
Bagels

w/ butter **\$3.00**

w/ natural cream cheese **\$4.25**

w/ house made spreads **\$4.75**

Chive CC | Sundried Tomato CC | Jalapeno CC | Hummus

Add tomato| red onion| cucumber| pickled red onion **\$1.00each**

Add avocado **\$2.25**

Add bacon, turkey, or ham **\$3.50**

Add smoked trout **\$4.50**

Trout Bagel \$9.95 Smoked trout, cream cheese, tomato & pickled red onion

Spicy Trout Bagel \$10.45 Smoked trout, jalapeno cream cheese, tomato & pickled red onion

Steamed Eggs

on a croissant OR bagel... **\$5.50**

with cheddar **\$6.85**

with bacon, turkey, OR ham **\$9.35**

Udi's Gluten Free Multigrain bread sub \$5.00

Fresh Fruit

Cup \$3.75 | Bowl \$6.95 | w/Organic Yogurt \$8.35

Organic Granola

w/Organic Yogurt \$8.35 | w/Organic Yogurt & Fruit \$9.35

SIDES

Kettle Chips \$2.25 | Cup of Fruit \$3.75

House Made Soups Cup **\$3.95** | Bowl **\$7.25**

Mixed Seasonal Lettuces \$3.50

w/Shallot red wine vinaigrette

Rice Noodle Salad* \$3.50

Sesame dressing, cucumbers, cashews, & toasted sage

Potato Salad* \$3.50

Caramelized onions, blue cheese, & toasted pecans

SNACKS

Hummus Platter \$10.50

Hummus, cherry tomatoes, cucumbers, red onions, feta & warm pita bread

Cheese Board \$10.50

Sharp Cheddar, Holland Gouda, Goat Cheese served with fig chile chutney, fennel pickles & garlic crostini

Add prosciutto \$3.50

SALADS comes on mixed greens with bread or croutons

House Salad \$7.65

Cherry tomatoes, red onions, & shallot red wine vinaigrette

Beet Salad* \$9.75

Roasted beets, feta, pickled red onions, toasted pecans, & ginger vinaigrette

Chicken Goddess Salad \$13.95

Chicken breast, avocado, goat cheese, watercress green goddess dressing, & garlic croutons

Atlas Salad \$12.00

Feta, dried figs, kalamata olives, cucumbers, cherry tomatoes & shallot red wine vinaigrette

Add chicken breast \$3.50

Tuna Salad \$12.95

Tongol tuna mix (currants, herbs, & epazote), granny smith apples & shallot red wine vinaigrette

Smoked Trout Salad* \$14.50

Smoked Trout, red onions, toasted pecans, & roasted garlic blue cheese dressing

Add tofu, feta, goat OR blue cheese \$2.50

Add roasted turkey breast, roasted chicken breast, applewood bacon OR ham \$3.50

Add smoked trout \$4.50

SANDWICHES add side for \$2.25

sub UDI's Gluten-Free bread \$0.50

Roast Beef \$10.00

Horseradish-Dijon mayo, cheddar & watercress on a soft pretzel roll

Grilled Cuban Beef Sandwich \$11.00

Roast beef on filone roll, sage tomato sauce, pepper jack, roasted scallions, & shallot red wine vinaigrette

Roasted Turkey Breast \$11.00

Toasted Napa baguette with fig chile chutney, red onion, & cheddar cheese

Roasted Chicken Breast \$11.00

Rosemary roll with blue cheese dressing, house made mayonnaise, pickled red onions, swiss chard, toasted pecans

Roast Pork \$11.50

Prosciutto, Emmentaler cheese, Dijon mustard & fennel pickles pressed on a soft filone roll

Smoked Ham \$11.00

Toasted soft filone with basil pesto, provolone, arugula, tomato & shallot red wine vinaigrette

Turkey, Avocado and Bacon \$12.95

Toasted multigrain miche with melted gouda, arugula & house made mayonnaise.

Smoked Trout \$12.95

Toasted multigrain bread with fig chile chutney, arugula, & sesame dressing

Tuna Melt \$11.00

Tongol tuna mix (currants, herbs & epazote) on multigrain miche with holland gouda & citrus mayonnaise

New Roasted Yam \$10.50

Toasted Napa Valley baguette, crunchy beet relish, garlic olive oil, feta cheese, cilantro, tomatoes, & pickled red onions

Baked Tofu \$10.50

Toasted multigrain bread with chard, tomato, pickled red onion & ginger vinaigrette.

Golden Beetloaf* \$11.50

-contains cashews, pine nuts and sunflower seeds-

Soft filone with aged gouda, house made mayonnaise, arugula, red onion, & dijon mustard.

