

# Atrium

## April 13<sup>th</sup> – May 9<sup>th</sup>

### 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.)

**Pickled Beet Salad** ★ 🌿 - Pickled beets and onions. \$4.00 (50 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.)

**Mandarin Orange Salad** ★ - Red onions, tomatoes, mandarin oranges, green onions and toasted almonds, served over a bed of mixed greens tossed in ginger dressing and garnished with fried wontons. \$10.00 (390 cal.)

**Meatball Sliders** ★ - Pork and beef meatballs, tomato sauce and parmesan on slider buns. \$10.00 (460 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 April



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

**Chimichurri Chicken** 🍏★ - Herb and lime marinated grilled chicken breast, peppers, zucchini, tomato and red onion. \$11.00 (240 cal.)

**Salmon with Apple Horseradish Remoulade** 🍏★ - Seared salmon filet served with a chilled horseradish, apple, yogurt and chive remoulade sauce. (330 cal.) \$10.00

**Beef Goulash** 🍏★ - Braised beef with onion, garlic, paprika, mushrooms and tomato served over egg noodles. (350 cal.) \$10.00

**Vegetable Moussaka** 🍏🍏★ - Lentil, eggplant, spices and béchamel. (230 cal.) \$10.00

## Pasta

### Build Your Own Pasta ★

#### Choose One Noodle For Your Pasta:

Linguine (130 cal.), Gnocchi (110 cal.), Orecchiette (130 cal.)

#### Choose One Protein For Your Pasta:

Grilled Shrimp (140 cal.), Grilled Chicken Breast (220 cal.) Tofu (90 cal.)

**Choose Toppings For Your Pasta:** Broccoli (5 cal.), Sautéed Mushrooms (20 cal.) Sautéed Peppers and Onions (30 cal.)

**Choose Sauces For Your Pasta:** Alfredo Sauce (120 cal.), Lemon Butter Sauce (200 cal.), Marinara Sauce (50 cal.)

**\*Gluten Friendly Pasta Available\***

## Sea

**Grilled Salmon** - Also available with Bourbon Sauce. (60 cal.)

**Sautéed Tilapia with Garlic Herb Sauce** ★ - Pan seared then topped with a roasted garlic lemon herb sauce. (210 cal.) \$14.00

**Flounder Meuniere** - Sautéed flounder, clarified butter, olive oil, lemon, white wine, and parsley. (200 cal.) \$14.00

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## Farm

**Grilled Pork Chop, Bacon & Blue Cheese** ★ - Grilled pork chop topped with Blue Cheese and Bacon Butter. \$10.00 (540 cal.)

**Chasseur Chicken Thigh** ★ - Seared chicken thigh, braised in a demi glaze sauce with tomato, shallot, mushroom, garlic, and brandy. \$10.00 (240 cal.)

**Orange-Sesame Chicken over Rice** ★ - Tempura battered white meat chicken fried then tossed in our sweet and savory orange-sesame glaze. Served over white rice. \$10.00 (660 cal.)

**Beef Stroganoff over Egg Noodles** ★ - Seared tenderloin tips, mushrooms, demi glaze - finished with sour cream over egg noodles. \$10.00 (400 cal.)

**Chicken Piccata** ★ - Floured then sautéed chicken breast finished with white wine, lemon, capers and butter. \$10.00 (460 cal.)

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

## Sides

Au Gratin Potatoes (160 cal.)  
Mashed Red Bliss Potatoes (140 cal.)  
Black Beans (110 cal.)  
Macaroni and Cheese (230 cal.)  
Rice Pilaf (130 cal.)  
Sautéed Beets with Butter (150 cal.)

Steamed Asparagus (20 cal.)  
Steamed Broccoli (40 cal.)  
Steamed Brussel Sprouts (60 cal.)  
Steamed Lima Beans (120 cal.)  
Steamed Spinach (30 cal.)  
Mixed Fruit (40 cal.)

Available Plain: Mashed Potatoes, Beets, Asparagus, Broccoli