



ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Monday, March 23, 2026

SOUPS

Chicken Noodle (DF) † 3/5

Cauliflower, Kale and Chickpea
(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

Elk Rock Pizza Special (D) 6

Italian sausage, Kalamata olives,
spinach, red onions, and sun-dried
tomatoes.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Marionberry 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 24, 2026

SOUPS

Creamy Potato and Bacon (D) 3/5

Creamy Artichoke

(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

Elk Rock Pizza Special (D) 6

Italian sausage, Kalamata olives,
spinach, red onions, and sun-dried
tomatoes.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Marionberry Crumble Bars (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

Wednesday, March 25, 2026

SOUPS

Tomato Basil Bisque

(GF/D/OF/VG) ♦ 3/5

Bavarian Lentil

(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

Elk Rock Pizza Special (D) 6

Italian sausage, Kalamata olives,
spinach, red onions, and sun-dried
tomatoes.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Peanut Butter Cookies (D/Nuts) 1

Mixed Fruit 2

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ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Thursday, March 26, 2026

SOUPS

Beef Stew (D) 3/5

Country 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

Elk Rock Pizza Special (D) 6

Italian sausage, Kalamata olives,
spinach, red onions, and sun-dried
tomatoes.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Peanut Butter Cookies (D/Nuts) 1

Mixed Fruit 2



ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Friday, March 27, 2026

SOUPS

Manhattan Clam Chowder

(GF/D) ♦↕ 3/5

Curried Butternut

(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

Elk Rock Pizza Special (D) 6

Italian sausage, Kalamata olives,
spinach, red onions, and sun-dried
tomatoes.

KETTLE CHIPS 2

BBQ, Honey Mustard, or Sea Salt

DESSERT

Chocolate Chip Cookies (D) 1

Mixed Fruit 2

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ELK ROCK

Lunch: Monday - Saturday, 11 am - 2 pm

Saturday, March 28, 2026

SOUPS

Italian Wedding (D) 3/5

Moroccan Lentil

(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

Elk Rock Pizza Special (D) 6

Italian sausage, Kalamata olives,
spinach, red onions, and sun-dried
tomatoes.

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

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