



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

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



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



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



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