

ATRIA ON ROSLYN HARBOR

LIGHTER FARE

- ▶ Cottage Cheese and Fruit*^
- ▶ Fruit or Plain Yogurt with Berries and Granola*^
- ▶ Oatmeal or Cream of Wheat*^
- ▶ Assorted Cold Cereals*
- ▶ Continental Breakfast
Assorted Danish pastries, juice and coffee
- ▶ Seasonal Fruit*

FROM THE GRIDDLE

- ▶ Eggs Cooked to Order*^
- ▶ Omelet Your Way*^
- ▶ Sausage, Bacon and Turkey Sausage

HEARTY SELECTIONS

- ▶ **The New Yorker**
Fresh bagel with smoked salmon, cream cheese, red onion and tomato
- ▶ **Stack of Buttermilk Pancakes***
Three pancakes served with choice of fruit and maple or sugar-free syrup
- ▶ **Challah French Toast****
Traditional thick-sliced challah dipped in a vanilla, cinnamon and egg batter
- ▶ **Healthy Wrap^**
Egg whites, turkey, spinach and reduced-fat Swiss cheese in a whole-wheat tortilla

FROM THE BAKERY

- ▶ Fresh Bagels, English Muffins and Sliced Bread
- ▶ Danish Pastries
- ▶ Assorted Muffins

* low salt

^ no sugar added

** available gluten-free

BREAKFAST

ATRIA ON ROSLYN HARBOR

SOUPS

- ▶ Chicken Noodle
- ▶ Soup du Jour

SALADS

served as an entrée or side

▶ **Chopped Salad**^{*^}

Mixed greens with seasonal vegetables, choice of dressing and topped with choice of tuna, chicken, egg salad, grilled chicken or shrimp

▶ **Caesar Salad**[^]

Crisp romaine, shaved Parmesan, herbed croutons, Caesar dressing and choice of grilled chicken or shrimp

▶ **Harbor Mist Salad**

Mixed greens with roasted beets, sliced apple, walnuts, goat cheese and choice of dressing

FROM THE DELI

Served on choice of bread or bagel with lettuce, tomato, pickle and kettle chips

Roasted Turkey - Ham - Egg Salad
Tuna Salad - Chicken Salad

PANINIS

▶ **Caprese**

Tomato, fresh mozzarella and pesto

▶ **Grilled Chicken**

Grilled chicken, provolone, roasted red pepper and choice of lemon-chive aioli or chipotle-lime aioli

SIDES

- ▶ House-Made Potato Chips
- ▶ Coleslaw
- ▶ French Fries
- ▶ Sweet Potato Fries
- ▶ Vegetable of the Day
- ▶ Onion Rings

** low salt*

^ no sugar added

*** available gluten-free*

LUNCH

ATRIA ON ROSLYN HARBOR

STARTERS

- ▶ **Maryland Crab Cake[^]**
Served with Southern tartar sauce
- ▶ **Crispy Chicken Wings**
Tossed in choice of honey, bourbon or buffalo sauce
- ▶ **Smoked Fish of the Day**
Served with tomato and onion

OFF THE GRILL

- ▶ **8 oz. Angus Beef Burger**
Cooked to order with lettuce, tomato, onion, pickle and fries
- ▶ **Dr. Praeger's Garden Burger**
Served with pickle and choice of side
- ▶ **Chicken Quesadilla[^]**
Served with salsa, avocado and sour cream

ENTRÉES

- ▶ **Honey Dijon-Glazed Salmon^{*}**
- ▶ **Rotisserie Chicken^{*^}**
Served with cranberry compote or applesauce
- ▶ **Marinated Sliced Steak**
Served with mushroom demi-glace
- ▶ **Pasta Marinara^{**}**
Marinara sauce served with whole-wheat angel hair pasta
- ▶ **Blintz of the Day**

SIDES

- ▶ Baked Potato
- ▶ Baked Sweet Potato
- ▶ Mashed Potatoes
- ▶ Vegetable of the Day
- ▶ Brown Rice

SWEET ENDINGS

- ▶ Pound Cake
- ▶ Baked Apples
- ▶ Fresh-Baked Cookies
- ▶ Ice Cream
- ▶ Sorbet
- ▶ Assorted Fresh Pies

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*** available gluten-free*

DINNER