

Atrium

July 13th – August 8th

Starters

Soup of the Day – A homemade specialty soup prepared in house. \$2.75

Soup of the Week ★ – A homemade specialty soup prepared in house. \$2.75

House Salad 🌿 – Mixed greens, carrots, tomatoes, and cucumber. \$2.75 (10 cal.)

Spinach Strawberry & Feta Salad ★ 🌿 – Baby spinach with strawberries, toasted almonds, dried cranberries and feta cheese. \$4.00 (50 cal.)

Mixed Fruit – Mixed seasonal fresh fruits and berries. \$2.75 (40 cal.)

Entrée Salads and Handhelds

Entrée Spinach Strawberry and Feta Salad – Baby spinach with strawberries, toasted almonds, dried cranberries and feta cheese. \$10.00 (500 cal.)

Choose One Protein For Your Entrée Salad

Salmon (240 cal.) Grilled Shrimp (140 cal.) Grilled Chicken Breast (220 cal.), Tofu (90 cal.)

Taco Salad ★ – Lettuce, tomato, onion, cheddar cheese, guacamole, roasted corn, fried flour tortillas, and cilantro sour cream. Served with choice of protein. \$10.00 (530 cal.)

Mushroom Swiss Burger ★ – Beef burger topped with sautéed mushrooms and Swiss cheese on a toasted brioche bun. \$10.00 (680 cal.)

Gluten Friendly Bread Options Available

Salad Dressing

Balsamic Vinaigrette (60 cal.) – Blue Cheese (150 cal.) – Caesar (180 cal.) – French (130 cal.) – Honey Dijon (130 cal.) – Italian (40 cal.) – Ranch (170 cal.) – Raspberry Vinaigrette (60 cal.)

★ New for July



Healthier Choice
(under 460 mg sodium, 4 g
saturated fat, 10 g added sugar)

| 🌿 Vegetarian

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

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Healthier Choice

Quinoa Stuffed Pepper 🍎★ - Baked pepper stuffed with quinoa, mushrooms, spinach, onion, mozzarella, parmesan and tomato confit. \$11.00 (150 cal.)

Beef Stir Fry over Rice 🍎★ - Marinated beef with carrots, onions, peppers, asparagus, snow peas and bourbon in a hoisin sauce with white rice. (280 cal.) \$10.00

Roasted Pork Loin 🍎 - Lemon and fresh herb marinated. (180 cal.) \$10.00

Vegetarian Cottage Pie 🍎🌿 - Lentils, mushroom, onion, celery, parsnip, butternut squash, garlic, miso and tomato reduced with red wine and mashed potato crust. (280 cal.) \$10.00

Pasta

Spaghetti Carbonara with Grilled Chicken ★ - Spaghetti tossed with crispy bacon and a creamy sauce of parmesan and eggs. Topped with grilled chicken. (480 cal.) \$10.00

Capellini with Marinara Sauce ★🌿 - Classic thin style capellini pasta tossed in a traditional marinara sauce. (240 cal.) \$10.00

Gemelli with Italian Sausage ★ - Italian sausage, gemelli pasta, sundried tomato pesto, basil, parmesan cheese and cream. (740 cal.) \$10.00

Gluten Friendly Pasta Available

Sea

Grilled Salmon - Also available with Bourbon Sauce. (60 cal.)

Flounder a la Plancha ★ - Flounder, onion and peppers in a lemon butter sauce. (130 cal.) \$14.00

Thai Chili Salmon ★ - Salmon filet, broccoli, peppers and onions with a sweet Thai chili sauce. (350 cal.) \$14.00

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Farm

Sautéed Liver with Bacon and Onions ★ - Seared beef liver, bacon and onions. \$10.00 (310 cal.)

Chicken Lo Mein ★ - Chicken breast, mixed vegetables, ginger, garlic and sesame oil, with lo mein noodles. \$10.00 (490 cal.)

BBQ Chicken Quarters ★ - BBQ marinated, bone-in leg and thigh of chicken slowly roasted. \$10.00 (570 cal.)

Beef Chili ★ - Beef, onions and peppers cooked in tomato and beef broth. \$10.00 (350 cal.)

Pan Seared Chicken with Artichokes ★ - Floured then sautéed chicken breast finished with artichokes, mushrooms, tomatoes and a white wine pan sauce. \$10.00 (320 cal.)

Carved Ham with Raisin Sauce ★ - Hardwood smoked ham topped with a sweet, tangy orange raisin rum sauce, with clove and cinnamon. \$10.00 (210 cal.)

Grilled Chicken Breast 🍏 - Plain grilled chicken breast. \$8.00 (220 cal.)

Sides

Baked Potato (140 cal.)

Quinoa and Vegetable Pilaf (60 cal.)

Roasted Butternut Squash (120 cal.)

Corn O'Brien (120 cal.)

Steamed Broccoli (50 cal.)

Blistered Cherry Tomatoes (30 cal.)

Roasted Acorn Squash (60 cal.)

Steamed Spinach (30 cal.)

Mixed Fruit (40 cal.)

Available Plain: Baked Potato, Quinoa, Squash, Spinach, Broccoli