

Atrium

July 8th-August 10th

Starters

Soup of the Day - A homemade specialty soup prepared in house. \$2.75
Gazpacho ★🍃 - Tomato, cucumber, onion, garlic, green, yellow and red pepper with fresh herbs in tomato broth. \$2.75 (40 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.)

Arugula, Pear Salad ★🍃 - Sliced pears, toasted almonds and dried cranberries, served over arugula lettuce. \$4.00 (180 cal.)

Fruit Salad - Cut pineapple, seedless green grapes, red grapes, mango and kiwi. \$2.75 (40 cal.)

Entrée Salads and Handhelds

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

Choose One Protein For Your Entrée Salad

Salmon (250 cal.) Grilled Shrimp (140 cal.) Grilled Chicken Breast (190 cal.)

Seafood Salad ★ - Shrimp, surimi, celery, mayonnaise, Dijon mustard, lemon, dill, old bay and seasonings. \$10.00 (300 cal.)

Signature Burger ★ - Smash style griddle seared beef burger with shredded lettuce, tomato and onion, on a toasted brioche bun. \$10.00 (640 cal.)

Grilled Shrimp Tacos - Two Grilled Shrimp tacos, corn, black beans, guacamole and cilantro sour cream in warm tortillas. \$11.00 (270 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 July

| 🍏 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

Cauliflower Tacos 🍏★ - Cauliflower, garbanzo beans, cilantro sour cream, avocado and cabbage with lime. \$10.00 (280 cal.)

Grilled Basa with Chickpea Salad 🍏★ - Marinated Basa grilled and served with chickpea salad, arugula, and lemon Vinaigrette. \$10.00 (320 cal.)

BBQ Pulled Chicken 🍏★ - Braised chicken breast with a sweet and tangy BBQ sauce. \$9.00 (180 cal.)

Pasta

Rigatoni Bolognese ★ - A classic savory Italian sauce with ground veal and pork simmered with bacon, thyme, white wine, milk and tomato sauce. (130 cal.) Pasta (130 cal.) \$11.00

Pasta Primavera 🍏🌿 - Fettuccini pasta sautéed with fresh zucchini, squash, asparagus, red pepper, cherry tomatoes, garlic and onion, peas finished with fresh basil, lemon and olive oil. \$10.00 (180 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.)

Trout Almondine ★ - Lightly floured then sautéed and served with a sauce of lemon, butter, parsley and toasted almonds. (420 cal.) \$11.00

Tempura Fried Shrimp 🍏★ - Tempura battered fried shrimp. (720 cal.) \$11.00

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Farm

Grilled Ribeye Steak ★ - 7oz Certified Angus Beef ribeye steak seasoned lightly then grilled to order. (430 cal.) \$12.00

Country Fried Steak with Gravy ★ - Beef sirloin batter fried and smothered in country style white gravy. (520 cal.) \$10.00

Sautéed Lemon Chicken and Broccolini ★ 🍏 - Chicken breast, broccolini, lemon, soy sauce, garlic and brown rice. \$10.00 (300 cal.)

Corn Flake Crusted Chicken ★ - Buttermilk marinated chicken breast tossed in cornflakes then fried and served with our dijon cream sauce. (540 cal.) \$10.00

Kielbasa with Sautéed Peppers and Onions - Roasted Kielbasa sausages with caramelized onions and peppers. (550 cal.) \$10.00

Buffalo Chicken Wings ★ - Chicken wings, spicy Buffalo sauce. Blue cheese dressing, carrot and celery sticks. (930 cal.) \$10.00

Beef and Lamb Gyro ★ - Sautéed beef and lamb topped with onions, tomatoes, lettuce, feta cheese, olives and a yogurt cucumber sauce on a warm pita. \$10.00 (640 cal.)

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

Grilled Salmon - Plain grilled salmon. \$11.00 (250 cal.)

Sides

Mashed Potatoes (140 cal.)

French Fries (350 cal.)

Baked Potato (220 cal.)

Brown Rice (180 cal.)

Baked Beans (130 cal.)

Corn on the Cob (150 cal.)

Sautéed Kale (50 cal.)

Sautéed Mushroom (60 cal.)

Stewed Tomatoes with Okra (50 cal.)

Thai Chili Glazed Brussels Sprouts (90 cal.)

Sautéed Yellow Squash (20 cal.)

Fruit Salad (40 cal.)

Available Plain: Baked Potato, Brown Rice, Corn on the Cob, Kale, Brussels Sprouts, Squash

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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