

starters

- Soup of the Day  

with fresh house made focaccia bread 9.5
- Hummus & Pita  

with tahini & roasted garlic 14
- Pan Roasted Halloumi Cheese  

pickled stone fruit, pickled mustard, toasted pine nuts, citrus gel, mint, cat & crow microgreens 15
- Red Lentil Falafel  

atlas hummus, cilantro tahini sauce, pickled cabbage, cat & crow microgreens 12.5
- Spanakopita 

spinach, feta, mushrooms & mascarpone wrapped in phyllo, served with tzatziki 14.5
- Roasted Garlic & Brie  

melted brie & confit garlic on fresh toasted focaccia, served with balsamic reduction & pear 15.5
- Atlas Seafood Chowder 

house smoked fanny bay oysters, fanny bay manila clams, wild caught sockeye salmon & pacific rock cod with corn and potatoes in a creamy white wine broth, served with garlic toast 20
- Inari Pockets

avocado, sweet peas, sushi rice & wasabi aioli with miso slaw

house smoked salmon 16.5

spicy marinated ahi tuna 16.5

avocado 15.5 
- Fresh Island Shellfish & Toast 


sautéed leeks, fresh tomato, garlic butter & white wine 20

sautéed leeks, fresh herbs & red thai coconut curry 20 
- Blackened Yellowfin Tuna Tataki 



citrus gel, crispy garlic, roasted garlic puree, cat & crow microgreens 16






salads



- Classic Caesar 

with shredded parmesan & focaccia croutons sm. 11/lg. 16

add chili spiced chicken 5
- Greek Salad  

tomatoes, peppers, onions, cucumbers, olives, feta cheese & balsamic vinaigrette sm. 12.5/lg. 16.5
- Beet & Goat Cheese Salad  

artisan greens, pickled beets, confit potatoes, candied walnuts, & balsamic vinaigrette 18
- Panzanella Salmon Salad 

pan roasted wild sockeye salmon filet on artisan greens with tomatoes, olives, red onions, caramelized fennel, goat cheese, toasted focaccia croutons & balsamic vinaigrette 23
- Togarashi Tuna Salad  

seared ahi tuna, daikon, edamame, pickled ginger, red pepper, artisan greens & miso tahini dressing 22

handheld

- Angela Burger 

char grilled beef, bacon, brandy poached pear, brie cheese, mayo & lettuce on artisan bun with caesar salad 22

add sautéed mushrooms 2 add caramelized onions 2
- Black and Blue Burger 

blackened beef, bacon, blue cheese, mayo, lettuce & tomato on artisan bun with caesar salad 22

add sautéed mushrooms 2 add caramelized onions 2
- House Smoked BBQ Pulled Pork Sandwich 

kimchi slaw & mayo on a toasted portofino pretzel bun with caesar salad 20
- Wild Sockeye Salmon Burger 

seared salmon, lemon caper aioli, pickled onions, lettuce & tomato on an artisan bun with caesar salad 22
- Togarashi Ahi Tuna Burger  

seared tuna, miso daikon slaw, radish, sambal aioli on artisan bun with caesar salad 21.5
- Chicken Focaccia

artichokes, red onions, mozzarella cheese & seeded mustard mayonnaise with caesar salad sm. 18/lg. 23
- Chicken Souvlaki Roll

cucumber, tomato, feta, red peppers, greens, red onion & tzatziki, served with caesar salad 18

Please let your server know if you you have any allergies or sensitivities

An 18% gratuity will be added to parties of 8 or more



Gluten Free



Gluten Free Option



Vegan



Vegetarian

globally inspired

GLOBAL PROTEIN ADD ONS

seared wild sockeye salmon filet 10 seared ahi tuna filet 10 sauteed prawns 9 falafel (3) 6
roasted chicken 7 house smoked pulled pork 7 organic tofu 5 toasted almonds 3.5

Buddha Bowl

edamame, radish, cucumber, cabbage, avocado, toasted sesame seeds, scallions, daikon kimchi, miso vinaigrette & sushi rice 19.5

Falafel Bowl

red lentil falafels, cucumber, carrot, pickled beets, pickled cabbage, avocado, cilantro tahini sauce & brown basmati rice 19.5
add feta 3

Southwest Bowl

avocado, roasted corn, chili yams, black beans, cabbage, salsa, chipotle sour cream, almond firecracker rice & corn chips 19.5
add feta 3 add local organic corn tortillas 4

Atlas Carbonara

tannadice bacon, sauteed mushrooms, leeks, spinach and sweet peas in white wine cream sauce, topped with grana padano cheese 21

Spaghetti Puttanesca

black olives, arugula, anchovies, capers, garlic, leeks, onions & chili spiced tomato-olive oil sauce, topped with grana padano cheese 20

Mediterranean Platter

spanakopita, hummus, tzatziki, grilled pita bread & greek salad 19.5

TACOS

served on two local organic soft corn tortillas or crispy taco shells with caesar salad

Atlas Fish Taco

wild salmon & cod, wasabi aioli, house slaw, marinated seaweed salad & garlic chips 20.5

Spicy Ahi Tuna Taco

sashimi style marinated tuna, miso emulsion, house slaw, cucumber & pickled ginger 20.5

Pulled Pork Taco

house smoked pork, sambal aioli, house slaw, pickled onions & cilantro 19.5

Kabocha Squash Taco

roasted kabocha squash, feta, puffed wild rice, crispy onion & pumpkin seeds 19

ENCHILADAS

black beans, roasted corn, sweet chili yams, bell peppers, artisan greens & mozzarella cheese baked in a tomato tortilla, served with tomato sauce, chipotle sour cream, almond firecracker rice & side caesar salad 21

add pulled pork 7 roasted chicken 7 organic tofu 5 guacamole 3 sub dairy free cheese 4

Baked Chili Spiced Chicken Burrito

roasted corn, black beans, brown basmati rice & mozzarella cheese; topped with fresh salsa & sour cream, served with caesar salad sm 19 / lg 25

add guacamole 3 sub dairy free cheese sm 2 / lg 4

QUESADILLAS

topped with fresh salsa, sour cream, guacamole, pickled onions, jalapenos & side caesar salad

sub local organic tortillas 4 sub dairy free cheese sm 2 / lg 4

Chicken & Mushroom

black beans, roasted corn & mozzarella cheese sm 19 / lg 25

Roasted Squash & Goat Cheese

black beans, spinach, caramelized onions & mozzarella cheese sm 19 / lg 25

sweet

Coconut Milk Pannacotta

black sesame rice cookie, toasted coconut, seasonal flavours 9.5

Carrot Cake

5 spice carrot cake, cream cheese icing 9.5

Belgian Chocolate Cheesecake

chocolate almond crust, chocolate ganache 9.5

Crème Brulée

classic vanilla bean 9.5

Dark Chocolate Mousse

whipped cream, chocolate garnish 9.5

Kids Ice Cream

chocolate or caramel sauce 5

Atlas Café established 1995

We proudly support Vancouver Island farmers & suppliers.