

Atrium Lunch

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

Farm & Sea

- Pot Roast with Gravy-**  Slow braised beef with celery, onions, carrots and tomatoes in a rich burgundy broth. \$10.00 (400 cal.)
- Sweet and Sour Pork-**   Sweet & sour marinated grilled pork, peppers, pineapple and red onion. (290 cal.) \$10.00
- Grilled Chicken Breast-**  Plain grilled chicken breast. \$8.00 (220 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.)
- Pan Seared Bronzino-**   Whole butterflied filet of fresh Branzino, lightly seasoned and pan seared. (260 cal.) \$10.00
- Sautéed Shrimp with Penne and Pesto-**  Sautéed shrimp tossed with penne pasta then finished with a creamy pesto sauce. (600 cal.) \$10.00 Available without shrimp 
- Bourbon Glazed Shrimp-**  Lightly floured shrimp, sautéed and tossed with bourbon sauce and scallions. (220 cal.) \$14.00
- Grilled Salmon-**  (240 cal.) Also available with Bourbon Sauce. (60 cal.)

Sides

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| French Fries (350 cal.) | Sautéed Green Beans with Tomatoes (30 cal.) |
| Rice Pilaf (130 cal.) | Sautéed Spinach and Mushrooms (40 cal.) |
| Baked Potato (220 cal.) | Honey Glazed Carrots (130 cal.) |
| Mashed Red Bliss Potatoes (30 cal.) | Mixed Fruit (40 cal.) |

Available Plain: Carrots, Green Beans, Baked Potato, Spinach

Gluten Friendly Bread & Pasta Options Available

 New for September |  Healthier Choice (under 460 mg sodium, 4 g saturated fat, 10 g added sugar)  I 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.