

Atrium

June 8th – July 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.)

Ambrosia Salad ★ 🍃 - Mixed fruit with, pecans, marshmallows and whipped cream. \$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.)

Tuna Salad ★ - Lightly seasoned tuna, lemon, Dijon mustard and mayonnaise. \$10.00 (250 cal.)

Turkey Burger ★ - House made seasoned turkey burger, topped with lettuce, tomato and onion on a brioche bun. \$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 June

🍏 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

Hearts of Palm Crab Cake 🍏 ⭐ - Hearts of palm cake with vegan remoulade. \$11.00 (180 cal.)

Roasted Pork Loin 🍏 ⭐ -Lemon and fresh herb marinated. (180 cal.) \$10.00

Vegetarian Cottage Pie 🍏 ⭐ -Lentils, mushroom, onion, celery, parsnip, butternut squash, garlic, miso and tomato reduced with red wine and mashed potato crust. (280 cal.) \$10.00

Grilled Basa with Chickpea Salad 🍏 -Served with chickpea salad, arugula, and lemon vinaigrette. (320 cal.) \$10.00

Pasta

Build Your Own Pasta

Choose One Noodle For Your Pasta:

Penne (130 cal.), Spaghetti (130 cal.), Tortellini (120 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.), Bolognese Sauce (130 cal.), Meat Sauce (150 cal.)

Gluten Friendly Pasta Available

Sea

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

Fish and Chips ⭐ - Beer battered fried cod, served with French fries and fresh lemon. (480 cal.) \$14.00

Mussels Marinara ⭐ - Mussels, garlic, wine, tomatoes, fresh herbs, butter and a touch of spice. (400 cal.) \$14.00

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Farm

Chicken Oreganata - Oregano and bread crumb crusted chicken breast finished with butter, lemon, oregano and white wine. \$10.00 (550 cal.)

Swedish Meatballs - Swedish style beef meatballs, served in a sauce of Worcestershire, Dijon mustard, cream and beef broth. \$10.00 (460 cal.)

Stir Fry Pepper Steak over Rice ★ - Sliced beef, peppers, onions, snow peas, garlic, ginger and carrots in a sesame sauce served over a bed of Jasmine rice. \$10.00 (390 cal.)

Sauerbraten ★ - Marinated and braised roast beef. \$10.00 (550 cal.)

Hawaiian Braised Beef ★ - Braised Beef with ginger, garlic, soy sauce and pineapple juice. \$10.00 (290 cal.)

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

Sides

Mashed Potatoes (140 cal.)
Kidney Beans (110 cal.)
Hush Puppies (210 cal.)
Baked Sweet Potato (190 cal.)

Steamed Carrots (50 cal.)
Steamed Green Beans (40 cal.)
Steamed Lima Beans (120 cal.)
Sautéed Yellow Squash (20 cal.)
Mixed Fruit (40 cal.)

Available Plain: Mashed Potatoes , Carrots, Hush Puppies , Carrots, Green Beans