

Atrium

October 13th – November 8th

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.)

Grilled Peach & Pecan Salad ★ 🌿 – Grilled peaches, mixed greens, candied pecans, pickled onions and feta cheese, topped with a balsamic vinaigrette. \$4.00 (250 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.)

Wedge Salad ★ – Diced bacon, tomatoes, scallions and blue cheese over a wedge of lettuce and dressed with blue cheese. \$10.00 (390 cal.)

Pulled Pork Sliders ★ – Barbeque pork shoulder topped with fried onions and horseradish sauce on a toasted brioche bun. \$10.00 (370 cal.)

Tuna Salad Sandwich ★ – Lightly seasoned tuna, lemon, Dijon mustard and mayonnaise on a brioche bun. \$10.00 (330 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 October

🍏 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

Thai Chili Salmon ★🍏 - Salmon filet, broccoli, peppers and onions with a sweet Thai chili sauce. \$11.00 (350 cal.)

Grilled Chicken Paillard Tapenade ★🍏 - Herb rubbed grilled chicken, arugula, olives, capers, lemon and olive oil. (290 cal.) \$10.00

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

Roasted Turkey Breast 🍏 - (150 cal.) \$10.00

Pasta

Pappardelle Caprese ★ - Cherry tomatoes, garlic, white wine, vegetable broth, butter and fresh mozzarella cheese, garnished with balsamic reduction and basil pesto. \$10.00 (520 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.)

Tilapia with Shrimp Sauce ★ - Pan seared tilapia and shrimp with a white wine, sherry cream sauce. (630 cal.) \$14.00

Seared Haddock ★ - Filet of haddock lightly seasoned then pan seared. (130 cal.) \$12.00

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Farm

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

Honey Garlic Chicken ★ - Lightly floured sautéed chicken breast with garlic and honey reduction. (470 cal.) \$10.00

Bourbon Glazed Wings ★ - Crispy fried chicken wings with bourbon glaze. \$10.00 (300 cal.)

Pan Seared Pork Tenderloin with Apples ★ - Pork Tenderloin with apple espagnole sauce. \$10.00 (360 cal.)

Vietnamese Shaking Beef ★ - Teriyaki marinated beef with green onion, butter and jalapeno. \$10.00 (380 cal.)

Maple Bourbon Pork Chop ★ - Grilled pork chop topped with a maple bourbon bacon jam and goat cheese. \$10.00 (460 cal.)

BBQ Jackfruit ★ 🌿 - Jackfruit, BBQ sauce. \$10.00 (190 cal.)

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

Sides

Roasted Garlic Mashed Potatoes (150 cal.)
Yam Casserole with Pecans (350 cal.)
Vegetable Fried Rice (130 cal.)
Hush Puppies (210 cal.)
Quinoa and Vegetable Pilaf (60 cal.)
Delmonico Potatoes (190 cal.)

Sautéed Spinach and Mushrooms (40 cal.)
Green Bean Casserole (80 cal.)
Stewed Tomatoes with Okra (50 cal.)
Escarole with Raisins and Pine Nuts (50 cal.)
Sautéed Sauerkraut (30 cal.)
Mixed Fruit (40 cal.)

Available Plain: Mashed Potatoes, Spinach, Green Beans,
Mushrooms, Escarole