



ELK ROCK

LUNCH MENU

October 5 - October 10, 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

Chicken Pesto Flatbread (D)

Pesto, grilled chicken, bacon, cherry tomato, arugula, and avocado on flatbread.

ELK ROCK GRILL SPECIAL 8

Turkey & Havarti (D)

Turkey, havarti, and pesto grilled on sourdough. Served with tater tots.

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 5

SOUP:

- Kielbasa & Cabbage (GF/DF) ♦
- Moroccan Chickpea (GF/DF/OF/VE)

DESSERT:

- Pistachio Nut Roll (D/Nuts)

Tuesday, October 6

SOUP:

- Turkey Noodle (DF) ↓
 - Lentil & Root Vegetable (GF/*DF/OF/VE) ↓
- Note: Dairy Optional

DESSERT:

- Salted Caramel Pretzel Brownie (D)

Wednesday, October 7

SOUP:

- White Bean & Italian Sausage (GF/*D)
- Note: Parmesan Topping Optional
- Mushroom Barley (DF/OF/VE)

DESSERT:

- Oatmeal Raisin Sandwich Cookie (D)

Thursday, October 1

SOUP:

- Broccoli & Cheddar (D)
- Roasted Cauliflower (GF/DF/OF/VE) ↓

DESSERT:

- Assorted Tarts (D/Nuts)

Friday, October 9

SOUP:

- Salmon Chowder (D)
- Three Bean (GF/DF/OF/VE)

DESSERT:

- Peanut Butter Cookie (D/Nuts)

Saturday, October 10

SOUP:

- Corn Chowder (GF/DF/OF/VE/Nuts) ↓
- Thai Coconut Tomato (GF/DF/OF/VE) ♦

DESSERT:

- Peanut Butter Cookie (D/Nuts)



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