





# starters

**Soup of the Day**  **GFO**  
with fresh house made focaccia bread 7.75

**Hummus & Pita**  **GFO**  
with tahini & roasted garlic 11.50

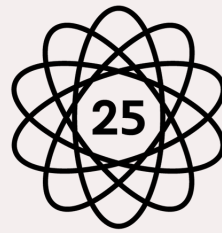
**Spanakopita**   
spinach, feta, mushrooms & mascarpone wrapped in phyllo, served with tzatziki 12

**Roasted Garlic & Brie**   
award-winning natural pastures brie served on house focaccia 14

**Nori Rolls** **GFO**  
spicy ahi tuna, avocado & roasted red pepper 13  
house smoked wild salmon, avocado & cucumber 13  
inari, roasted red peppers, avocado & peas 12 

**Inari Pockets**  
house smoked wild salmon, avocado, japanese rice & wasabi aioli with miso tahini greens 15.50



**Fresh Island Shellfish & Toast** **GFO**  
sautéed leeks, fresh tomato, garlic butter & white wine 19  
sautéed leeks, fresh herbs & red thai coconut curry 19







**atlas**  
CELEBRATING 25 YEARS

# salads


**Classic Caesar** **GFO**  
with shredded parmesan & focaccia croutons sm. 9/lg. 13  
add chili spiced chicken 4

**Greek Salad**    
tomatoes, peppers, onions, cucumbers, olives, feta cheese & balsamic vinaigrette  
sm. 10.50/lg. 15

**Quinoa Salad**    
toasted pumpkin seeds, raisins, carrot, chili yam, radish, & artisan greens in citrus vinaigrette  
sm. 11/lg. 16

**Beet & Goat Cheese Salad**    
artisan greens, pickled beets, confit potatoes, candied walnuts, & balsamic vinaigrette 16

**Panzanella Salmon Salad** **GFO**  
pan roasted wild sockeye salmon filet on artisan greens with tomatoes, olives, red onions,  
caramelized fennel, goat cheese, toasted focaccia croutons & balsamic vinaigrette 19.50

**Togarashi Tuna Salad**   
seared ahi tuna, daikon, edamame, pickled ginger, red pepper, artisan greens & miso tahini  
dressing 19.50

# handheld


**Angela Burger** **GFO**  
char grilled beef, bacon, brandy poached pear, natural pastures brie cheese & lettuce on an  
artisan bun with caesar salad 19.50

**Black and Blue Burger** **GFO**  
blackened beef, bacon, blue cheese, lettuce & tomato on an artisan bun with caesar salad 19.50  
add sautéed mushrooms 2    add caramelized onions 2

**House Smoked BBQ Pulled Pork Sandwich** **GFO**  
kimchi slaw on a toasted portofino pretzel bun with caesar salad 18

**Wild Sockeye Salmon Burger** **GFO**  
seared salmon, lemon caper aioli, pickled onions, lettuce & tomato on an artisan bun with caesar  
salad 19.50

**Togarashi Ahi Tuna Burger** **GFO**  
seared tuna, miso daikon slaw, radish, sambal aioli on an artisan bun with caesar salad 19.50

**Southwest Veggie Burger**  **GFO**  
house smoked chickpea, black bean, corn and yams patty, guacamole, salsa & ancho annatto  
emulsion on an artisan bun with citrus salad 17

**Chicken Focaccia**  
artichokes, red onions, mozzarella cheese & seeded mustard mayonnaise sm. 9/lg. 17

**Chicken Souvlaki Roll**  
cucumber, tomato, feta, red peppers, greens, red onion & tzatziki, served with caesar salad 16

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

 Gluten Free

**GFO** Gluten Free Option

 Vegan



 Vegetarian

**GLOBAL PROTEIN ADD ONS**

seared wild sockeye salmon filet 9.50 seared ahi tuna filet 9.50 sauteed prawns 8.50  
 roasted chicken 6 house smoked pulled pork 6 organic tofu 4 toasted almonds 3

**Buddha Bowl**  

edamame, radish, cucumber, cabbage, avocado, toasted sesame seeds, scallions, daikon kimchi, warm miso vinaigrette & quinoa 19

**Southwest Bowl**  

avocado, roasted corn, chili yams, black beans, cabbage, salsa, chipotle sour cream, almond firecracker rice & corn chips 18  
 add feta 2 add local organic corn tortillas 2

**Atlas Carbonara**

tannadice bacon, sauteed mushrooms, leeks, spinach and sweet peas in white wine cream sauce, topped with grana padano cheese 19

**Spaghetti Puttanesca**

black olives, arugula, anchovies, capers, garlic, leeks, onions & chili spiced tomato-olive oil sauce, topped with grana padano cheese 18

**Mediterranean Platter** 

spanakopita, hummus, tzatziki, grilled pita bread & greek salad 17.50

**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 19

**Spicy Ahi Tuna Taco**

sashimi style marinated tuna, miso emulsion, house slaw, cucumber & pickled ginger 19

**Pulled Pork Taco**

house smoked pork, ancho annatto emulsion, house slaw, pickled onions & cilantro 18

**Kabocha Squash Taco** 

roasted kabocha squash, queso fresco, puffed wild rice, crispy onion & pumpkin seeds 17.50


**ENCHILADAS**  

black beans, roasted corn, sweet chili yams, bell peppers, artisan greens & mozzarella cheese baked in a curry tortilla, served with tomato sauce, chipotle sour cream, almond firecracker rice & side caesar salad 19

add house smoked pulled pork 5 roasted chicken 5 organic tofu 4 guacamole 2.50


**QUESADILLAS** 

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

sub local organic tortillas 2 

**Chicken & Mushroom**

spiced black beans, roasted corn & mozzarella cheese sm 16.50/ lg 21.50

**Roasted Eggplant & Sweet Chili Yam** 

spinach, black beans, roasted corn & smoked asiago cheese sm 16.50/ lg 21.50

**BAKED BURRITOS**

topped with fresh tomato salsa, sour cream & served with a side caesar salad  
 add guacamole 2.50

**Chili Spiced Chicken**

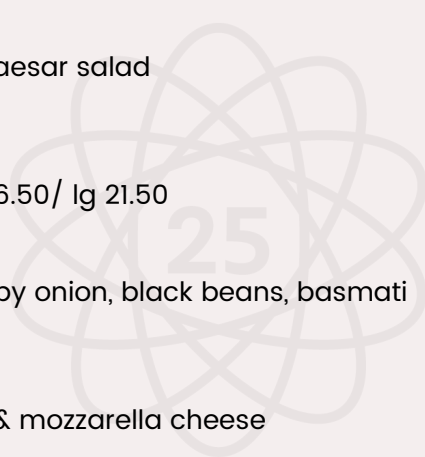
roasted corn, black beans, basmati rice & mozzarella cheese sm 16.50/ lg 21.50

**Goat Cheese & Squash** 

roasted kabocha squash, caramelized onions, pumpkin seeds, crispy onion, black beans, basmati rice, mozzarella & goat cheese sm 16.50/ lg 21.50

**House Smoked Pulled Pork**

roasted corn, pickled onions, jalapenos, black beans, basmati rice & mozzarella cheese  
 sm 16.50/ lg 21.50



**Atlas Café established 1995 – CELEBRATING 25 YEARS!**

**We proudly support Vancouver Island farmers & suppliers.**