



ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Monday, July 28, 2025

STARTERS

German Sausage and Barley
(D) 3/5

Moroccan Chickpea
(GF/DF/OF/VE) 3/5

SANDWICH BAR

Half Sandwich 3

Whole Sandwich 6

BREAD:

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

CONDIMENTS:

Mayonnaise, Mustard

CHEESE:

American, Cheddar,
Swiss, or Havarti

PROTEINS:

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

TOPPINGS:

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

HEARTH OVEN SPECIALS

Tuna Melt on Sourdough (D) 6
Tuna salad, cheddar cheese,
and sourdough bread.

B.L.T. Flatbread (D) 6

Tomato jam, crumbled bacon,
cherry tomatoes, arugula, and
sherry vinaigrette.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Peanut Butter Cookies (D/Nuts) 1
Mixed Fruit 2



ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Tuesday, July 29, 2025

STARTERS

Turkey Chili (GF/D) 3/5

Mango Gazpacho
(GF/DF/OF/VE) 3/5

SANDWICH BAR

Half Sandwich 3

Whole Sandwich 6

BREAD:

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

CONDIMENTS:

Mayonnaise, Mustard

CHEESE:

American, Cheddar,
Swiss, or Havarti

PROTEINS:

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

TOPPINGS:

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

HEARTH OVEN SPECIALS

Tuna Melt on Sourdough (D) 6

Tuna salad, cheddar cheese,
and sourdough bread.

B.L.T. Flatbread (D) 6

Tomato jam, crumbled bacon,
cherry tomatoes, arugula, and
sherry vinaigrette.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Peanut Butter Cookies (D/Nuts) 1

Mixed Fruit 2

(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



Wednesday, July 30, 2025

STARTERS

- Five-Spice Chicken Noodle (DF/A) ↓ 3/5
- Thai Lemongrass and Tofu (GF/DF/OF/VE) 3/5

SANDWICH BAR

- Half Sandwich 3
- Whole Sandwich 6

BREAD:

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

CONDIMENTS:

Mayonnaise, Mustard

CHEESE:

American, Cheddar, Swiss, or Havarti

PROTEINS:

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

TOPPINGS:

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

HEARTH OVEN SPECIALS

- Tuna Melt on Sourdough (D) 6
Tuna salad, cheddar cheese, and sourdough bread.
- B.L.T. Flatbread (D) 6
Tomato jam, crumbled bacon, cherry tomatoes, arugula, and sherry vinaigrette.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

- S'mores Bar (D)1
- Mixed Fruit 2



ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Thursday, July 31, 2025

STARTERS

Sweet Onion and Pancetta
(D) 3/5

Watermelon Gazpacho
(GF/DF/OF/VE) 3/5

SANDWICH BAR

Half Sandwich 3

Whole Sandwich 6

BREAD:

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

CONDIMENTS:

Mayonnaise, Mustard

CHEESE:

American, Cheddar,
Swiss, or Havarti

PROTEINS:

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

TOPPINGS:

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

HEARTH OVEN SPECIALS

Tuna Melt on Sourdough (D) 6
Tuna salad, cheddar cheese,
and sourdough bread.

B.L.T. Flatbread (D) 6

Tomato jam, crumbled bacon,
cherry tomatoes, arugula, and
sherry vinaigrette.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

S'mores Bar (D) 1

Mixed Fruit 2



Friday, August 1, 2025

STARTERS

Smoked Salmon Chowder (D) 3/5
Summer Zucchini
(GF/DF/OF/VE) 3/5

SANDWICH BAR

Half Sandwich 3
Whole Sandwich 6

BREAD:

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

CONDIMENTS:

Mayonnaise, Mustard

CHEESE:

American, Cheddar,
Swiss, or Havarti

PROTEINS:

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

TOPPINGS:

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

HEARTH OVEN SPECIALS

Tuna Melt on Sourdough (D) 6
Tuna salad, cheddar cheese,
and sourdough bread.

B.L.T. Flatbread (D) 6

Tomato jam, crumbled bacon,
cherry tomatoes, arugula, and
sherry vinaigrette.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Espresso White Chocolate Chip
Cookies (D) 1
Mixed Fruit 2



ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Saturday, August 2, 2025

STARTERS

Italian Wedding (D) 3/5

Tomato Florentine

(GF/DF/OF/VE) ♦↓ 3/5

SANDWICH BAR

Half Sandwich 3

Whole Sandwich 6

BREAD:

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

CONDIMENTS:

Mayonnaise, Mustard

CHEESE:

American, Cheddar,
Swiss, or Havarti

PROTEINS:

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

TOPPINGS:

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

HEARTH OVEN SPECIALS

Tuna Melt on Sourdough (D) 6

Tuna salad, cheddar cheese,
and sourdough bread.

B.L.T. Flatbread (D) 6

Tomato jam, crumbled bacon,
cherry tomatoes, arugula, and
sherry vinaigrette.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Espresso White Chocolate Chip

Cookies (D) 1

Mixed Fruit 2