

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 17

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)

STUFFED MUSHROOMS 12

Large button mushrooms stuffed with herbs, cheddar & cream cheese. Topped with toasted bread crumbs.

SEARED AHI TUNA CRISPS 15

Sesame-encrusted rare Ahi tuna served on crispy wontons with spicy mayo & sliced scallion.

CHICKEN BITES 16

Buttermilk marinated fried chicken with house ranch & BBQ sauce.

WARM BREAD BASKET (SM/LG) 5/9

Toasted Tribeca 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 (\$5) Bacon (\$5) Crispy Tofu (\$5)

SOUP & SALAD

CARROT-GINGER BISQUE (CUP/BOWL) 7/11

Carrots & fresh ginger puréed with vegetable stock, onion, garlic, & white wine. Topped with fresh green onion. (V)

CORN CHOWDER (CUP/BOWL) 7/11

Sweet corn, Yukon gold potatoes, bacon, onion, & celery in a creamy, slightly thickened broth. Shredded cheddar on top.

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.

TUNA NIÇOISE SALAD 18

Sesame-encrusted rare Ahi tuna served on a bed of mixed greens tossed with balsamic vinaigrette, haricot verts, medium-hard-boiled egg, olives, capers, chilled potato, tomato & cucumber.

PITTSBURGH SALAD 18

Iceberg lettuce tossed with our red wine vinaigrette & topped with tomato, cucumber, red onion, carrot, a medium-hard-boiled egg, shredded cheddar, crispy French fries, & drizzled with our house ranch dressing.

SALAD ADD-ONS

Skewers (\$7) Chicken Bites (\$7) Crispy Tofu (\$6) Rare Ahi Tuna (\$9)



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).

PORTOBELLO MUSHROOM SANDWICH 18

Balsamic roasted portobello mushroom cap topped with roasted red pepper, Brie, & greens. Served on a toasted sesame roll with garlic aioli. (VG, Vegan upon request)

SHRIMP PO' BOY 17

Lightly breaded & fried shrimp served on a grilled baguette with garlic aioli & creamy slaw.

CLASSIC CHICKEN SANDWICH 17

Buttermilk marinated chicken breast fried crispy with house ranch, lettuce, & pickles on a grilled brioche bun. Make it spicy with chipotle ranch, spicy pickles, & jalapeño!

UPGRADE YOUR SIDE

Totchos (\$7) Brussels (\$7) Garden Salad (\$5)

Caesar Salad (\$5) Haricot Verts (\$5)

Roasted Rosemary Potatoes (\$6)

Fries (No upcharge)

Gluten-free buns available for all sandwiches.

MAINS



STEAK FRITES

33

8 oz. grilled sirloin steak served 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.

LINGUINE WITH CLAMS

25

Fresh Littleneck clams steamed with white wine, shallot, garlic, crushed red pepper, & herb butter. Tossed with fresh linguine & sided with garlic bread.

TUSCAN WHITE BEANS

19

Cannellini beans stewed in vegetable stock with onion, tomato, garlic, & herbs.

Topped with toasted panko. **(V)**

GRILLED SKEWERS

ONE PER ORDER

BEEF TENDERLOIN

7

Served with chimichurri. **(GF)**

CHICKEN

7

Spiedie marinated & served with garlic aioli. **(GF)**

SHRIMP

7

Tajin rubbed with hot honey. **(GF)**

SIDES

SIDE SALAD (GF)

6

TOTS (GF,V)

6

FRIES (GF,V)

6

ROASTED ROSEMARY POTATOES

6

HARICOT VERTS (VG)

6

SMOKED PORK TENDERLOIN

21

House-smoked pork tenderloin served with haricot verts, roasted rosemary potato, & a dijon sauce supreme.

SPINACH LASAGNE

23

Classic white spinach lasagne of tender noodles, mozzarella, ricotta, & parmesan cheeses, served on a bed of house marinara & finished with fresh herbs.

MIXED GRILL ENTRÉE

27

Your choice of three skewers.

Beef & chimichurri

Chicken & aioli

Shrimp & hot honey, tajin rubbed

Served with roasted rosemary potatoes & haricot verts.

DESSERT

CLASSIC HOT FUDGE SUNDAE

8

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

TARTE TATIN A LA MODE

10

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

BROWNIE SUNDAE

10

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

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)

45

TOWER OF TOFU

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

38

MACHO TOTCHOS

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

45

MASSIVE MAC & CHEESE

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

40

FLOCK OF CHICKEN BITES

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

50

FRIEND FRIES

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

25

TABLE TOTS

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

25

COLOSSAL CAESAR

Traditional romaine Caesar with housemade croutons & shaved parmesan

36

GIGANTIC GARDEN SALAD

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

36

KIDS CHEESEBURGER

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

13

ZWEIGLE'S HOT DOG

Served on a bun, tots.

12

CRISPY CHICKEN FINGERS

(3) Crispy chicken fingers, tots, ranch.

12

CHEESE QUESADILLA

Flour tortilla, cheddar cheese, tots. (VG)

10

KID'S MAC & CHEESE

Elbow macaroni, cheddar & smoked gouda. (VG)

11

BUTTERED NOODLES

Elbow macaroni, grated parmesan. (VG)

7

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.



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!

LET THE GOOD TIMES ROLL!



ATLAS

EAT · DRINK · BOWL