



# ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Monday, August 11, 2025

## STARTERS

African Peanut

(GF/DF/OF/VE/Nuts) 3/5

Creamy Asparagus

(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

Hot Brie, Apple and Caramelized  
Onion on Ciabatta (D) 6

Brie cheese, Granny Smith apples,  
caramelized onions, on ciabatta.

Pepito (D) 6

Marinated skirt steak, avocado  
chimichurri, roasted red peppers,  
onions, sour cream, and Amorosa roll.

## KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

## DESSERT

Lemon Cookie (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

Tuesday, August 12, 2025

## STARTERS

Beef Barley (DF) † 3/5

Cucumber and Yellow Pepper

Gazpacho (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

Hot Brie, Apple and Caramelized  
Onion on Ciabatta (D) 6

Brie cheese, Granny Smith apples,  
caramelized onions, on ciabatta.

**Pepito (D) 6**

Marinated skirt steak, avocado  
chimichurri, roasted red peppers,  
onions, sour cream, and Amorosa roll.

## KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

## DESSERT

Lemon 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



# ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Wednesday, August 13, 2025

## STARTERS

Chicken Tortilla (GF/D) 3/5  
Golden Broccoli  
(GF/DF/OF/VE/Nuts) 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

Hot Brie, Apple and Caramelized  
Onion on Ciabatta (D) 6

Brie cheese, Granny Smith apples,  
caramelized onions, on ciabatta.

Pepito (D) 6

Marinated skirt steak, avocado  
chimichurri, roasted red peppers,  
onions, sour cream, and Amorosa roll.

## KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

## DESSERT

Cherry Crumble Bar (D) 1

Mixed Fruit 2



# ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Thursday, August 14, 2025

## STARTERS

Potato and Ham (D) 3/5

Chilled Peach

(GF/DF/OF/VE) ▼ 3/5

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## SANDWICH BAR

Half Sandwich 3

Whole Sandwich 6

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## 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

Hot Brie, Apple and Caramelized  
Onion on Ciabatta (D) 6

Brie cheese, Granny Smith apples,  
caramelized onions, on ciabatta.

Pepito (D) 6

Marinated skirt steak, avocado  
chimichurri, roasted red peppers,  
onions, sour cream, and Amorosa roll.

## KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

## DESSERT

Cherry Crumble Bar (D) 1

Mixed Fruit 2

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(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



Friday, August 15, 2025

**STARTERS**

Manhattan Clam Chowder  
(GF/D) ♦↓ 3/5

Roasted Red Pepper and Corn  
(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**

Hot Brie, Apple and Caramelized  
Onion on Ciabatta (D) 6

Brie cheese, Granny Smith apples,  
caramelized onions, on ciabatta.

Pepito (D) 6

Marinated skirt steak, avocado  
chimichurri, roasted red peppers,  
onions, sour cream, and Amorosa roll.

**KETTLE CHIPS 2**

BBQ, Honey Mustard, or Sea Salt

**DESSERT**

Chai Blondie (D/Nuts) 1

Mixed Fruit 2



# ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Saturday, August 16, 2025

## STARTERS

Chicken Sausage Gumbo (D) 3/5  
Cashew Pea  
(GF/DF/OF/VE/Nuts) ▼↕ 3/5

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## SANDWICH BAR

Half Sandwich 3  
Whole Sandwich 6

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## 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

Hot Brie, Apple and Caramelized  
Onion on Ciabatta (D) 6

Brie cheese, Granny Smith apples,  
caramelized onions, on ciabatta.

Pepito (D) 6

Marinated skirt steak, avocado  
chimichurri, roasted red peppers,  
onions, sour cream, and Amorosa roll.

## KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

## DESSERT

Chai Blondie (D/Nuts) 1

Mixed Fruit 2