



ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Monday, September 22, 2025

SOUPS

White Bean and Italian Sausage

(GF/D) 3/5

Note: Optional Parmesan Topping

Roasted Garlic and Swiss Chard

(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

Roasted Red Pepper Flatbread (D) 6

Red pepper sauce, feta cheese, arugula, cumin vinaigrette, and sumac.

Turkey, Muenster Ciabatta (D) 6

Sliced turkey, muenster cheese, sliced red onions, ajvar spread, and ciabatta bread.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Oatmeal Raisin Chocolate

Chip 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

Tuesday, September 23, 2025

SOUPS

Split Pea and Ham (GF/DF) 3/5
Zucchini and Watercress
(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

Roasted Red Pepper Flatbread (D) 6
Red pepper sauce, feta cheese,
arugula, cumin vinaigrette,
and sumac.

Turkey, Muenster Ciabatta (D) 6
Sliced turkey, muenster cheese,
sliced red onions, ajvar spread,
and ciabatta bread.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Oatmeal Raisin Chocolate
Chip Cookies (D) 1
Mixed Fruit 2

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ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Wednesday, September 24, 2025

SOUPS

Turkey and Wild Rice

(GF/D) ♦ 3/5

Wild Mushroom

(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

Roasted Red Pepper Flatbread (D) 6

Red pepper sauce, feta cheese,
arugula, cumin vinaigrette,
and sumac.

Turkey, Muenster Ciabatta (D) 6

Sliced turkey, muenster cheese,
sliced red onions, ajvar spread,
and ciabatta bread.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Spiced Snickerdoodle (D) 1

Mixed Fruit 2

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ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Thursday, September 25, 2025

SOUPS

Spanish Chicken and Rice
(GF/D) 3/5

Spiced Carrot and Tahini
(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

Roasted Red Pepper Flatbread (D) 6
Red pepper sauce, feta cheese,
arugula, cumin vinaigrette,
and sumac.

Turkey, Muenster Ciabatta (D) 6
Sliced turkey, muenster cheese,
sliced red onions, ajvar spread,
and ciabatta bread.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Spiced Snickerdoodle (D) 1

Mixed Fruit 2

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ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Friday, September 26, 2025

SOUPS

New England Clam Chowder (D) 3/5

Vegetable Barley (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

Roasted Red Pepper Flatbread (D) 6

Red pepper sauce, feta cheese,
arugula, cumin vinaigrette,
and sumac.

Turkey, Muenster Ciabatta (D) 6

Sliced turkey, muenster cheese,
sliced red onions, ajvar spread,
and ciabatta bread.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Peanut Butter Chip

Brownies (D/Nuts) 1

Mixed Fruit 2

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ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Saturday, September 27, 2025

SOUPS

Chicken and Dumpling (D) 3/5

Tomato Basil Bisque

(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

Roasted Red Pepper Flatbread (D) 6

Red pepper sauce, feta cheese, arugula, cumin vinaigrette, and sumac.

Turkey, Muenster Ciabatta (D) 6

Sliced turkey, muenster cheese, sliced red onions, ajvar spread, and ciabatta bread.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Peanut Butter Chip

Brownies (D/Nuts) 1

Mixed Fruit 2

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

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