



ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Monday, September 29, 2025

SOUPS

German Sausage and Barley
(D) 3/5

Parsnip, Carrot and Apple
(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

Chai Snickerdoodle (D) 1

Mixed Fruit 2



ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Tuesday, September 30, 2025

SOUPS

Bacon and Butternut Squash (D) 3/5
Autumn Vegetable and Quinoa
(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

Chai Snickerdoodle (D) 1
Mixed Fruit 2



ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Wednesday, October 1, 2025

SOUPS

Beef and Vegetable (GF/DF) ↓ 3/5

Bok Choy and Sweet Potato
(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

Cherry Crumble 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



Thursday, October 2, 2025

SOUPS

Beer and Cheddar (D) 3/5
Cabbage and Apple
(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

Cherry Crumble Bar (D) 1
Mixed Fruit 2



Friday, October 3, 2025

SOUPS

New England Clam Chowder (D) 3/5
Carrot and Ginger
(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

Oatmeal Chocolate Chip
Cookies (D) 1
Mixed Fruit 2



ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Saturday, October 4, 2025

SOUPS

Split Pea and Ham (GF/DF) ↓ 3/5

Roasted Tomato

(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

Oatmeal 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