

ATRIUM

Carb Counter

Carb counted menu items with one serving or less each. To be included in a balanced meal. Recommendations for carbohydrate intakes vary by individual.

ENTREES

GRILLED SALMON, SHRIMP, OR CHICKEN *(0g carb)*

PAN SEARED BRONZINI *(0g carb)*

CHICKEN FRANCAISE *(5g carb)*

HOUSE SALAD + PROTEIN CHOICE *(7g carb)*

CHICKEN BREAST WOODLAND *(8g carb)*

GREEK SALAD + PROTEIN CHOICE *(13g carb)*

SIDES

HOUSE SALAD *(5g carb)*

TOMATO & CUCUMBER SALAD *(5g carb)*

BLANCHED ASPARAGUS *(5g carb)*

FRUIT SALAD *(7g carb)*

GREEN BEANS ALAMANDINE *(8g carb)*

CARROTS *(9g carb)*

BRUSSEL SPROUTS *(10g carb)*

