

Atrium

August 10th – September 12th

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.)

Frisee & Arugula Salad ★ 🌿 – Frisee, arugula, red onions and grapes topped with toasted almonds. \$4.00 (60 cal.)

Mixed Fruit – Mixed seasonal fresh fruits and berries. \$2.75 (40 cal.)

Entrée Salads and Handhelds

Entrée Grilled Peach & Pecan Salad – Grilled peaches, mixed greens, candied pecans, pickled onions and feta cheese, topped with a balsamic vinaigrette. \$10.00 (390 cal.)

Choose One Protein For Your Entrée Salad

Salmon (240 cal.) Grilled Shrimp (140 cal.) Grilled Chicken Breast (220 cal.), Tofu (90 cal.)

Patty Melt ★ – Our signature burger served on toasted rye with American and Swiss cheeses and crispy frizzled onions. \$10.00 (850 cal.)

Chicken Pesto Flatbread ★ – Diced chicken, pesto, mozzarella, roasted peppers, caramelized onions, arugula and balsamic glaze. \$10.00 (840 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 August



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

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

Cauliflower Tacos 🍏★ - Cauliflower, garbanzo beans, cilantro sour cream, avocado and cabbage with lime. (280 cal.) \$10.00

Chicken Francaise 🍏★ - Sautéed egg battered chicken breast finished with butter, lemon and white wine. (300 cal.) \$10.00

Moroccan Vegetable Stew 🍏★ - Moroccan spiced carrots, yams, potatoes, kale, apricots, garbanzo beans and lentils in a vegetable broth. (160 cal.) \$10.00

Pasta

Chicken and Mushroom with Linguine ★ - Sautéed chicken breast, garlic, shallots, portabella, shitake and crimini mushrooms, tossed with olive oil, rosemary, parmesan cheese and linguini. (600 cal.) \$10.00

Sautéed Shrimp with Penne and Pesto ★ - Sautéed shrimp tossed with penne pasta then finished with a creamy pesto sauce. (600 cal.) \$10.00

Capellini with Marinara Sauce - Classic thin style capellini pasta tossed in a traditional marinara sauce. (600 cal.) \$10.00

Gluten Friendly Pasta Available

Sea

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

Thai Chili Salmon - Salmon filet, broccoli, peppers and onions with a sweet Thai chili sauce. (350 cal.) \$14.00

Sweet and Sour Shrimp ★ - Fried Shrimp, flour, egg, peppers, pineapple-ginger sauce. Served over white rice. (930 cal.) \$14.00

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Farm

Pan Seared Chicken with Artichokes – Floured then sautéed chicken breast finished with artichokes, mushrooms, tomatoes and a white wine pan sauce. \$10.00 (320 cal.)

Kielbasa with Sauerkraut – Smoked Pork Kielbasa served over braised sauerkraut. \$10.00 (460 cal.)

Miso Chicken Breast with Asian Slaw ★ – Miso Chicken Breast with Asian Slaw. \$10.00 (570 cal.)

Peruvian Lomo Saltado ★ – Sliced beef tenderloin, peppers, onions, french fries, pickled red onion, and radish. \$10.00 (450 cal.)

Sauteed Pork Cutlet with Mushroom Sauce ★ – Garlic, thyme, rosemary, and lemon marinated pork loin cooked with mushrooms in a brandied sauce espagnole. \$10.00 (310 cal.)

Blackened Salmon ★ – Pan seared Cajun spiced salmon filet. \$10.00 (300 cal.)

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

Sides

Mashed Potatoes (140 cal.)
Quinoa and Vegetable Pilaf (60 cal.)
Vegetarian Risotto (250 cal.)
Vegetable Ratatouille (30 cal.)

Steamed Asparagus (20 cal.)
Sautéed Cauliflower (60 cal.)
Steamed Lima Beans (120 cal.)
Steamed Green Beans (40 cal.)
Mixed Fruit (40 cal.)

Available Plain: Mashed Potatoes, Quinoa, Asparagus, Cauliflower,
Green Beans