



ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Monday, January 12, 2025

SOUPS

Navy Bean and Ham (GF/D) ↓ 3/5

**Thai Coconut 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

German Sausage Hoagie (D) 6

Zenner's German sausage,
caramelized onions, shredded
Fontina, deli mustard.

Toasted Bagel (D) 6

Bagel, sliced roast beef, pickled red
onions, arugula, and herbed cream
cheese.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Cherry Crumble Bar (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 13, 2025

SOUPS

Albondigas (GF/DF) ♦ 3/5

Black 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

German Sausage Hoagie (D) 6

Zenner's German sausage, caramelized onions, shredded Fontina, deli mustard.

Toasted Bagel (D) 6

Bagel, sliced roast beef, pickled red onions, arugula, and herbed cream cheese.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Cherry Crumble Bar (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

Wednesday, January 14, 2025

SOUPS

Beef Barley (DF) ↓ 3/5
Creamy Sweet Potato 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

German Sausage Hoagie (D) 6
Zenner's German sausage, caramelized onions, shredded Fontina, deli mustard.

Toasted Bagel (D) 6

Bagel, sliced roast beef, pickled red onions, arugula, and herbed cream cheese.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Chocolate Chip Cookie (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

Thursday, January 15, 2025

SOUPS

Bacon and Butternut Squash

(D) 3/5

Golden Garlic and 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

German Sausage Hoagie (D) 6

Zenner's German sausage, caramelized onions, shredded Fontina, deli mustard.

Toasted Bagel (D) 6

Bagel, sliced roast beef, pickled red onions, arugula, and herbed cream cheese.

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



ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Friday, January 16, 2025

SOUPS

Manhattan Clam Chowder

(GF/D) ♦ 3/5

Curried Lentil and Apricot

(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

German Sausage Hoagie (D) 6

Zenner's German sausage, caramelized onions, shredded Fontina, deli mustard.

Toasted Bagel (D) 6

Bagel, sliced roast beef, pickled red onions, arugula, and herbed cream cheese.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Pistachio White Chocolate

Chip Bar (D/Nuts) 1

Mixed Fruit 2



ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Saturday, January 17, 2025

SOUPS

Chicken and Wild Rice (D) 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

German Sausage Hoagie (D) 6

Zenner's German sausage, caramelized onions, shredded Fontina, deli mustard.

Toasted Bagel (D) 6

Bagel, sliced roast beef, pickled red onions, arugula, and herbed cream cheese.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Pistachio White Chocolate

Chip Bar (D/Nuts)1

Mixed Fruit 2