

Atrium

September 8th – October 11th

Starters

Soup of the Day – A homemade specialty soup prepared in house. \$2.75

Soup of the Week ★ – A homemade specialty soup prepared in house. \$2.75

House Salad 🌿 – Mixed greens, carrots, tomatoes, and cucumber. \$2.75 (10 cal.)

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

Broccoli & Cauliflower Crunch Salad ★ 🌿 – Broccoli, cauliflower, bacon, red onion, raisins and sunflower seeds tossed in an apple mayonnaise. \$4.00 (190 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 (220 cal.), Tofu (90 cal.)

Autumn Salad ★ 🌿 🍏 – Mixed greens, pecans, pear, red onion, dried cranberry and goat cheese. \$10.00 (130 cal.)

Spinach and Mushroom Flatbread ★ – Baked flatbread topped with mozzarella, parmesan and ricotta cheese brushed with garlic oil. \$10.00 (840 cal.)

Shrimp Salad Sandwich ★ – Chilled steamed shrimp, lemon and seasoning tossed with mayonnaise and celery on a brioche bun. \$10.00 (350 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 September



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

Three Sister Stew 🍏 – Carrot, celery, onions, peppers, squash, corn and beans in a tomato and vegetable broth. \$11.00 (130 cal.)

Flounder Meuniere ★ 🍏 – Sautéed flounder, clarified butter, olive oil, lemon, white wine, and parsley. (200 cal.) \$10.00

Veal Piccata ★ 🍏 – White wine, capers, butter and fresh lemon. (190 cal.) \$10.00

Roasted Turkey Breast ★ 🍏 – (160 cal.) \$10.00

Pasta

Orecchiette, Sausage & Broccoli Rabe – Sausage, broccoli rabe, cannellini beans, butter, wine and parmesan. \$11.00 (630 cal.)

Gemelli with Italian Sausage ★ – Italian sausage, gemelli pasta, sundried tomato pesto, basil, parmesan cheese and cream. \$11.00 (740 cal.)

Shrimp Scampi over Linguine ★ – Sautéed shrimp tossed with linguine pasta then finished with white wine, lemon, and garlic. \$10.00 (430 cal.)

Gluten Friendly Pasta Available

Sea

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

Trout Imperial ★ – Trout, white wine, crabmeat, mayonnaise, lemon and spices. (580 cal.) \$14.00

Dijon Crusted Salmon ★ – Salmon, breadcrumb and Dijon mustard crust, served with a shallot-Dijon and white wine cream sauce. (490 cal.) \$12.00

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Farm

Pan Seared Chicken with Artichokes - Floured then sautéed chicken breast finished with artichokes, mushrooms, tomatoes and a white wine pan sauce. \$10.00 (320 cal.)

Cottage Pie - Ground beef and vegetables in a burgundy wine sauce topped with parmesan whipped potato and baked. (480 cal.) \$10.00

Kielbasa with Sauerkraut - Smoked Pork Kielbasa served over braised sauerkraut. \$10.00 (460 cal.)

Chicken a' la King ★ - Chicken breast, peppers, onions, mushrooms, peas, cream, herbs and spices, served in puff pastry. \$10.00 (640 cal.)

Salisbury Steak ★ - Herb and onion seasoned ground beef patty, served with mushroom and onion demi glace. \$10.00 (320 cal.)

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.)

Butter Chicken ★ - Chicken thigh, yogurt, garam masala, cumin, cinnamon, ginger, garlic, onion, tomato, jalapeno pepper, chicken broth, heavy cream and cilantro. \$10.00 (410 cal.)

Grilled Chicken Breast 🍏 - Plain grilled chicken breast. \$8.00 (220 cal.)

Sides

Mashed Potatoes (140 cal.)
Baked Sweet Potato (190 cal.)
Black-Eyed Peas with Smoked Sausage (190 cal.)
Cranberry Stuffing (300 cal.)
Cuban Black Beans and Rice (150 cal.)
Sautéed Cinnamon Apples (150 cal.)

Blanched Carrots (40 cal.)
Peas & Carrots (110 cal.)
Roasted Cauliflower (90 cal.)
Sautéed Spinach (40 cal.)
Roasted Zucchini (30 cal.)
Mixed Fruit (40 cal.)

Available Plain: Black Eyed Peas, Cauliflower, Carrots, Spinach, Zucchini