

# Sample Menu

Below are just a few examples of the culinary options available to you each and every day at Atria.  
To see the current full menu, ask your Community Sales Director.

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## Breakfast

### Slow Cooked Oatmeal

*with toasted walnuts, cinnamon, and raisins*

### Buttermilk Pancakes

*served with warm maple syrup and butter*

### Denver Omelet

*ham, peppers, onion and cheddar cheese served with crisp breakfast potatoes and choice of fresh cut fruit, applewood smoked bacon or chicken sausage and assorted breads*

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## Lunch & Dinner

### Atria House Salad

*seasonal mixed greens, cherry tomatoes, carrots, chickpeas and toasted walnuts with balsamic vinaigrette*

### Oven Roasted Atlantic Salmon Filet

*jasmine rice, shaved brussels sprouts and apple cider reduction*

### Classic Cheeseburger

*grilled all-beef patty with sliced tomato, lettuce, american cheese and sesame seed bun*

### Pan-Seared Beef Tenderloin

*mashed yukon potatoes, grilled asparagus and chimichurri sauce*

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## Dessert

### Warm Banana Bread Pudding

*chocolate chunks and caramel sauce*

### Blackberry Crumble

*brown sugar and toasted almond topping, served with vanilla ice cream*

 Atria SENIOR LIVING

Sample menu, subject to change.