



ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Monday, December 8, 2025

SOUPS

Creamy Chicken and Alfredo
(D) 3/5

Celery Root 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

Squash and Goat Cheese Flatbread
(D) 6

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

Pastrami and Muenster (D) 6

Pastrami, Muenster cheese,
caramelized onion myao, deli
mustard, and pumpernickel bread.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Chocolate Chip Cookies (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



Tuesday, December 9, 2025

SOUPS

Beef Barley (DF) ↓ 3/5
Cauliflower, Kale and Chickpea
(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

Squash and Goat Cheese Flatbread
(D) 6
Rosemary roasted delicata squash,
herbed goat cheese spread, balsamic
reduction, and fresh watercress.

Pastrami and Muenster (D) 6
Pastrami, Muenster cheese,
caramelized onion myao, deli
mustard, and pumpernickel bread.

KETTLE CHIPS 2
BBQ, Honey Mustard, or Sea Salt

DESSERT
Chocolate Chip Cookies (D) 1
Mixed Fruit 2



Wednesday, December 10, 2025

SOUPS

Sausage and Potato

(GF/DF) ♦↓ 3/5

Golden Beet

(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

Squash and Goat Cheese Flatbread
(D) 6

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

Pastrami and Muenster (D) 6

Pastrami, Muenster cheese,
caramelized onion myao, deli
mustard, and pumpernickel bread.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

S'mores Bar (D) 1

Mixed Fruit 2



ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Thursday, December 11, 2025

SOUPS

Chicken Tikka Masala

(GF/DF) ▼ 3/5

Mulligatawny

(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

Squash and Goat Cheese Flatbread
(D) 6

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

Pastrami and Muenster (D) 6

Pastrami, Muenster cheese,
caramelized onion myao, deli
mustard, and pumpernickel bread.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

S'mores Bar (D) 1

Mixed Fruit 2

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ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Friday, December 12, 2025

SOUPS

Cajun Shrimp and Corn Chowder
(D) 3/5

Cajun Roasted Corn Chowder
(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

Squash and Goat Cheese Flatbread
(D) 6

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

Pastrami and Muenster (D) 6

Pastrami, Muenster cheese,
caramelized onion myao, deli
mustard, and pumpernickel bread.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Pumpkin Snickerdoodle (D)

Mixed Fruit 2

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ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Saturday, December 13, 2025

SOUPS

Garden Vegetable (GF/DF/VE) 3/5
Roasted Cauliflower
(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

Squash and Goat Cheese Flatbread
(D) 6

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

Pastrami and Muenster (D) 6

Pastrami, Muenster cheese,
caramelized onion myao, deli
mustard, and pumpernickel bread.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Pumpkin Snickerdoodle (D)
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