Atrium April 8th-May 11th

Starters

Soup of the Day- A homemade specialty soup prepared in house. \$2.75 **Black Bean Soup** \$2.75 (130 cal.)

House Salad — Mixed greens, carrots, tomatoes, and cucumber. \$2.75 (30 cal.)

Caesar Salad — Chopped romaine, parmesan cheese, and house made croutons, tossed in Caesar dressing. \$2.75 (290 cal.)

Spinach Strawberry & Feta Salad → Baby spinach with strawberries, toasted almonds, dried cranberries and feta cheese. \$4.00 (120 cal.)

Fruit Salad - Cut pineapple, seedless green grapes, red grapes, mango and kiwi. \$2.75 (30 cal.)

Entrée Salads and Handhelds

Entrée Caesar Salad — Chopped romaine, parmesan cheese, house-made croutons, tossed in Caesar dressing. \$10.00 (500 cal.)

Greek Salad Chopped romaine, Kalamata olives, cucumber, tomato, artichoke, roasted red pepper, feta cheese and red onion tossed with Greek dressing. \$10.00 (410 cal.)

Choose One Protein For Your Entrée Salad

Salmon (240 cal.) Grilled Shrimp (140 cal.) Grilled Chicken Breast (190 cal.)

BBQ Pulled Pork Sandwich — Barbeque pork shoulder topped with carolina coleslaw and shaved red onion on a toasted brioche bun. \$10.00 (630 cal.)

Pepperoni Flatbread - Baked flatbread topped with pepperoni, mozzarella, and tomato sauce. \$11.00 (550 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.)





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



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Healthier Choice

Thai Chili Salmon — Salmon filet, broccoli, peppers and onions with a sweet Thai chili sauce. \$12.00 (420 cal.)

Chicken Francaise • Sautéed egg battered chicken breast finished with butter, lemon and white wine. \$10.00 (260 cal.)

Egg Shakshuka with Feta Tomato, egg, spices and feta cheese. \$9.00 (160 cal.)

Pasta

Shrimp Pomodoro — Shrimp, garlic, blistered cherry tomatoes, olive oil and a touch of spice, tossed with penne pasta. (380 cal.) \$10.00

Rigatoni Alla Salsiccia - Rigatoni pasta, sausage, mushroom, red wine, herbs, tomato and parmesan. \$10.00 (370 cal.)

Linguine with Marinara Sauce — Linguine pasta tossed with marinara sauce and finished with parmesan cheese. \$8.00 (230 cal.)

Gluten Friendly Pasta Available

Sea

Grilled Salmon — Grilled salmon filet. \$11.00 (240 cal.) Also available with Bourbon Sauce. (60 cal.)

Blackened Catfish \uparrow $\stackrel{\longleftarrow}{\bullet}$ -Pan seared Cajun spiced catfish filet. (210 cal.) \$10.00

Cioppino —— Clams, mussels, shrimp and red snapper simmered in a spicy tomato broth and served with grilled baguette. (590 cal.) \$12.00

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Farm

Steak Medallions with Diane Sauce \uparrow - Carved medallions of beef with a mustard, mushroom brandy cream sauce. (250 cal.) \$12.00

Herb Roasted Leg of Lamb — Slow roasted leg of lamb seasoned with garlic, thyme, rosemary and shallots served with a rosemary demi glace. (340 cal.) \$11.00

Chicken Breast Woodland – Floured then sautéed chicken breast finished with mushrooms and a brandy cream sauce. \$10.00 (290 cal.)

General Tso's Chicken to - - Tempura battered white meat chicken with steamed broccoli tossed in a sweet and spicy sauce. Served over white rice. (510 cal.) \$9.00

Italian Sausage and Peppers — Sautéed sweet Italian sausage with garlic, onions, green and red peppers. \$10.00 (340 cal.)

Cilantro Lime Chicken \star - Cilantro and honey grilled bone in chicken, served with cilantro crema. White (460 cal.) Dark (540 cal.) \$9.00

Grilled Chicken Breast — Plain grilled chicken breast. \$8.00 (190 cal.)

Sides

Mashed Potatoes (140 cal.)
Ranch Home Fries (100 cal.)
Baked Sweet Potato (190 cal.)
Sundried Tomato Risotto (270 cal.)
Creamy Polenta (150 cal.)
White Rice (140 cal.)

Sautéed Broccoli w/ Lemon & Garlic (50 cal.) Blanched Asparagus (25 cal.) Sautéed Carrots with Dill (180 cal.) Sautéed Yellow Squash (20 cal.) Roasted Cauliflower (90 cal.) Fruit Salad (30 cal.)

Available Plain: Baked Sweet Potato, White Rice, Broccoli, Asparagus, Squash, Carrots

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Spirits & Wine List

Hours: Monday thru Friday 4pm-6:30pm

Tom Collins- Gin, lemon juice, simple syrup with a splash of club soda \$5.00

Manhattan- Whiskey, sweet vermouth, and bitters. \$5.00

Martini- Vodka or Gin and dry vermouth garnished with a lemon or olive. \$5.00

Gimlet- Gin and lime juice. \$5.00

Old Fashion- Simple syrup, bitters, and water, muddled and topped with whiskey. \$5.00

Whiskey Sour- Whiskey and sour mix. \$5.00

Bloody Mary- Vodka and tomato juice with a kick. \$5.00

Margarita- Tequila, Triple Sec and sour mix. Served straight up or on the rocks. \$5.00

White Russian-Vodka, Kahlua and cream. Served over ice. \$5.00

Spirits- \$4.00

Jack Daniels TENNESSEE Whiskey, Old Forester Bourbon, Johnny Walker Red Label Scotch, Canadian Club Whiskey, Jose Cuervo Tequila, Captain Morgan White Rum, Captain Morgan Spiced Rum, Captain Morgan Coconut Rum, Beefeater Gin, Tito's Vodka, E&J Brandy, Kahlua, Bailey's, Triple Sec.

Wines -\$3.00

White- Chardonnay, Pinot Grigio, Riesling, White Zinfandel

Red- Merlot, Cabernet, Pinot Noir

Bottle Beers- \$2.50

Budweiser, Bud Light, Coors Light, Yuengling, Sam Adams, Natty Boh, Heineken,

Guinness Stout, Heineken Zero