



ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Monday, July 7, 2025

STARTERS

Pasta Fagioli (D) 3/5

Carrot and 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

Pizza Sub (D) 6

Pepperoni, salami, Canadian bacon, pizza sauce, and mozzarella.

Hearth Turkey & Havarti (D) 6

Turkey, havarti, pesto mayo, and sourdough bread.

KETTLE CHIPS 2

BBQ, Honey Mustard, and Sea Salt

DESSERT

Oatmeal Raisin Cookies (D) 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



Tuesday, July 8, 2025

STARTERS

- Creamy Potato and Beef
(GF/D) 3/5
- Country Bean
(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

- Pizza Sub (D) 6**
Pepperoni, salami, Canadian bacon,
pizza sauce, and mozzarella.
- Hearth Turkey & Havarti (D) 6**
Turkey, havarti, pesto mayo, and
sourdough bread.

KETTLE CHIPS 2

BBQ, Honey Mustard, and Sea Salt

DESSERT

- Oatmeal Raisin Cookies (D) 1
- Mixed Fruit 2



ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Wednesday, July 9, 2025

STARTERS

Hungarian Mushroom

(D/VG/A) ♦ 3/5

Bavarian Lentil

(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

Pizza Sub (D) 6

Pepperoni, salami, Canadian bacon,
pizza sauce, and mozzarella.

Hearth Turkey & Havarti (D) 6

Turkey, havarti, pesto mayo, and
sourdough bread.

KETTLE CHIPS 2

BBQ, Honey Mustard, and Sea Salt

DESSERT

Butter Pecan Cookies (D/Nuts) 1

Mixed Fruit 2



ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Thursday, July 10, 2025

STARTERS

Minestrone (D) ↓ 3/5

Note: Parmesan Topping Optional

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

Pizza Sub (D) 6

Pepperoni, salami, Canadian bacon,
pizza sauce, and mozzarella.

Hearth Turkey & Havarti (D) 6

Turkey, havarti, pesto mayo, and
sourdough bread.

KETTLE CHIPS 2

BBQ, Honey Mustard, and Sea Salt

DESSERT

Butter Pecan Cookies (D/Nuts) 1

Mixed Fruit 2

(GF) Gluten Free • (VE) Vegan • (VG) Vegetarian • (D) Contains Dairy

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Friday, July 11, 2025

STARTERS

- Shrimp Chowder (D) 3/5
- Roasted Corn Chowder (GF/DF/OF/VE/Nuts) ↓ 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

- Pizza Sub (D) 6
Pepperoni, salami, Canadian bacon, pizza sauce, and mozzarella.
- Hearth Turkey & Havarti (D) 6
Turkey, havarti, pesto mayo, and sourdough bread.

KETTLE CHIPS 2

BBQ, Honey Mustard, and Sea Salt

DESSERT

- Almond Cookies (D/Nuts) 1
- Mixed Fruit 2



ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Saturday, July 12, 2025

STARTERS

Chicken and Dumplings (D) 3/5
Tomato Dill (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

Pizza Sub (D) 6

Pepperoni, salami, Canadian bacon,
pizza sauce, and mozzarella.

Hearth Turkey & Havarti (D) 6

Turkey, havarti, pesto mayo, and
sourdough bread.

KETTLE CHIPS 2

BBQ, Honey Mustard, and Sea Salt

DESSERT

Almond 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