

APPETIZERS

TOTCHOS (SM/LG) 12/17

An Atlas Bowl Favorite! Tater tots, bacon, cheddar cheese, scallions, jalapeño, & lime crema. (GF)

\$2 off on Totcho Tuesdays!

FRIED BRUSSELS 15

Brussels sprouts, bacon, parm, lemon, & crushed red pepper. (GF)

CRISPY TOFU (V) 13

Organic tofu from Ithaca Soy, mango gastrique, cashew, jalapeño, scallion, cilantro. (V, GF, Contains Soy)

OLIVE PLATE 12

Assorted marinated green and black olives served with pickled onions, roasted red pepper, & giardiniera. Served with Parmesan bread sticks. (VG)

CHICKEN BITES 16

Buttermilk marinated fried chicken with house ranch & BBQ sauce.

MAC & CHEESE 12

Cheddar & smoked gouda mac, crispy panko. (VG)

Add Brussels (\$4), BBQ Pork (\$5), Bacon (\$4), or Crispy Tofu (\$4)

SANDWICHES

SERVED WITH TOTS

ATLAS BURGER (Single/Double) 15/19

¼ lb patty, American cheese, lettuce, crispy onions, tomato, bacon aioli, grilled sesame seed bun. (all burgers cooked to medium).

Gluten-free
buns available
for all sandwiches!

THE BRYANWICH 17

Fried chicken breast, caramelized onion, sautéed apple, roasted garlic, melted brie cheese, brioche, aioli, & lettuce.

BBQ PORK SANDWICH 17

Pork shoulder, BBQ, pickled onion, creamy slaw, & brioche.

BLACKENED TOFU (V) 17

Ithaca Soy tofu blackened and baked, pepperoncini, tomato & lettuce. Sourdough bread, aioli. (VG)

We love your food pics! Tag us @atlasbowl



SOUP & SALAD

POTATO CHEDDAR ALE SOUP (CUP/BOWL) 7/11

Potato, onion, garlic, white wine, chicken stock, cheddar cheese, ale, butter, cream. Topped with crispy fried onion.

ROASTED CAULIFLOWER SOUP (CUP/BOWL) 7/11

Cauliflower, onion, garlic, vegetable stock, white wine, & roasted red pepper. (V, GF)

GARDEN SALAD (SM/LG) 9/15

Mixed greens, balsamic vinaigrette, cucumber, grape tomato, carrot & red onion (VG, contains honey)

CAESAR SALAD (SM/LG) 9/15

Traditional romaine Caesar with white anchovy dressing, house made croutons & shaved parmesan.

GREEK SALAD 18

Romaine, cucumber, tomato, pickled onion, Kalamata olives, feta cheese, pepperoncini, red wine vinaigrette. (GF)

Add Skewers (\$6/7), Chicken Bites (\$7), or Crispy Tofu (\$4)

SKEWERS

ONE PER ORDER

CAJUN SHRIMP 6

With aioli. (GF)

CHICKEN SPIEDIE 6

With aioli. (GF)

MAHI MAHI 7

With pineapple salsa. (GF)

SIDES

SIDE SALAD (GF) 6

TOTS (GF,V) 6

FRIES (GF,V) 6

POTATO PURÉE (VG) 6

VEGETABLE OF THE DAY - (Ask your server 😊) 6

WARM BREAD BASKET (VG) (SM/LG) 5/9

MAINS



STEAK AND POTATO

Grilled sirloin steak, potato purée, vegetable of the day, & chimichurri. **(GF)**

33

SPINACH LASAGNE

Baked spinach lasagne served with marinara & parmesan cheese. **(VG)**

21

SEARED SALMON

Pan-roasted Aukra salmon, caponata, rice, & hot honey. **(GF)**

27

SMOKED PORTABELLA MUSHROOM

Smoked & oven roasted with creamy polenta, marinara, & crumbled feta cheese. **(VG, GF)**

20

ROASTED PORK LOIN

Seared pork loin, creamy polenta, vegetable of the day, & blueberry gastrique. **(GF)**

24

Our entrée options change with the seasons, featuring fresh ingredients and flavors that keep things interesting.



DESSERT

BROWNIE SUNDAE

Warm house-made brownie, vanilla ice cream, hot fudge, caramel sauce, whipped cream, & a cherry on top.

10

CRÈME BRÛLÉE

Served with two shortbread cookies.

10

TARTE TATIN A LA MODE

Rustic apple pie warmed, served with a scoop of vanilla ice cream & caramel sauce.

10

SHAKES

Vanilla, chocolate, strawberry, or coffee.

10

CLASSIC HOT FUDGE SUNDAE

Vanilla ice cream, house-made chocolate fudge, whipped cream, & a cherry on top. **(GF)**

8

ICE CREAM

Vanilla or coffee. **(GF)**

6

Executive Chef -
Christopher Logue

GF = Gluten Free VG = Vegetarian V = Vegan
If you have dietary restrictions, please let your server know!

FAMILY STYLE

SHAREABLE APPS SERVING 8-12



KIDS MENU

FOR KIDDOS 12 & UNDER

SHAREABLE SPROUTS

Brussel sprouts, bacon, parmesan, lemon, crushed red pepper (GF)

TOWER OF TOFU

Organic tofu from Ithaca Soy, mango gastrique, cashew, jalapeño, scallion, cilantro. (GF,V)

MACHO TOTCHOS

Tater tots, bacon, cheddar cheese, scallions, jalapeno, lime crema (GF)

MASSIVE MAC & CHEESE

Old school cheddar & smoked gouda mac topped with crispy panko.

FLOCK OF CHICKEN BITES

Buttermilk-marinated chicken fried to golden brown with house ranch & BBQ sauce.

FRIEND FRIES

French fries tossed with salt, pepper, parsley & thyme (GF,V)

TABLE TOTS

Tater tots tossed with salt, pepper, parsley & thyme (GF,V)

COLOSSAL CAESAR

Traditional romaine Caesar with housemade croutons & shaved parmesan

GIGANTIC GARDEN SALAD

Mixed greens tossed with balsamic vinaigrette, cucumber, grape tomato, carrot, red onion (GF, contains honey)

Host your next party at Atlas!

Whether it's a birthday, work gathering, or just an excuse to celebrate, we've got the lanes, the refreshments, and the good times covered. Ask our team about booking your party today, or email us at atlasbowl@gmail.com!

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KIDS CHEESEBURGER

1/4 lb beef patty, American cheese on a grilled sesame seed bun, tots. (GF Bun available)

ZWEIGLE'S HOT DOG

Served on a bun, tots.

CRISPY CHICKEN FINGERS

(3) Crispy chicken fingers, tots, ranch.

CHEESE QUESADILLA

Flour tortilla, cheddar cheese, tots. (VG)

KID'S MAC & CHEESE

Elbow macaroni, cheddar & smoked gouda. (VG)

BUTTERED NOODLES

Elbow macaroni, grated parmesan. (VG)

GIFT CARDS AVAILABLE

An Atlas gift card is the perfect present—good for bowling, drinks, and delicious eats! Grab one in person or buy online for instant gifting.



LET THE GOOD TIMES ROLL!



ATLAS

EAT · DRINK · BOWL