

# 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*

**Garden Omelet**  
*bell peppers, sun-dried tomatoes,  
artichoke, onion and cheddar cheese*

**Eggs Benedict**  
*poached farm eggs, canadian bacon,  
hollandaise served with english muffin*

**Buttermilk Pancakes**  
*short stack of three buttermilk pancakes  
served with warm maple syrup and butter*

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## Lunch & Dinner

**Poached D'Anjou Pear and Frisée Salad**  
*local goat cheese, toasted almonds,  
pomegranate seeds and  
honey-champagne vinaigrette*

**Garlic-Thyme Mussels**  
*grilled crostini, smoked paprika,  
shaved fennel*

**Tarragon Tuna Salad**  
*tarragon, chives, lemongrass, dijonaise and seeded bread*

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## Entrées

**Grass-fed Bacon Cheeseburger**  
*applewood smoked bacon, garlic aioli,  
arugula, and brioche bun*

**Seared Diver Sea Scallops**  
*shaved brussels sprouts,  
meyer lemon cream sauce*

**Grilled Atlantic Salmon Salad**  
*organic red quinoa & baby kale, sunflower seeds,  
apples, currants, feta cheese, citrus vinaigrette*

**Campanelle Pasta**  
*grilled chicken, roasted red peppers, pine  
nuts, mascarpone cheese and basil pesto*

**Hoisin Braised Short Ribs**  
*garlic confit mashed potatoes and broccolini*

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## Dessert

**Chocolate Tort**  
*salted caramel ice cream and  
candied hazelnuts*

**Cardamom Crème Brûlée**  
*blackberry, raspberry and  
strawberry compote*

 **SENIOR LIVING**

Sample menu, subject to change.