



ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Monday, October 6, 2025

SOUPS

Chicken Noodle (DF) ↓ 3/5
Butternut Squash
(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

Pastrami and Muenster (D) 6
Pastrami, Muenster, caramelized
onion mayo, and mustard.

Pimento Cheese and Bacon Bagel
Sandwich (D) 6

Smoked cheddar peppadew spread,
bacon, pickles, and bagel.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Fig 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



ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Tuesday, October 7, 2025

SOUPS

Savory Mushroom

(GF/DF/OF/VE/A) ♦▼↓ 3/5

Beet, Fennel 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

Pastrami and Muenster (D) 6

Pastrami, Muenster, caramelized onion mayo, and mustard.

Pimento Cheese and Bacon Bagel Sandwich (D) 6

Smoked cheddar peppadew spread, bacon, pickles, and bagel.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Fig 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



Wednesday, October 8, 2025

SOUPS

- Creamy Potato and Bacon (D) 3/5
- Creamy Sweet Potato 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

- Pastrami and Muenster (D) 6
- Pastrami, Muenster, caramelized onion mayo, and mustard.

- Pimento Cheese and Bacon Bagel Sandwich (D) 6

Smoked cheddar peppadew spread, bacon, pickles, and bagel.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

- Chewy Ginger Cookies (D) 1
- Mixed Fruit 2



ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Thursday, October 9, 2025

SOUPS

Zuppa Toscana (D) 3/5

Zesty 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

Pastrami and Muenster (D) 6

Pastrami, Muenster, caramelized
onion mayo, and mustard.

Pimento Cheese and Bacon Bagel
Sandwich (D) 6

Smoked cheddar peppadew spread,
bacon, pickles, and bagel.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Chewy Ginger Cookies (D) 1

Mixed Fruit 2



ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Friday, October 10, 2025

SOUPS

Manhattan Clam Chowder
(GF/D) ♦↓ 3/5

Cabbage 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

Pastrami and Muenster (D) 6
Pastrami, Muenster, caramelized
onion mayo, and mustard.

**Pimento Cheese and Bacon Bagel
Sandwich (D) 6**
Smoked cheddar peppadew spread,
bacon, pickles, and bagel.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Peanut Butter Chocolate Chip
Cookies (D/Nuts) 1
Mixed Fruit 2



ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Saturday, October 11, 2025

SOUPS

Broccoli Cheddar (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

Pastrami and Muenster (D) 6
Pastrami, Muenster, caramelized
onion mayo, and mustard.

Pimento Cheese and Bacon Bagel
Sandwich (D) 6

Smoked cheddar peppadew spread,
bacon, pickles, and bagel.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Peanut Butter Chocolate Chip
Cookies (D/Nuts) 1
Mixed Fruit 2