Apples and Cheese \$9.75

grilled on multigrain miche with pickled apples, sharp cheddar, holland gouda & arugula.

Add applewood smoked bacon for \$3.50

Grilled Cheese \$8.25 Multigrain miche with cheddar and gouda cheeses.

Add applewood smoked bacon for \$3.50

***contains pine nuts & sunflower seeds; pecans; cashews**

ATLAS PIZZAS made on a 9" crust "personal size"

Pepperoni Pizza \$11.75 Pepperoni, sage tomato sauce, & mozzarella

Pineapple Pepperoni Pizza \$11.75 Pepperoni, fresh pineapple, cilantro jalapeno pesto & mozzarella

Apples and Goat Cheese Pizza \$10.75 Pickled apples, mozzarella, sage tomato sauce & fresh basil

Spicy Chicken Pizza \$11.75 Roasted chicken breast, red onion, feta, mozzarella & cilantro jalapeno pesto*

No Cheese Pizza \$10.50 Sage tomato sauce, yams, beets, tofu & avocado

Prosciutto Pizza \$11.25 Prosciutto, pesto sauce, mozzarella, goat cheese, red onions, arugula dressed with shallot red wine vinaigrette

Atlas Pizza \$8.25 Sauce of your choice and mozzarella cheese

Choose your sauce:

Sage Tomato Sauce | Basil Pesto | Cilantro Jalapeno Pesto*

Add red onions, roasted scallions, kalamata olives, arugula, yams or beets **\$1.00**

Add baked tofu, feta, goat or blue cheese **\$ 2.50**

Add pepperoni, prosciutto, ham, roasted chicken breast, roasted turkey breast **\$3.50**

Add smoked trout **\$4.50**

ATLAS DRINKS

-soy, oat, almond milk available \$0.50-

Coffee \$3.00 sm | \$3.25 lg

French Press -made to order- \$4.25

Espresso -double- \$3.25 **Add a Shot** \$ 2.00

Caffe Americano \$3.25

Espresso Macchiato \$3.50

Cappuccino \$4.25

Latte \$4.75 sm | \$5.25 lg

Moka \$5.00 sm | \$5.50 lg

Golden Latte \$6.25 sm | \$6.75 lg-espresso, turmeric, coconut, ginger & maple-

Hot Chocolate \$2.75 kids | \$3.75 sm | \$4.25lg

Pangea Chai \$4.75 sm | \$5.25 lg -handmade, spicy, & lightly sweet-

Stumptown Cold Brew draft & bottles \$4.50 | Nitro can \$5.50

Fresh Orange Juice \$4.00sm | \$5.00lg

Bottled Drinks

Diet Coke , IBC Rootbeer, Crystal Geiser **\$2.75**

Izze Sodas -clementine, blackberry-, Italian Soda -see inside for flavors-

Reed's Ginger Brew, organic Apple Juice, Mexican Coke \$3.75

Lev's Kombucha -on tap, bottle- \$6.25

Iced Tea -unsweetened black OR Hibiscus herbal- \$3.25

Ginger Lemonade \$3.75

Dirty Bunny \$3.75 -ginger lemonade w/ iced tea-

Hot Tea \$3.25

black- Tulsi Infusion | Earl Grey | Organic Black | Darjeeling

PG Tips English Breakfast [^]Rainforest Alliance Certified

herbal- Rooibos African Nectar | Mint | Ginger |

Chamomile Citrus

green – organic Green | Hojicha | Jasmine

DRAFT BEER \$7

Fort Point Villager IPA 6.3%ABV

Iron Springs [Rotating selection]

North Coast Scrimshaw Pilsner 4.7%ABV

BOTTLE / CAN \$6

Fort Point KSA Kolsch 4.6%ABV

Anchor Steam Beer 4.8%ABV

Crispin Original Hard Cider 5%ABV

Sierra Nevada Pale Ale 5.6%ABV

Woods Beer Co. cans Crusoe IPA 5.2%ABV

Local Honey Ale 6.0%ABV

Freeze Pop IPA 7%ABV

Retro Pilsner 4.8%ABV

WINE

Veuve du Vernay Brut Rosé, France.....\$7.25/26

Ara '18 Sauvignon Blanc, New Zealand.....\$8.25/29

Beringer Bros '17 bourbon barrel aged re.....\$8.25/29

Finca El Origen '16 Malbec Argentina.....\$8.25/29

Red Sangria..... \$7.00

Rosé Mimosa w/ fresh OJ...\$8.25