



ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Monday, September 1, 2025

STARTERS

Chicken Noodle (DF) ↓ 3/5
Creamy Artichoke
(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

Mexican Chorizo

Flatbread (D) 6

Chorizo, roasted red peppers, corn,
black olives, cotija cheese, and
cilantro crema.

Sausage & Provolone (D) 6

Roasted Italian sausage links,
peperonata, provolone, on an
Amoroso roll.

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



ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Tuesday, September 2, 2025

STARTERS

Albondigas (GF/DF) ♦ 3/5

Black Bean

(GF/DF/OF/VE) ↓ 3/5

Note: Sour Cream Topping Optional

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

Mexican Chorizo

Flatbread (D) 6

Chorizo, roasted red peppers, corn, black olives, cotija cheese, and cilantro crema.

Sausage & Provolone (D) 6

Roasted Italian sausage links, peperonata, provolone, on an Amoroso roll.

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



ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Wednesday, September 3, 2025

STARTERS

Navy Bean and Ham (GF/D) ↓ 3/5

Berry 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

Mexican Chorizo

Flatbread (D) 6

Chorizo, roasted red peppers, corn,
black olives, cotija cheese, and
cilantro crema.

Sausage & Provolone (D) 6

Roasted Italian sausage links,
peperonata, provolone, on an
Amoroso roll.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

S'mores Bar (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



ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Thursday, September 4, 2025

STARTERS

Chicken Tikka Masala

(GF/DF) ♦ 3/5

Curried 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

Mexican Chorizo

Flatbread (D) 6

Chorizo, roasted red peppers, corn, black olives, cotija cheese, and cilantro crema.

Sausage & Provolone (D) 6

Roasted Italian sausage links, peperonata, provolone, on an Amoroso roll.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

S'mores Bar (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



ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Friday, September 5, 2025

STARTERS

New England Clam Chowder (D) 3/5
Chilled Cucumber
(GF/D/OF/VG) 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

Mexican Chorizo
Flatbread (D) 6
Chorizo, roasted red peppers, corn,
black olives, cotija cheese, and
cilantro crema.

Sausage & Provolone (D) 6
Roasted Italian sausage links,
peperonata, provolone, on an
Amoroso roll.

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

Friday, September 5, 2025

STARTERS

New England Clam Chowder (D) 3/5
Chilled Cucumber
(GF/D/OF/VG) 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

Mexican Chorizo
Flatbread (D) 6
Chorizo, roasted red peppers, corn,
black olives, cotija cheese, and
cilantro crema.

Sausage & Provolone (D) 6
Roasted Italian sausage links,
peperonata, provolone, on an
Amoroso roll.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

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