



ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Monday, February 9, 2026

SOUPS

African Peanut

(GF/DF/OF/VE/Nuts) 3/5

Carrot 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

Turkey and Manchego (D) 6

Sliced turkey, Manchego cheese, sundried tomato and olive tapenade, and focaccia bread.

Flatbread (D) 6

Roasted delicata squash, prosciutto goat cheese, arugula, and apple cider vinaigrette.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Strawberry 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, February 10, 2026

SOUPS

Cock-a-Leekie (GF/D) ♦ 3/5

Golden Beet

(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

Turkey and Manchego (D) 6

Sliced turkey, Manchego cheese,
sundried tomato and olive
tapenade, and focaccia bread.

Flatbread (D) 6

Roasted delicata squash, prosciutto
goat cheese, arugula, and apple
cider vinaigrette.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Strawberry Crumble Bars (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, February 11, 2026

SOUPS

Beef Noodle (DF) 3/5
Celery Root and Potato
(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

Turkey and Manchego (D) 6
Sliced turkey, Manchego cheese,
sundried tomato and olive
tapenade, and focaccia bread.

Flatbread (D) 6

Roasted delicata squash, prosciutto
goat cheese, arugula, and apple
cider vinaigrette.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Sugar 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, February 12, 2026

SOUPS

Creamy Chicken Alfredo (D) 3/5
Curried Parsnip
(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

Turkey and Manchego (D) 6
Sliced turkey, Manchego cheese,
sundried tomato and olive
tapenade, and focaccia bread.

Flatbread (D) 6

Roasted delicata squash, prosciutto
goat cheese, arugula, and apple
cider vinaigrette.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Sugar 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

Friday, February 13, 2026

SOUPS

New England Clam Chowder (D) 3/5

Kale and White Bean

(GF/*DF/OF/VE/A) ↓ 3/5

*Note: Parmesan Topping Optional

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

Turkey and Manchego (D) 6

Sliced turkey, Manchego cheese, sundried tomato and olive tapenade, and focaccia bread.

Flatbread (D) 6

Roasted delicata squash, prosciutto goat cheese, arugula, and apple cider vinaigrette.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Toffee Crunch 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



ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Saturday, February 14, 2026

SOUPS

Ultimate Baked Potato (D) 3/5

Sweet Potato Chowder

(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

Turkey and Manchego (D) 6

Sliced turkey, Manchego cheese, sundried tomato and olive tapenade, and focaccia bread.

Flatbread (D) 6

Roasted delicata squash, prosciutto goat cheese, arugula, and apple cider vinaigrette.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Toffee Crunch 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