



ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Monday, September 8, 2025

STARTERS

Polenta, Kale and Italian Sausage
(GF/D/A) ↓ 3/5

Summer Corn and Lima Bean
(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

Linguica, Olive, and Manchego
Flatbread (D/Nuts) 6

Thinly sliced linguica, Manzanilla olive
shaved Manchego, romesco sauce,
and arugula.

Hot Turkey and Havarti (D) 6

Pesto mayo, sourdough bread, turkey,
and Havarti.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Chewy Ginger 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 9, 2025

STARTERS

Creamy Chicken Alfredo (D) 3/5
Beet and Tomato 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

Linguica, Olive, and Manchego
Flatbread (D/Nuts) 6

Thinly sliced linguica, Manzanilla olive
shaved Manchego, romesco sauce,
and arugula.

Hot Turkey and Havarti (D) 6

Pesto mayo, sourdough bread, turkey,
and Havarti.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Chewy Ginger 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, September 10, 2025

STARTERS

Beef and Vegetable (GF/DF) 3/5
Roasted Cauliflower
(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

Linguica, Olive, and Manchego
Flatbread (D/Nuts) 6
Thinly sliced linguica, Manzanilla olive
shaved Manchego, romesco sauce,
and arugula.

Hot Turkey and Havarti (D) 6
Pesto mayo, sourdough bread, turkey,
and Havarti.

KETTLE CHIPS 2
BBQ, Honey Mustard, or Sea Salt

DESSERT
Chocolate Chip Cookies (D) 1
Mixed Fruit 2



ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Thursday, September 11, 2025

STARTERS

Lemon Chicken and Rice (GF/D) 3/5
Chilled Melon
(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

Linguica, Olive, and Manchego
Flatbread (D/Nuts) 6

Thinly sliced linguica, Manzanilla olive
shaved Manchego, romesco sauce,
and arugula.

Hot Turkey and Havarti (D) 6

Pesto mayo, sourdough bread, turkey,
and Havarti.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

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



Friday, September 12, 2025

STARTERS

Manhattan Clam Chowder
(GF/D) ♦↓ 3/5

Summer Vegetable
(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

Linguica, Olive, and Manchego
Flatbread (D/Nuts) 6

Thinly sliced linguica, Manzanilla olive
shaved Manchego, romesco sauce,
and arugula.

Hot Turkey and Havarti (D) 6

Pesto mayo, sourdough bread, turkey,
and Havarti.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

White Chocolate Pecan Blondie
(D/Nuts) 1

Mixed Fruit 2



ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Saturday, September 13, 2025

STARTERS

Chicken and Wild Rice (D) 3/5
Red Pepper and 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

Linguica, Olive, and Manchego
Flatbread (D/Nuts) 6

Thinly sliced linguica, Manzanilla olive
shaved Manchego, romesco sauce,
and arugula.

Hot Turkey and Havarti (D) 6

Pesto mayo, sourdough bread, turkey,
and Havarti.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

White Chocolate Pecan Blondie
(D/Nuts) 1
Mixed Fruit 2