



ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Monday, March, 2 2026

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

Ham and Havarti (D) 6
 Ham, Havarti cheese, caramelized onion and apple butter, and ciabbata roll.

Pizza Sub (D) 6
 6" hoagie roll, pepperoni, salami, Canadian bacon, pizza sauce, and Mozzarella.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

- Fig 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, March 3, 2026

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

Ham and Havarti (D) 6

Ham, Havarti cheese, caramelized onion and apple butter, and ciabbata roll.

Pizza Sub (D) 6

6" hoagie roll, pepperoni, salami, Canadian bacon, pizza sauce, and Mozzarella.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Fig Crumble Bar (D) 1

Mixed Fruit 2



ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Wednesday, March 4, 2026

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

- Ham and Havarti (D) 6
Ham, Havarti cheese, caramelized onion and apple butter, and ciabbata roll.
- Pizza Sub (D) 6
6" hoagie roll, pepperoni, salami, Canadian bacon, pizza sauce, and Mozzarella.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

- Chocolate Chip Cookie (D) 1
- Mixed Fruit 2



Thursday, March 5, 2026

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

Ham and Havarti (D) 6

Ham, Havarti cheese, caramelized onion and apple butter, and ciabbata roll.

Pizza Sub (D) 6

6" hoagie roll, pepperoni, salami, Canadian bacon, pizza sauce, and Mozzarella.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Chocolate Chip Cookies (D) 1

Mixed Fruit 2



ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Friday, March 6, 2026

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

Ham and Havarti (D) 6

Ham, Havarti cheese, caramelized onion and apple butter, and ciabbata roll.

Pizza Sub (D) 6

6" hoagie roll, pepperoni, salami, Canadian bacon, pizza sauce, and Mozzarella.

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, February 7, 2026

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

Ham and Havarti (D) 6

Ham, Havarti cheese, caramelized
onion and apple butter, and
ciabbata roll.

Pizza Sub (D) 6

6" hoagie roll, pepperoni, salami,
Canadian bacon, pizza sauce, and
Mozzarella.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Pistachio White Chocolate

Chip Bar (D/Nuts) 1

Mixed Fruit 2