



# ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Monday, December 15, 2025

## SOUPS

Kielbasa and Cabbage  
(GF/DF) ♦ 3/5

Curried Butternut Squash  
(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

Turkey, Cranberry, and Brie (D) 6  
Turkey, cranberry sauce, Brie, and  
arugula, on toasted plain bagel,

## Flatbread (D) 6

Fig jam, Granny Smith apples,  
prosciutto, arugula, and Champagne  
vinaigrette.

## KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

## DESSERT

Marionberry Crumble Bar (D) 1

Mixed Fruit 2



# ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Tuesday, December 16, 2025

## SOUPS

Chicken and Dumpling (D) 3/5  
Creamy Carrot and Coriander  
(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

Turkey, Cranberry, and Brie (D) 6  
Turkey, cranberry sauce, Brie, and  
arugula, on toasted plain bagel,

## Flatbread (D) 6

Fig jam, Granny Smith apples,  
prosciutto, arugula, and Champagne  
vinaigrette.

## KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

## DESSERT

Marionberry Crumble Bar (D) 1  
Mixed Fruit 2



# ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Wednesday, December 17, 2025

## SOUPS

Hungarian Mushroom

(D/VG/A) 3/5

Celery Root and Potato

(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

Turkey, Cranberry, and Brie (D) 6

Turkey, cranberry sauce, Brie, and  
arugula, on toasted plain bagel,

Flatbread (D) 6

Fig jam, Granny Smith apples,  
prosciutto, arugula, and Champagne  
vinaigrette.

## KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

## DESSERT

Monster Cookies (D/Nuts) 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

Thursday, December 18, 2025

### SOUPS

Sausage, Parmesan and Kale

(GF/D/A) ♦ 3/5

Greek Spinach

(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

Turkey, Cranberry, and Brie (D) 6

Turkey, cranberry sauce, Brie, and  
arugula, on toasted plain bagel,

Flatbread (D) 6

Fig jam, Granny Smith apples,  
prosciutto, arugula, and Champagne  
vinaigrette.

### KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

### DESSERT

Monster Cookies (D/Nuts) 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

Friday, December 19, 2025

## SOUPS

New England Clam Chowder (D) 3/5

Kale and White Bean

(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

Turkey, Cranberry, and Brie (D) 6

Turkey, cranberry sauce, Brie, and arugula, on toasted plain bagel,

Flatbread (D) 6

Fig jam, Granny Smith apples, prosciutto, arugula, and Champagne vinaigrette.

## KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

## DESSERT

Pecan Blondies (D/Nuts) 1

Mixed Fruit 2

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(GF) Gluten Free • (VE) Vegan • (VG) Vegetarian • (D) Contains Dairy

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# ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Saturday, December 20, 2025

## SOUPS

Tomato Florentine and Pasta (D) 3/5

Vegan Split Pea

(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

Turkey, Cranberry, and Brie (D) 6

Turkey, cranberry sauce, Brie, and  
arugula, on toasted plain bagel,

Flatbread (D) 6

Fig jam, Granny Smith apples,  
prosciutto, arugula, and Champagne  
vinaigrette.

## KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

## DESSERT

Pecan Blondies (D/Nuts) 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