



# ATLAS

EAT · DRINK · BOWL

**KITCHEN HOURS:**  
5-9PM SUNDAY - THURSDAY  
5-10PM FRIDAY - SATURDAY

**WEEKLY EVENTS:**  
TUESDAY - FAMILY NIGHT  
WEDNESDAY - QUIZBOWL  
THURSDAY - VINYL SHOWCASE  
FRIDAY - FISH FRY

**EXECUTIVE CHEF, BRITTANY LOUGHLIN**  
**GARRETT DAVENPORT, SOUS CHEF**

Veg, Vegan, GF indicates items are (or can be made\*) vegetarian, vegan or gluten-free

## SMALL PLATES

**Fried Brussels** (Veg\*, Vegan\*, GF) **10**

Brussels sprouts, bacon, Parmesan, lemon, crushed red pepper

**Field Greens** (Veg, Vegan, GF) **6/10**

mixed greens, cucumber, tomatoes, red onion, date & balsamic vinaigrette

**Popcorn Chicken** (GF) **11**

popped corn-coated chicken nuggets with zesty ranch dressing

**Totchos** (Veg\*, GF) **7/11**

tater tots, bacon, cheddar cheese, green onions, jalapeños, sour cream

**Kale Parmesan** **8/12** (Veg, Vegan\*, GF)

tender kale ribbons, shaved Brussels sprouts, grated Parmesan, crushed red pepper, lemon, olive oil

**Crispy Tofu** (Veg, Vegan, GF) **8**

mango, cashew, green chile, scallion, cilantro

## LARGE PLATES

**Grilled Flank Steak** (GF\*) **21**

8 oz. flank, potato wedges, Atlas steak sauce, daily vegetable

**Pan-Roasted Salmon** (GF) **19**

roasted potatoes, sautéed shaved Brussels sprouts, lemon-caper butter

**Zucchini alle Vongole** (GF\*) **19**

clams, julienned zucchini "noodles", tomatoes, garlic, white wine, parsley, basil, crushed red pepper, with grilled bread

**Atlas Burger** (GF\*) **10/13**

1/4 lb. patty (*single or double*), bacon aioli, crispy onions, American cheese, lettuce, tomato, and a side of tots

**Blackened Cod Sandwich** (GF\*) **14**

fresh cod, blackening rub, miso mayo, greens, and kettle chips, on a sesame seed bun with a side of fries

**Pesto Chicken Sandwich** (GF\*) **12**

grilled chicken breast, basil pesto, greens, balsamic grilled red onion, on a toasted baguette with a side of fries

**Cheesesteak Sandwich** (GF\*) **15**

flank steak, American cheese, caramelized onion, jalapeño, and Atlas steak sauce on garlic-butter toasted baguette with a side of fries

## SALADS

**Harvest Salad** (Veg, Vegan\*, GF) **15**

tender kale ribbons, shaved Brussels sprouts, golden raisins, pistachios, roasted squash, shaved Parmesan, date & balsamic vinaigrette

**Pittsburgh Salad** (Veg\*) **16**

popcorn chicken nuggets, bacon, hard-boiled egg, fries, tomato, cucumber, mixed greens, ranch

### Mediterranean

**Panzanella** (Veg, Vegan\*, GF\*) **14**

Remembrance Farms greens, julienned zucchini, tomato, cucumber, red onion, feta, kalamata olives, crusty baguette croutons, basil-oregano vinaigrette

*Add to any salad:*

**Crispy Falafel with Tzatziki** (4oz.) **5**

**Crispy Tofu** (3oz.) **4**

**Herb-Grilled Chicken Breast** (6oz.) **5**

**Fajita-Spiced Chicken** (6oz.) **5**

**Pan-Seared Salmon** (3oz.) **7.5**

**Blackened Seared Cod** (4oz.) **7.5**

**Garlic-Herb Flank Steak** (4oz.) **7.5**

## TACOS

**Seared Steak Tacos** (GF) **15**

garlic-herb marinated flank steak, avocado mousse, cilantro with a side of refried black beans

**Grilled Salmon Tacos** (GF) **15**

fresh salmon, avocado mousse, cilantro with a side of refried black beans

**Falafel Tacos** (Veg, Vegan\*, GF) **15**

crispy falafel, tzatziki sauce, feta, kalamata olive tapenade, tomato, red onion with a side of refried black beans

## SIDES

**Refried Black Bean** **4**

**Creamy Napa Slaw** **3**

**Daily Vegetable** **Mkt.**

**Tots** **4**

**Fries** **4**