



# ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Monday, November 3, 2025

## SOUPS

Five Spice Chicken Noodle

(DF/A) ↓ 3/5

Cabbage, Mushroom and Rice

(GF/DF/OF/VE/A) ↓ 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

Ham and Gouda (D) 6

Sliced ham, smoked Gouda, pumpernickel bread, and deli mustard.

Flatbread (D/Nuts) 6

Blue cheese, toasted walnuts, Granny Smith apples, arugula, and honey vinaigrette.

## KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

## DESSERT

Lemon Butter Cookies (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



# ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Tuesday, November 4, 2025

## SOUPS

German Goulash (D) 3/5

Colcannon (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

Ham and Gouda (D) 6

Sliced ham, smoked Gouda,  
pumpernickel bread, and deli  
mustard.

Flatbread (D/Nuts) 6

Blue cheese, toasted walnuts,  
Granny Smith apples, arugula, and  
honey vinaigrette.

## KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

## DESSERT

Lemon Butter Cookie (D) 1

Mixed Fruit 2



# ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Wednesday, November 5, 2025

## SOUPS

Turkey Noodle (DF) ↓ 3/5

Leek and Fennel

(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

Ham and Gouda (D) 6

Sliced ham, smoked Gouda,  
pumpernickel bread, and deli  
mustard.

Flatbread (D/Nuts) 6

Blue cheese, toasted walnuts,  
Granny Smith apples, arugula, and  
honey vinaigrette.

## KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

## DESSERT

Fudge Brownie (D) 1

Mixed Fruit 2

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# ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Thursday, November 6, 2025

## SOUPS

Spanish Chicken and Rice

(GF/D) 3/5

Lentil and Root Vegetable

(GF/\*DF/OF/VE) 3/5

\*Note: Parmesan 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

Ham and Gouda (D) 6

Sliced ham, smoked Gouda,  
pumpernickel bread, and deli  
mustard.

Flatbread (D/Nuts) 6

Blue cheese, toasted walnuts,  
Granny Smith apples, arugula, and  
honey vinaigrette.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

## DESSERT

Fudge Brownies (D) 1

Mixed Fruit 2

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# ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Friday, November 7, 2025

## **SOUPS**

**Manhattan Clam Chowder**

(GF/D) ♦↓ 3/5

**Vegetable Quinoa**

(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**

**Ham and Gouda (D) 6**

Sliced ham, smoked Gouda,  
pumpernickel bread, and deli  
mustard.

**Flatbread (D/Nuts) 6**

Blue cheese, toasted walnuts,  
Granny Smith apples, arugula, and  
honey vinaigrette.

## **KETTLE CHIPS 2**

BBQ, Honey Mustard, or Sea Salt

## **DESSERT**

**Chocolate Chip Cookies (D) 1**

**Mixed Fruit 2**

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# ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Saturday, November 8, 2025

## SOUPS

**Ultimate Baked Potato (D) 3/5**

**Thai Coconut Tomato  
(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

**Ham and Gouda (D) 6**

Sliced ham, smoked Gouda,  
pumpernickel bread, and deli  
mustard.

**Flatbread (D/Nuts) 6**

Blue cheese, toasted walnuts,  
Granny Smith apples, arugula, and  
honey vinaigrette.

## KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

## DESSERT

**Chocolate Chip Cookies (D) 1**

**Mixed Fruit 2**

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