

ATLAS GRILL

MEMBER PRICES LISTED – KINDLY ASK YOUR SERVER FOR PRICES IF DINING WITHOUT A MEMBER.

DAILY SPECIALS

MONDAY 10
Beef stew served in a sourdough bread bowl.

TUESDAY 11
Homemade meatloaf served with mashed potatoes, brown gravy and glazed carrots.

WEDNESDAY 13
Chicken fried steak served with mashed potatoes, cream gravy and carrots.

THURSDAY 11
The Hot Brown – warm turkey breast served over sourdough crouton with gravy, mashed potatoes, and glazed carrots.

FRIDAY 12
Southern fried catfish served with French fries, cole slaw and house tartar sauce.

SANDWICHES

All sandwiches and are served with house made tortilla chips and a jalapeno pickle.

THE ATLAS BURGER 8
1/3 lb. of fresh ground beef, grilled and topped with Dijon mustard and fried onions. Add lettuce and tomato. Add American, Cheddar, Pepper Jack, or Swiss cheese for \$0.75.

THE BOSTON 10
Applewood smoked bacon, mixed greens, fresh tomatoes and mayo on grilled wheat bread.
Half sandwich: \$7.00.

THE BOULDER 10
Grilled Portabella mushroom with Boursin cheese, tomato, grilled peppers and onions on a toasted bun.

THE CINCINNATI 9
Homemade Pimento cheese on toasted wheat bread with fresh English cucumber.
Half sandwich: \$6.00.
Add Applewood smoked bacon for \$2.00.

THE DENVER 10
Thick sliced roasted turkey breast, honey mustard, romaine and tomato on wheat bread.
Half sandwich: \$7.00

THE FRISCO 11
Grilled tuna steak with basil mayo, tomato, and mixed greens on a toasted bun.

THE HOUSTON 10
Grilled chicken breast, Applewood smoked bacon, mixed greens and basil mayo on a toasted bun.

THE PRESS CLUB 10
Thick sliced roasted turkey breast, Applewood smoked bacon, romaine, tomato, and mayo served on grilled white bread.
Half sandwich: \$7.00

THE BLACK BEAN VEGGIE BURGER 10
Black bean patty with grilled onions and red and green peppers served on a toasted bun with lettuce, tomato, and cayenne aioli sauce.

THE CHICKEN WRAP 10
Chicken breast wrapped with Applewood smoked bacon, tomato, onion, and Boursin cheese with an herb vinaigrette.

SUBSTITUTES

Substitute one small side for tortilla chips.

| | | | |
|----------------|---|--------------------|---|
| HOMEMADE CHIPS | 2 | SWEET POTATO FRIES | 3 |
| FRENCH FRIES | 2 | BROCCOLI SALAD | 3 |
| COLE SLAW | 2 | FRESH FRUIT | 3 |
| POTATO SALAD | 3 | ORZO PASTA | 3 |
| COTTAGE CHEESE | 3 | TABBOULI | 3 |
| PESTO PASTA | 3 | CUP OF SOUP | 3 |
| MIXED GREENS | 3 | CUP OF BISQUE | 4 |



SOUPS AND SALADS

Add grilled chicken to any salad for \$3.00. Dressings: bleu cheese, herb vinaigrette, honey mustard, poppy seed vinaigrette, and ranch.

SOUP OF THE DAY 4/6

Add \$1.00 for lobster bisque and jambalaya, and \$2.00 for chili.

HOUSE SALAD 7

Mixed greens, English cucumber, and cherry tomatoes.

CAESAR SALAD 8

A classic favorite served with Boursin crostini toast.

COBB SALAD 11

Mixed greens, grilled chicken, Applewood smoked bacon, bleu cheese crumbles, tomato, green onion, and hardboiled egg.

STRAWBERRY SPINACH SALAD 10

Fresh spinach tossed with a poppy seed vinaigrette, feta cheese, toasted almonds, and red onions.

SOUP AND SALAD 11

A bowl of soup with a house or Caesar salad. Add \$1.00 for lobster bisque and jambalaya and \$2.00 for chili.

HIGH PROTEIN AND PASTA

HIGH PROTEIN LUNCH 12

Two grilled hamburger patties with melted cheese and fried onions, served with a mixed green salad. Sub chicken breasts or a combo for \$1.00. Choose American, Cheddar, Pepper Jack, or Swiss cheese.

VEGGIE OVER GREENS 12

Black beans, onions, and red and green peppers served as a patty with mixed greens, English cucumber, and cherry tomatoes. Sub Portabella mushroom for \$3.00.

PASTA 8

Homemade noodles and fresh pesto, tomatoes, green onion, and Parmesan cheese served hot or cold. Add chicken for \$3.00

CHICKEN BREAST 6

Grilled chicken breast served a la carte.

