



ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Monday, October 13, 2025

SOUPS

Cauliflower and Cheese

(GF/D/VG) ♦ 3/5

Roasted Garlic and 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

Pesto Focaccia (D) 6

Marinated tomato, pesto, and
mozzarella.

Delicata Squash Flatbread (D) 6

Rosemary delicata, herbed goat
cheese spread, balsamic reduction,
and fresh watercress.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Five-Spice Snickerdoodle (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, October 14, 2025

SOUPS

Parsnip and Apple (GF/DF/OF/VE)

▼↓ 3/5

Potato and Kale

(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

Pesto Focaccia (D) 6

Marinated tomato, pesto, and
mozzarella.

Delicata Squash Flatbread (D) 6

Rosemary delicata, herbed goat
cheese spread, balsamic reduction,
and fresh watercress.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Five-Spice Snickerdoodle (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, October 15, 2025

SOUPS

Cock-a-Leekie (GF/D) ♦ 3/5
Fall Garden 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

Pesto Focaccia (D) 6
Marinated tomato, pesto, and
mozzarella.

Delicata Squash Flatbread (D) 6
Rosemary delicata, herbed goat
cheese spread, balsamic reduction,
and fresh watercress.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Orange Butter Cookies (D) 1
Mixed Fruit 2



Thursday, October 16, 2025

SOUPS

Bean and Bacon (GF/DF) 3/5
Carrot, Fennel and 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

Pesto Focaccia (D) 6
Marinated tomato, pesto, and
mozzarella.

Delicata Squash Flatbread (D) 6
Rosemary delicata, herbed goat
cheese spread, balsamic reduction,
and fresh watercress.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Orange Butter Cookies (D) 1
Mixed Fruit 2



ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Friday, October 17, 2025

SOUPS

New England Clam Chowder
(D) 3/5

Borscht (GF/DF*/OF/VE) ♦↓ 3/5

*Note: Dairy 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

Pesto Focaccia (D) 6

Marinated tomato, pesto, and
mozzarella.

Delicata Squash Flatbread (D) 6

Rosemary delicata, herbed goat
cheese spread, balsamic reduction,
and fresh watercress.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Walnut Brownie (D/Nuts) 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

Saturday, October 18, 2025

SOUPS

Chicken and Wild Rice (D) 3/5
Creamy Tomato
(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

Pesto Focaccia (D) 6
Marinated tomato, pesto, and
mozzarella.

Delicata Squash Flatbread (D) 6
Rosemary delicata, herbed goat
cheese spread, balsamic reduction,
and fresh watercress.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Walnut Brownie (D/Nuts)
Mixed Fruit 2