

## APPETIZERS

### TOTCHOS (SM/LG) 12/17

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

**\$2 off on Totcho Tuesdays!**

### FRIED BRUSSELS 15

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

### CRISPY TOFU (V) 13

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

### GOAT CHEESE & CROSTINI 12

Creamy herbed goat cheese served with crostini, pickled red onion, cracked black pepper, & drizzled with honey. (VG)

### CHICKEN BITES 16

Buttermilk marinated fried chicken with house ranch & BBQ sauce.

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

Toasted Tribecca baguette served with whipped honey butter. Substitute garlic bread for \$2 more!

### MAC & CHEESE 12

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

#### MAC & CHEESE ADD-ONS

Brussels (\$4), Bacon (\$4), or Crispy Tofu (\$4)

## GRILLED SKEWERS ONE PER ORDER

### BEEF TENDERLOIN 7

Served with chimichurri. (GF)

### CHICKEN 7

Spiedie marinated & served with garlic aioli. (GF)

### SHRIMP 7

Herb marinated & served with Tuscan cream sauce. (GF)

### TOFU (V) 7

Soy-lime marinated & served with cashew cream. (V)

## SIDES

### SIDE SALAD (GF) 6

### TOTS (GF,V) 6

### FRIES (GF,V) 6

### CREAMY POLENTA 6

### HARICOT VERTS (VG) 6

## SOUP & SALAD

### COCONUT TOFU MUSHROOM CURRY (CUP/BOWL) 7/11

Light and gingery broth with coconut, lime, shiitake mushrooms, Ithaca Soy organic tofu, then finished with fresh cilantro & scallion. (V, Contains Soy)

### WHITE BEAN CHICKEN CHILI (CUP/BOWL) 7/11

A hearty combination of beans, vegetables, chicken, & stock. Finished with cilantro, chimichurri, & lime crema. (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.

### BEET SALAD (SM/LG) 13/18

Lightly pickled red beets, toasted walnut, dried cherry, & goat cheese over balsamic-dressed mixed greens. (VG)

#### SALAD ADD-ONS

Skewers (\$7), Chicken Bites (\$7), 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!

### BLACK BEAN BURGER 15

Vegan patty grilled & served on a toasted sesame roll with pickled jalapeño, red onion, & vegan garlic aioli. (V)

### CHICKEN MARSALA SANDWICH 17

Crispy fried chicken breast topped with marsala-sautéed mushrooms, swiss cheese, & lettuce on grilled brioche with garlic aioli.

### SHRIMP ROLL 16

Tender poached shrimp salad served in a grilled bun with pickled red onion.

#### UPGRADE YOUR SIDE

Totchos (\$6) Brussels (\$4), Garden Salad (\$4), Caesar Salad (\$4), Haricot Verts (\$4), Fries (No upcharge)

# MAINS



## STEAK FRITES

33

8 oz. grilled sirloin steak topped with maitre'd butter, french fries, & haricot verts. **(GF)**

**\*Add a shrimp skewer for surf & turf! (\$7)**

## PAPPARDELLE BOLOGNESE

23

Fresh pappardelle tossed in a housemade ragu of pancetta, fresh ground beef, onion, carrot, celery, garlic, white wine, & fresh herbs. Topped with grated parmesan cheese & served with garlic bread.

## PORK OSSO BUCCO

23

Pork shank braised in tomato, onion, carrot, celery, anchovy, lemon, garlic, chicken stock, & fresh herbs. Served over polenta with haricot verts & topped with gremolata. **(GF)**

## TUSCAN WHITE BEANS

19

Cannellini beans stewed in vegetable stock with onion, tomato, garlic, & herbs. Topped with gremolata & toasted breadcrumbs. **(VG)**

## TROUT AMANDINE

25

Whole rainbow trout, pan seared & finished with a brown butter, lemon, parsley, & toasted almond pan sauce.

Served with haricot verts & charred scallions. **(GF)**

## MUSHROOM RISOTTO

21

Arborio rice cooked in a rich mushroom stock with onion & white wine. Finished with sautéed mushrooms, herb butter, & parmesan cheese. Topped with a warm goat cheese cream & beet coulis. **(GF, VG)**

## MIXED GRILL ENTRÉE

27

Your choice of three skewers.

Beef & chimichurri

Chicken & aioli

Shrimp & cream sauce

Tofu & cashew cream

Served with creamy polenta & haricot verts.



# DESSERT

## BROWNIE SUNDAE

10

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

## TARTE TATIN A LA MODE

10

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

## CLASSIC HOT FUDGE SUNDAE

8

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

## CRÈME BRÛLÉE

10

Served with two shortbread cookies.

## SHAKES

10

Vanilla, chocolate, strawberry, or coffee.

## ICE CREAM

6

Vanilla or coffee. **(GF)**

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

Executive Chef -  
Christopher Logue

# 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](mailto:atlasbowl@gmail.com)!

45

38

45

40

50

25

25

36

36

## 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