SIDES

| | |
|------------------------------------|-----|
| TORTILLA CHIPS | 2/3 |
| HOMEMADE POTATO CHIPS | 3/4 |
| FRENCH FRIES | 3/4 |
| COLE SLAW | 3/4 |
| POTATO SALAD | 3/4 |
| SWEET POTATO FRIES | 4/5 |
| BROCCOLI SALAD | 4/5 |
| FRESH FRUIT | 4/5 |
| COTTAGE CHEESE | 4/5 |
| PESTO PASTA SALAD | 4/5 |
| ORZO PASTA WITH OLIVES & ARTICHOKE | 4/5 |
| TABBOULI | 4/5 |

BEVERAGES

| | |
|-------------|---|
| SOFT DRINKS | 2 |
| ICED TEA | 2 |
| HOT TEA | 3 |
| COFFEE | 2 |
| ICED COFFEE | 3 |
| MILK | 2 |
| JUICES | 3 |
| PERRIER | 3 |
| RED BULL | 4 |



* Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs, may increase your risk of foodborne illness, especially if you have certain medical conditions.

DECO DELI

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SMOOTHIES

All smoothies are 16 oz. made fresh.

BLUE DOME 6
Yogurt, mixed berries, banana, and almond milk.

CAIN'S 6
Mango, peach, pineapple, orange Fanta, and strawberry.

GOLDEN DRILLER 6
Yogurt, banana, vanilla almond milk, and honey.

GREENWOOD 6
Spinach, flax seed, almond milk, and banana.

ROUTE 66 6
Peanut butter, banana, almond milk, and honey.

SANDWICHES

All sandwiches are served with homemade potato chips and a jalapeno pickle.

THE ATLAS CUBAN 11
Roasted pork, shaved ham, dill pickles, Swiss cheese, and stone-ground mustard on a Cuban roll.

THE KENNEDY TURKEY REUBEN 10
Hickory smoked turkey breast, sauerkraut, Swiss cheese, and chipotle mayo on grilled jalapeno bread.

THE MAYO EGG SALAD 10
Mayo, mustard, and dill-based egg salad with lettuce and tomato on toasted white bread.

THE McFARLIN REUBEN 11
Corned beef, sauerkraut, Swiss cheese, and Thousand Island dressing on grilled marbled rye bread.

THE MID-CONTINENT ITALIAN 11
Mortadella, capicola, genoa, salami, provolone cheese, and olive tapenade on grilled sourdough bread.

THE PHILTOWER TURKEY & SWISS 10
Shaved turkey, Swiss cheese, tomato, and house dressing on grilled honey wheat bread.

THE THOMPSON GRILLED CHEESE 9
Smoked gouda, provolone, and Swiss cheeses with tomato grilled on sourdough bread.

THE TULSA CLUB 10
Shaved ham and turkey with tomato, red onion, white cheddar cheese, and house dressing on grilled white bread.

THE UNION DEPOT CHICKEN SALAD 10
Chicken salad with lettuce and tomato on white bread.

THE 320 GRILLED CHICKEN 12
Grilled chicken breast, lettuce, tomato, red onion, Swiss cheese, and avocado on a croissant.

THE BLT CHICKEN WRAP 10
Grilled chicken breast, peppered bacon, diced tomato, mixed greens, and mayo.

THE CALIFORNIA WRAP 10
Deli turkey, peppered bacon, diced tomato, mixed greens, avocado, goat cheese and basil aioli.

SUBSTITUTES

Substitute one small side for homemade potato chips.

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| ORZO PASTA WITH OLIVES & ARTICHOKE | 4/5 |
| TABBOULI | 4/5 |

SOUPS AND SALADS

Add grilled chicken to any salad for \$3.00. Dressings: bleu cheese, champagne vinaigrette, herb vinaigrette, honey mustard, and ranch.

SOUP OF THE DAY 4/7

Add \$1.00 for lobster bisque.

CHEF SALAD 12

Ham, turkey, hard-boiled egg, Irish cheddar cheese, tomato, red onion, and sprouts over mixed greens with goat cheese crostini.

DECO SALAD 13

Grilled chicken, seasonal fruit, goat cheese, candied walnuts, and red onion over mixed greens.

KALE SALAD 10

Parmesan and toasted sunflower seeds tossed in walnut oil and lemon juice over fresh kale.

WEDGE SALAD 10

Romaine wedges with gorgonzola, peppered bacon, and dried cranberries.

CHICKEN SALAD STUFFED TOMATO 11

Chicken salad served in a tomato over mixed greens with seasonal fruit.

EGG SALAD STUFFED TOMATO 10

Egg salad served in a tomato over mixed greens with seasonal fruit.

PASTA

ORZO PASTA 13

Grilled chicken, Kalamata olives, artichokes, cherry tomatoes, green onion, and Parmesan cheese.

DESSERTS

Desserts vary daily. Ask your server for details.

COOKIES 2

CAKE POPS 2

CAKES 3

RICE KRISPY TREATS 3



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