



# ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Monday, January 19, 2025

## SOUPS

**Lentil and Spanish Chorizo**

(GF/DF) ♦ 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

**Roast Beef and Cheddar (D)** 6

Sliced roast beef, smoked cheddar, sourdough bread, and caramelized onion mayo.

**Flatbread (D)** 6

Roasted red peppers sauce, arugula, feta cheese, cumin vinaigrette, and sumac.

## KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

## DESSERT

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, January 20, 2025

## SOUPS

**Beef and Vegetable (GF/DF) 3/5**

**Asparagus and Edamame (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

**Roast Beef and Cheddar (D) 6**

Sliced roast beef, smoked cheddar,  
sourdough bread, and caramelized  
onion mayo.

**Flatbread (D) 6**

Roasted red peppers sauce, arugula,  
feta cheese, cumin vinaigrette, and  
sumac.

## KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

## DESSERT

Snickerdoodle (D) 1

Mixed Fruit 2



# ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Wednesday, January 21, 2025

## SOUPS

**Broccoli and Cheddar (D) 3/5**

**Black-Eyed Pea**

**(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

**Roast Beef and Cheddar (D) 6**

Sliced roast beef, smoked cheddar, sourdough bread, and caramelized onion mayo.

**Flatbread (D) 6**

Roasted red peppers sauce, arugula, feta cheese, cumin vinaigrette, and sumac.

## KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

## DESSERT

Espresso White Chocolate Chip

Cookie (D) 1

Mixed Fruit 2



# ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Thursday, January 22, 2025

## SOUPS

**Chicken Orzo (D) 3/5**

**Creamy 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

**Roast Beef and Cheddar (D) 6**

Sliced roast beef, smoked cheddar, sourdough bread, and caramelized onion mayo.

**Flatbread (D) 6**

Roasted red peppers sauce, arugula, feta cheese, cumin vinaigrette, and sumac.

## KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

## DESSERT

Espresso White Chocolate Chip

Cookies (D) 1

Mixed Fruit 2



# ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Friday, January 23, 2025

## SOUPS

**Shrimp and Corn Chowder (D) 3/5**  
**Three 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

**Roast Beef and Cheddar (D) 6**  
Sliced roast beef, smoked cheddar,  
sourdough bread, and caramelized  
onion mayo.

## Flatbread (D) 6

Roasted red peppers sauce, arugula,  
feta cheese, cumin vinaigrette, and  
sumac.

## KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

## DESSERT

Pecan Chocolate Chip Blondie  
(D/Nuts) 1

Mixed Fruit 2



# ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Saturday, January 24, 2025

## SOUPS

**Tomato Florentine with Pasta**  
(D) ♦ 3/5

**Creamy Carrot and Coriander**  
(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

**Roast Beef and Cheddar (D)** 6  
Sliced roast beef, smoked cheddar,  
sourdough bread, and caramelized  
onion mayo.

**Flatbread (D)** 6

Roasted red peppers sauce, arugula,  
feta cheese, cumin vinaigrette, and  
sumac.

## KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

## DESSERT

Pecan Chocolate Chip Blondie  
(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