



ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Monday, November 17, 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

Turkey and Havarti (D) 6

Turkey, Havarti, pesto mayo, and
sourdough bread.

Flatbread (D/Nuts) 6

Linguica, Manzanilla olives,

Manchego, romesco sauce, and
arugula.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Chai 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, November 18, 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

Turkey and Havarti (D) 6
Turkey, Havarti, pesto mayo, and
sourdough bread.

Flatbread (D/Nuts) 6

Linguica, Manzanilla olives,
Manchego, romesco sauce, and
arugula.

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, November 19, 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

Turkey and Havarti (D) 6
Turkey, Havarti, pesto mayo, and
sourdough bread.

Flatbread (D/Nuts) 6

Linguica, Manzanilla olives,
Manchego, romesco sauce, and
arugula.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Cherry Crumble Bar (D) 1
Mixed Fruit 2



ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Thursday, November 20, 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

Turkey and Havarti (D) 6
Turkey, Havarti, pesto mayo, and
sourdough bread.

Flatbread (D/Nuts) 6

Linguica, Manzanilla olives,
Manchego, romesco sauce, and
arugula.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Cherry Crumble Bar (D) 1
Mixed Fruit 2



ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Friday, November 21, 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

Turkey and Havarti (D) 6
Turkey, Havarti, pesto mayo, and
sourdough bread.

Flatbread (D/Nuts) 6

Linguica, Manzanilla olives,
Manchego, romesco sauce, and
arugula.

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, November 22, 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

Turkey and Havarti (D) 6
Turkey, Havarti, pesto mayo, and
sourdough bread.

Flatbread (D/Nuts) 6

Linguica, Manzanilla olives,
Manchego, romesco sauce, and
arugula.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Oatmeal Chocolate Chip Cookies (D) 1
Mixed Fruit 2