

Atrium

March 9th – April 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.)

Sweet Potato & Spicy Honey Salad ★ 🍃 - Sweet potato, spicy honey, pickled onion and candied pecans. \$4.00 (180 cal.)

Mixed Fruit - Mixed seasonal fresh fruits and berries. \$2.75 (30 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 dressing. \$10.00 (390 cal.)

Hot Dog ★ - Served on a hot dog bun. \$10.00 (290 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 March



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

Roasted Turkey Breast 🍏★ - \$11.00 (160 cal.)

Salmon Togarashi 🍏★ - Salmon filet seasoned with togarashi spice. (290 cal.) \$10.00

Chicken Francaise 🍏 - Sautéed egg battered chicken breast finished with butter, lemon and white wine. (290 cal.) \$10.00

Homemade Potato Gnocchi 🌿🍏 - Traditional Italian potato dumplings enriched with parmesan cheese. (270 cal.) \$10.00

Pasta

Plant Based Steak Pappardelle Pasta 🌿 - Plant based steak, pappardelle pasta, mushrooms, garlic, onion and carrot with parmesan cheese. \$11.00 (650 cal.)

Chicken and Mushroom with Linguine ★ - Sauteed chicken breast, garlic, shallots, portabella, shitake and crimini mushrooms, tossed with olive oil, rosemary, parmesan cheese and linguine. \$11.00 (600 cal.)

Gluten Friendly Pasta Available

Sea

Flounder Meuniere ★ - Sauteed flounder, clarified butter, olive oil, lemon, white wine, and parsley. (530 cal.) \$14.00

Sautéed Catfish ★ - Filet of catfish lightly seasoned then pan seared. (210 cal.) \$14.00

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Farm

Country Fried Chicken - Buttermilk marinated chicken leg and thigh tossed in seasoned flour then fried. \$10.00 (520 cal.)

Tempura Vegetables ★ - Batter fried, yam, green beans, broccoli and mushroom with sriracha mayo dipping sauce. \$10.00 (490 cal.)

Chicken Dijon ★ - Dijon marinated chicken breast tossed in seasoned breadcrumbs then sautéed and served with our roasted garlic-lemon aioli. \$10.00 (850 cal.)

Beef Chili ★ - Beef, onions and peppers cooked in tomato and beef broth. \$10.00 (350 cal.)

Chicken with Grape Beurre Blanc ★ - Chicken breast, flour, garlic, rosemary, grapes, wine, butter. \$10.00 (460 cal.)

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

Sides

Baked Sweet Potato (190 cal.)

Buttered Corn (110 cal.)

Cuban Black Beans and Rice (150 cal.)

Steamed Potatoes with Chives (130 cal.)

Lentils (130 cal.)

Baked Beans (130 cal.)

Creamed Spinach (50 cal.)

Sautéed Carrots (60 cal.)

Sautéed Zucchini (20 cal.)

Southern Style Green Beans (80 cal.)

Steamed Broccoli (40 cal.)

Mixed Fruit (40 cal.)

Available Plain: Baked Sweet Potato, Green Beans, Steamed Potatoes, Black Beans, Spinach