



# ATLAS

EAT · DRINK · BOWL

EXECUTIVE CHEF: BRITTANY LOUGHLIN  
SOUS CHEF: LINDSAY FREEMAN  
LEAD LINE COOK: MATT BROSHEARS

KITCHEN HOURS:  
5-9PM TUESDAY - THURSDAY  
4-10PM FRIDAY - SATURDAY  
4-9PM SUNDAY

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

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

Remembrance Farms baby kale, shaved Brussels sprouts, grated Parmesan, crushed red pepper, lemon, olive oil

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

mango, cashew, green chile, scallion, cilantro

## ENTREES

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

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

### Pan-Roasted Salmon (GF) 19

6 oz. Norwegian salmon, 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

## SALAD

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

Remembrance Farms baby kale, shaved Brussels sprouts, golden raisins, pistachios, roasted squash, shaved Parmesan, date & balsamic vinaigrette

### Pittsburgh Salad (Veg\*) 16

popcorn chicken, bacon, fries, hard-boiled egg, tomato, red onion, 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

Pan-Seared Salmon (3oz.) 7.5

Blackened Seared Cod (4oz.) 7.5

Garlic-Herb Flank Steak (4oz.) 7.5

## SANDWICHES

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

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

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

fresh cod, blackening rub, miso mayo, greens & 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 & Atlas steak sauce on garlic-butter toasted baguette with a side of fries

## 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

Tots 4

Creamy Napa Slaw 3

Fries 4

Daily Vegetable Mkt.

## LARGE PLATES