



ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Monday, June 30, 2025

STARTERS

Andouille Sausage and Red Bean
(GF/DF) 3/5

Curried Summer Vegetable
(GF/DF/OF/VE) ▼↕ 3/5

SANDWICH BAR

Half Sandwich 3

Whole Sandwich 6

BREAD:

Nine-Grain, Buttermilk,
Sourdough, Rye, and Gluten-Free

CONDIMENTS:

Mayonnaise or Mustard

CHEESE:

American, Cheddar,
Swiss, and Havarti

PROTEINS:

Tuna Salad, Egg Salad, Turkey,
Ham, and Roast Beef

TOPPINGS:

Green Leaf Lettuce, Tomatoes,
Red Onions, and Dill or Sweet Pickle

HEARTH OVEN SPECIALS

Pimiento Cheese and Bacon Bagel
Sandwich (D) 6

Toasted bagel, pickles,
cheese spread, and bacon.

Bay Shrimp Melt (D) 6

Shrimp salad, celery, onions, mayo,
tabasco, Old Bay seasoning, cheddar
cheese, and English muffin.

KETTLE CHIPS 2

BBQ, Honey Mustard, and Sea Salt

DESSERT

Dessert of the Day 1

Mixed Fruit 2



Tuesday, July 1, 2025

STARTERS

Bean and Bacon (GF/DF) 3/5
Avocado and Pea Gazpacho
(GF/DF/OF/VE) 3/5

SANDWICH BAR

Half Sandwich 3
Whole Sandwich 6

BREAD:

Nine-Grain, Buttermilk,
Sourdough, Rye, and Gluten-Free

CONDIMENTS:

Mayonnaise or Mustard

CHEESE:

American, Cheddar,
Swiss, and Havarti

PROTEINS:

Tuna Salad, Egg Salad, Turkey,
Ham, and Roast Beef

TOPPINGS:

Green Leaf Lettuce, Tomatoes,
Red Onions, and Dill or Sweet Pickle

HEARTH OVEN SPECIALS

**Pimiento Cheese and Bacon Bagel
Sandwich (D) 6**

Toasted bagel, pickles,
cheese spread, and bacon.

Bay Shrimp Melt (D) 6

Shrimp salad, celery, onions, mayo,
tabasco, Old Bay seasoning, cheddar
cheese, and English muffin.

KETTLE CHIPS 2

BBQ, Honey Mustard, and Sea Salt

DESSERT

Dessert of the Day 1
Mixed Fruit 2



Wednesday, July 2, 2025

STARTERS

- Thai Chicken and Rice (D)
Contains Fish 3/5
- Bok Choy and Sweet Potato
(GF/DF/OF/VE/A) ↓ 3/5

SANDWICH BAR

- Half Sandwich 3
- Whole Sandwich 6

BREAD:

Nine-Grain, Buttermilk,
Sourdough, Rye, and Gluten-Free

CONDIMENTS:

Mayonnaise or Mustard

CHEESE:

American, Cheddar,
Swiss, and Havarti

PROTEINS:

Tuna Salad, Egg Salad, Turkey,
Ham, and Roast Beef

TOPPINGS:

Green Leaf Lettuce, Tomatoes,
Red Onions, and Dill or Sweet Pickle

HEARTH OVEN SPECIALS

Pimiento Cheese and Bacon Bagel
Sandwich (D) 6
Toasted bagel, pickles,
cheese spread, and bacon.

Bay Shrimp Melt (D) 6
Shrimp salad, celery, onions, mayo,
tabasco, Old Bay seasoning, cheddar
cheese, and English muffin.

KETTLE CHIPS 2

BBQ, Honey Mustard, and Sea Salt

DESSERT

Dessert of the Day 1
Mixed Fruit 2



Thursday, July 3, 2025

STARTERS

Cock-a-Leekie (GF/D) 3/5
Summer Squash
(GF/DF/OF/VE) 3/5

SANDWICH BAR

Half Sandwich 3
Whole Sandwich 6

BREAD:

Nine-Grain, Buttermilk,
Sourdough, Rye, and Gluten-Free

CONDIMENTS:

Mayonnaise or Mustard

CHEESE:

American, Cheddar,
Swiss, and Havarti

PROTEINS:

Tuna Salad, Egg Salad, Turkey,
Ham, and Roast Beef

TOPPINGS:

Green Leaf Lettuce, Tomatoes,
Red Onions, and Dill or Sweet Pickle

HEARTH OVEN SPECIALS

Pimiento Cheese and Bacon Bagel
Sandwich (D) 6
Toasted bagel, pickles,
cheese spread, and bacon.

Bay Shrimp Melt (D) 6
Shrimp salad, celery, onions, mayo,
tabasco, Old Bay seasoning, cheddar
cheese, and English muffin.

KETTLE CHIPS 2

BBQ, Honey Mustard, and Sea Salt

DESSERT

Dessert of the Day 1
Mixed Fruit 2



Friday, July 4, 2025

STARTERS

New England Clam Chowder (D) 3/5
Asparagus and Edamame
(GF/DF/OF/VE) ♦↓ 3/5

SANDWICH BAR

Half Sandwich 3
Whole Sandwich 6

BREAD:

Nine-Grain, Buttermilk,
Sourdough, Rye, and Gluten-Free

CONDIMENTS:

Mayonnaise or Mustard

CHEESE:

American, Cheddar,
Swiss, and Havarti

PROTEINS:

Tuna Salad, Egg Salad, Turkey,
Ham, and Roast Beef

TOPPINGS:

Green Leaf Lettuce, Tomatoes,
Red Onions, and Dill or Sweet Pickle

HEARTH OVEN SPECIALS

Pimiento Cheese and Bacon Bagel
Sandwich (D) 6
Toasted bagel, pickles,
cheese spread, and bacon.

Bay Shrimp Melt (D) 6
Shrimp salad, celery, onions, mayo,
tabasco, Old Bay seasoning, cheddar
cheese, and English muffin.

KETTLE CHIPS 2

BBQ, Honey Mustard, and Sea Salt

DESSERT

Dessert of the Day 1
Mixed Fruit 2



ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Saturday, July 5, 2025

STARTERS

Broccoli and Cheddar (D) 3/5
Roasted Tomato
(GF/DF/OF/VE) ♦↓ 3/5

SANDWICH BAR

Half Sandwich 3
Whole Sandwich 6

BREAD:

Nine-Grain, Buttermilk,
Sourdough, Rye, and Gluten-Free

CONDIMENTS:

Mayonnaise or Mustard

CHEESE:

American, Cheddar,
Swiss, and Havarti

PROTEINS:

Tuna Salad, Egg Salad, Turkey,
Ham, and Roast Beef

TOPPINGS:

Green Leaf Lettuce, Tomatoes,
Red Onions, and Dill or Sweet Pickle

HEARTH OVEN SPECIALS

Pimiento Cheese and Bacon Bagel Sandwich (D) 6
Toasted bagel, pickles,
cheese spread, and bacon.

Bay Shrimp Melt (D) 6
Shrimp salad, celery, onions, mayo,
tabasco, Old Bay seasoning, cheddar
cheese, and English muffin.

KETTLE CHIPS 2

BBQ, Honey Mustard, and Sea Salt

DESSERT

Dessert of the Day 1
Mixed Fruit 2