



ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Monday, March 16, 2026

SOUPS

**German Sausage and Barley
(D) 3/5**

**Parsnip, Carrot, 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

Tuna Melt (D) 6

Tuna salad, cheddar cheese, and
sourdough bread.

Flatbread (D) 6

Fig jam, flatbread, Granny Smith
apples, prosciutto, arugula, and
Champagne vinaigrette.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Chewy Ginger 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

Tuesday, March 17, 2026

SOUPS

Kielbasa Coddle (DF/A) 3/5

Colcannon (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

Tuna Melt (D) 6

Tuna salad, cheddar cheese, and
sourdough bread.

Flatbread (D) 6

Fig jam, flatbread, Granny Smith
apples, prosciutto, arugula, and
Champagne vinaigrette.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Chewy Ginger 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

Wednesday, March 18, 2026

SOUPS

Turkey and Wild Rice

(GF/D) ♦ 3/5

Cashew Pea

(GF/DF/OF/VE/Nuts) ▼↓ 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

Tuna Melt (D) 6

Tuna salad, cheddar cheese, and
sourdough bread.

Flatbread (D) 6

Fig jam, flatbread, Granny Smith
apples, prosciutto, arugula, and
Champagne vinaigrette.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Amazing Chocolate

Chip Cookies (D) 1

Mixed Fruit 2

(GF) Gluten Free • (VE) Vegan • (VG) Vegetarian • (D) Contains Dairy

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ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Thursday, March 19, 2026

SOUPS

Chicken Tikka Masala

(GF/DF) ▼ 3/5

Mulligatawny

(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

Tuna Melt (D) 6

Tuna salad, cheddar cheese, and
sourdough bread.

Flatbread (D) 6

Fig jam, flatbread, Granny Smith
apples, prosciutto, arugula, and
Champagne vinaigrette.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Amazing 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, March 20, 2026

SOUPS

New England Clam Chowder (D) 3/5

White Bean and Escarole
(GF/DF/OF/VE/A) ↓▼ 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

Tuna Melt (D) 6

Tuna salad, cheddar cheese, and
sourdough bread.

Flatbread (D) 6

Fig jam, flatbread, Granny Smith
apples, prosciutto, arugula, and
Champagne vinaigrette.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Fudge Brownie (D) 1

Mixed Fruit 2

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ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Saturday, March 21, 2026

SOUPS

- Chicken and Dumpling (D) 3/5
- Zesty 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

- Tuna Melt (D) 6
Tuna salad, cheddar cheese, and
sourdough bread.

- Flatbread (D) 6
Fig jam, flatbread, Granny Smith
apples, prosciutto, arugula, and
Champagne vinaigrette.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

- Fudge Brownie (D) 1
- Mixed Fruit 2