



# ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Monday, February 23, 2026

## SOUPS

- Bean and Bacon (GF/DF) 3/5
- Carrot and Ginger (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

**Pastrami and Muenster (D) 6**  
Pumpernickel bread, caramelized onion mayo, and mustard.

**Flatbread (D/Nuts) 6**  
Walnut pesto, mozzarella cheese, cherry tomatoes, and arugula.

## KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

## DESSERT

- Almond Cookies (D/Nuts) 1
- Mixed Fruit 2



# ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Tuesday, February 24, 2026

## SOUPS

Egg Flower (GF/DF) 3/5

Hot and Sour (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

Pastrami and Muenster (D) 6

Pumpernickel bread, caramelized  
onion mayo, and mustard.

Flatbread (D/Nuts) 6

Walnut pesto, mozzarella cheese,  
cherry tomatoes, and arugula.

## KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

## DESSERT

Almond Cookies (D/Nuts) 1

Mixed Fruit 2



Wednesday, February 25, 2026

### SOUPS

**Bok Choy and Sweet Potato**

(GF/DF/OF/VE/A) † 3/5

**Cabbage and Tofu Dumpling**

(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

**Pastrami and Muenster (D) 6**

Pumpernickel bread, caramelized  
onion mayo, and mustard.

**Flatbread (D/Nuts) 6**

Walnut pesto, mozzarella cheese,  
cherry tomatoes, and arugula.

### KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

### DESSERT

**Five-Spice Snickerdoodle (D) 1**

**Mixed Fruit 2**



# ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Thursday, February 26, 2026

## SOUPS

Thai Chicken and Rice \*(D)

\*Note: Contains Fish 3/5

Thai Lemongrass and Tofu  
(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

Pastrami and Muenster (D) 6

Pumpernickel bread, caramelized  
onion mayo, and mustard.

Flatbread (D/Nuts) 6

Walnut pesto, mozzarella cheese,  
cherry tomatoes, and arugula.

## KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

## DESSERT

Five-Spice Snickerdoodle (D) 1

Mixed Fruit 2



# ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Friday, February 27, 2026

### SOUPS

New England Clam Chowder (D)  
Roasted Garlic and  
Swiss Chard (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

Pastrami and Muenster (D) 6  
Pumpernickel bread, caramelized  
onion mayo, and mustard.

### Flatbread (D/Nuts) 6

Walnut pesto, mozzarella cheese,  
cherry tomatoes, and arugula.

### KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

### DESSERT

Mango Coconut Bar (D) 1  
Mixed Fruit 2



# ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Saturday, February 28, 2026

## SOUPS

Minestrone (D) ↓ 3/5

Tomato Dill

(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

Pastrami and Muenster (D) 6

Pumpernickel bread, caramelized  
onion mayo, and mustard.

Flatbread (D/Nuts) 6

Walnut pesto, mozzarella cheese,  
cherry tomatoes, and arugula.

## KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

## DESSERT

Mango Coconut Bar (D) 1

Mixed Fruit 2