

Atrium

September 14th – October 10th

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.)

Greek Couscous Salad ★ 🌿 Couscous, cucumber, tomato, kalamata olives, basil, parsley, lemon and Greek dressing. \$4.00 (230 cal.)

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

Entrée Salads and Handhelds

Autumn Escarole Salad – Granny Smith apples, escarole, dried cranberries, red onion, blue cheese and candied pecans with an apple Dijon vinaigrette. \$10.00 (250 cal.)

Choose One Protein For Your Entrée Salad

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

Chicken Salad Sandwich ★ – Diced white meat chicken salad on bread with lettuce and tomato. \$10.00 (840 cal.)

Chicken Pesto Flatbread – Diced chicken, pesto, mozzarella, roasted peppers, caramelized onions, arugula and balsamic glaze. \$10.00 (840 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 September

🍏 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

Chicken Marsala 🍏★ - Floured then sautéed chicken breast finished with our marsala wine demi-glace and sautéed mushrooms. \$11.00 (300 cal.)

Pan Seared Bronzino 🍏★ - Whole butterflied filet of fresh Branzino, lightly seasoned and pan seared. (260 cal.) \$10.00

Chicken with Bacon Fig and Goat Cheese 🍏★ - Grilled chicken breast topped with a port wine, balsamic, bacon and fig reduction with goat cheese. (400 cal.) \$10.00

Sweet and Sour Pork 🍏★ - Sweet & sour marinated grilled pork, peppers, pineapple and red onion. (290 cal.) \$10.00

Pasta

Sautéed Shrimp with Penne and Pesto - Sautéed shrimp tossed with penne pasta then finished with a creamy pesto sauce. (600 cal.) \$10.00

Lamb Ragu with Pappardelle ★ - Braised lamb, pappardelle pasta, ricotta and mint pesto. (570 cal.) \$10.00

Butternut Squash Ravioli with Sage ★ - Butternut squash ravioli tossed finished in a brown butter-sage cream sauce. (570 cal.) \$10.00

Gluten Friendly Pasta Available

Sea

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

Bourbon Glazed Shrimp ★ - Lightly floured shrimp, sautéed and tossed with bourbon sauce and scallions. (220 cal.) \$14.00

Mediterranean Fish of the Day ★ - White Fish, fresh herbs, olive oil, wine, garlic, tomatoes, capers, olives, fennel and shallots. (230 cal.) \$14.00

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Farm

Colorado Slopper ★ - Burger patty, cheddar cheese, scallions and green chili sauce on a brioche bun. \$10.00 (760 cal.)

Grilled Medallions of Beef ★ - Grilled beef medallions, salt, pepper and olive oil. \$10.00 (200 cal.)

Pot Roast with Gravy ★ - Slow braised beef with celery, onions, carrots and tomatoes in a rich burgundy broth. \$10.00 (400 cal.)

Honey Garlic Salmon ★ - Salmon with soy, ginger, garlic and honey reduction garnished with sesame seeds. \$10.00 (480 cal.)

Sautéed Tilapia with Garlic Herb Sauce ★ - Pan seared then topped with a roasted garlic lemon herb sauce. \$10.00 (370 cal.)

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

Sides

Dauphinoise Potatoes (230 cal.)

Rice Pilaf (130 cal.)

Baked Potato (220 cal.)

Mashed Red Bliss Potatoes (30 cal.)

Sautéed Green Beans with Tomatoes (30 cal.)

Sautéed Kale (50 cal.)

Sautéed Spinach and Mushrooms (40 cal.)

Honey Glazed Carrots (130 cal.)

Mixed Fruit (40 cal.)

Available Plain: Mashed Potatoes, Green Beans, Spinach,
Mushrooms, Carrots