

Atrium

January 13th-February 8th

Starters

- Soup of the Day**- A homemade specialty soup prepared in house. \$2.75
- Roasted Butternut Squash Soup**★🍃 - Butternut squash, apple, coconut milk, vegetable broth, garlic, nutmeg and cinnamon. \$2.75 (70 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.)
- Japanese Cucumber Salad**★🍃 -Cucumber, edamame, sesame, ginger and scallion. \$4.00 (90 cal.)
- Mixed Fruit**- Mixed seasonal fresh fruits and berries. \$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 (240 cal.) Grilled Shrimp (140 cal.) Grilled Chicken Breast (190 cal.),Tofu (90 cal.)
- Buffalo Chicken Salad**★ - Seasonal greens with onions, cucumber, tomato, bacon, and blue cheese. Topped with spicy Buffalo glazed chicken and tossed in a dressing of your choice. \$10.00 (410 cal.)
- Mushroom Quesadilla**★🍃 - A crispy tortilla filled with cheddar cheese and mushrooms, Served with guacamole, pico de gallo and sour cream. \$10.00 (680 cal.)
- Mediterranean Lamb Burger**- Ground lamb, pickled vegetables, feta cheese and yogurt sauce on a brioche bun. \$10.00 (620 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 January

🍏 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. \$11.00 (280 cal.)

Thai Yellow Curry with Tofu 🍏🌿★ - Tofu, coconut milk, yellow curry, garlic, ginger, onions peppers, mushrooms, soy sauce, lime, basil and jasmine rice. \$10.00 (210 cal.)

BBQ Pulled Chicken 🍏★ - Braised chicken breast with a sweet and tangy BBQ sauce. (180 cal.) \$10.00

Ground Turkey Taco Meat ★🍏 - Ground turkey & spices. \$10.00 (170 cal.)

Pasta

Build Your Own Pasta

Choose One Noodle For Your Pasta:

Linguine (130 cal.), Penne (130 cal.), Spaghetti (120 cal.)

Choose One Protein For Your Pasta:

Meatball (310 cal.) ,Grilled Shrimp (140 cal.) ,Grilled Chicken Breast (190 cal.),Sausage (160 cal.),Tofu (90 cal.)

Choose Toppings For Your Pasta: Baby Spinach (20 cal.), Broccoli (5 cal.), Roasted Red Peppers (10 cal.), Sautéed Mushrooms (20 cal.), Sautéed Onions (60 cal.), Sautéed Peppers and Onions (30 cal.)

Choose Sauces For Your Pasta: Alfredo Sauce (120 cal.), Marinara Sauce (45 cal.), Pesto (70 cal.)

Gluten Friendly Pasta Available

Sea

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

Bang Bang Shrimp - ★ Fried Shrimp, Siracha mayonnaise. (800 cal.) \$12.00

Mussels Marinara ★ - Mussels, garlic, wine, tomatoes, fresh herbs, butter and a touch of spice. (390 cal.) \$12.00

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Farm

Korean Beef Bulgogi over Rice - Thinly sliced beef marinated in ginger, garlic, soy and apples seared and served over a bed of jasmine rice.
\$10.00 (490 cal.)

BBQ Chicken Quarter ★ - BBQ marinated, bone-in leg and thigh of chicken OR Bone- In Breast slowly roasted. (430 cal.) \$10.00

Chicken Alexander ★ - Pan seared chicken breast, finished with a brandy apricot cream sauce.
(380 cal.) \$10.00

Chicken and Dumplings ★ - Chicken breast braised in a savory cream sauce served with traditional sour cream dumplings. (610 cal.) \$10.00

Aunt Millie's Meatloaf ★ - With green pepper, onion, ketchup, mustard, herbs and spices - with gravy. \$10.00 (450 cal.)

Grilled Pork Chop, Bacon & Blue Cheese ★ - Grilled pork chop topped with blue cheese and bacon butter. \$10.00 (540 cal.)

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

Sides

Roasted Garlic Mashed Potatoes (150 cal.)
Sweet Potato Fries (200 cal.)
Roasted Potatoes (120 cal.)
Bean Fava (80 cal.)
Red Beans and Rice (110 cal.)
Sautéed Cinnamon Apples (150 cal.)

Brussels Sprouts with Onions (50 cal.)
Carrots (45 cal.)
Sautéed Green Beans with Onions (45 cal.)
Sautéed Yellow Squash (20 cal.)
Collard Greens (30 cal.)
Mixed Fruit (40 cal.)

Available Plain: Mashed Potatoes, Roasted Potatoes, Brussel Sprouts, Carrots, Green Beans, 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