

Atrium

January 12th - February 7th

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.)

Beets with Goat Cheese and Pecans  - Roasted beets, onions, candied pecans and goat cheese with a shallot 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.)

Union Square Salad  - Oranges, dried cranberries, goat cheese and candied pecans over a bed of mixed greens. Tossed with choice of dressing. \$10.00 (290 cal.)

BBQ Bacon Cheddar Burger - Beef burger topped with bacon, cheddar, lettuce, tomato and frizzled onions on a brioche bun. \$10.00 (790 cal.)

Chicken Quesadilla  - A crispy tortilla filled with cheddar cheese, grilled chicken, peppers, onions, and our spicy chipotle mayo. Served with guacamole, pico de gallo and sour cream. \$10.00 (800 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

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Healthier Choice

Pan Seared Trout   - Seasoned and seared trout. \$11.00 (250 cal.)

Chicken Breast Woodland   -Floured then sautéed chicken breast finished with mushrooms and a brandy cream sauce. (320 cal.) \$10.00

Moroccan Vegetable Stew    - Moroccan spiced carrots, yams, potatoes, kale, apricots, garbanzo beans and lentils in a vegetable broth. \$11.00 (160 cal.)

Beef Goulash  - Braised beef with onion, garlic, paprika, mushrooms and tomato served over egg noodles. \$11.00 (350 cal.)

Pasta

Linguine with Meat Sauce - Linguine pasta tossed tomato meat sauce then finished with parmesan cheese.
\$11.00 (350 cal.)

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. \$11.00 (180 cal.)

Penne with Sausage, Asparagus and Pesto  - Sautéed sweet Italian sausage with asparagus, roasted peppers and parmesan finished with traditional pesto. \$10.00 (600 cal.)

Gluten Friendly Pasta Available

Sea

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

Salmon Cake  - Salmon, herb, lemon, breadcrumb, mayonnaise, dijon mustard. (520 cal.) \$14.00

Sautéed Tilapia Parmesan  - Pan fried, parmesan, lemon, garlic and breadcrumb crusted tilapia. (530 cal.) \$14.00

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Farm

Grilled Pork Cutlet with Sauerkraut  - Rosemary, mustard and honey-garlic marinated pork loin served with bacon, onions and sauerkraut. \$10.00 (270 cal.)

Pot Roast with Gravy - Slow braised beef with celery, onions, carrots and tomatoes in a rich burgundy broth. \$10.00 (400 cal.)

Apple and Cornbread Stuffed Chicken  - Chicken breast stuffed with apples cornbread and fresh herbs sauteed and served with a chicken velouté sauce. \$10.00 (300 cal.)

Sautéed Liver with Bacon and Onions  - Seared beef liver, bacon and onions. \$10.00 (350 cal.)

Stuffed Pepper  - Baked pepper stuffed with sautéed beef, tomato sauce, rice and cheese. \$10.00 (380 cal.)

Jamaican Jerk Chicken  - Herbs, spices, spicy pepper, soy sauce, bone in chicken leg, served with mango salsa. \$10.00 (420 cal.)

Chicken Alexander  - Pan seared chicken breast, finished with a brandy apricot cream sauce. \$10.00 (410 cal.)

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

Sides

Baked Potato (220 cal.)
Delmonico Potatoes (190 cal.)
Macaroni and Cheese (230 cal.)
Roasted Butternut Squash (120 cal.)
Yam Casserole with Pecans (350 cal.)
Brown Rice (180 cal.)

Blanched Asparagus (25 cal.)
Blanched Carrots (40 cal.)
Blistered Cherry Tomatoes (30 cal.)
Sautéed Spinach (40 cal.)
Steamed Lima Beans (120 cal.)
Mixed Fruit (40 cal.)

Available Plain: Yams, Aparagus, Carrots, Spinach, Lima Beans