF/DF/VE)
- Roasted Cauliflower (GF/DF/OF/VE) ↓

DESSERT:

- Salted Caramel 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