

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)*

BLACKENED CATFISH *(0g carb)*

PORK CUTLET W/MUSHROOM SAUCE *(2g carb)*

CHICKEN FRANCAISE *(5g carb)*

EGG SHAKSHUKA W/ FETA *(8g carb)*

CHICKEN BREAST WOODLAND *(8g carb)*

CILANTRO LIME CHICKEN *(13g carb)*

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

SIDES

SAUTEED YELLOW SQUASH *(3g carb)*

HOUSE SALAD *(5g carb)*

BLANCHED ASPARAGUS *(5g carb)*

ROASTED CAULIFLOWER *(6g carb)*

FRUIT SALAD *(7g carb)*

SAUTEED BROCCOLI W/LEMON & GARLIC *(9g carb)*