

# BREAKFAST

Start Your Day With Fresh Squeezed Juice

Fresh Squeezed Orange OR Fresh Squeezed Grapefruit

Regular 6 | Large 7.50

## PASTRIES, FRUIT & CEREAL

Freshly baked breakfast breads and pastries from our Atlantis bakery

<b>WARM CORNBREAD</b> With honey butter	2.99	<b>HOT BREAKFAST CEREAL</b> Steel cut oatmeal or cream of wheat, 2% milk, raisins and brown sugar	5.99
<b>ASSORTED BREAKFAST PASTRIES</b> Fruit or cheese filled	3.49	<b>COLD BREAKFAST CEREAL</b> Choose your favorite, with 2% milk	4.49
<b>TOAST</b> Wheat, white, rye, sourdough or English muffin	2.49	<b>YOGURT PARFAIT</b> Vanilla & strawberry yogurt, fresh berries and granola	5.99
<b>BLUEBERRY OR BRAN MUFFIN</b>	3.49	<b>FRESH SEASONAL FRUIT</b>	5.99
<b>BAGEL &amp; CREAM CHEESE</b>	4.49	<b>BANANAS &amp; CREAM</b>	3.99
<b>MAMMOTH CINNAMON ROLL</b>	3.99	<b>HALF GRAPEFRUIT</b>	3.99
<b>PECAN CARAMEL STICKY BUN</b>	3.99		
<b>HOT BISCUIT</b>	2.49		

## SIDES

<b>EGGS</b>	ONE 2.29	TWO 4.29	<b>DINNER ROLLS (2)</b>	1.59
<b>CHICKEN SAUSAGE</b>		4.79	<b>FRENCH FRIES</b>	3.49
<b>COUNTRY GRAVY</b>		1.79	<b>MASHED POTATOES</b>	2.99
<b>BACON OR SAUSAGE</b>		4.49	<b>COTTAGE CHEESE</b>	2.99
<b>BONE-IN HAM STEAK</b>		4.99	<b>SEASONAL VEGETABLES</b>	2.99
<b>HASH BROWNS</b>		2.99	<b>POTATO SALAD</b>	2.99
<b>SLICED TOMATOES</b>		2.99	<b>COLESLAW</b>	2.99
<b>SAUTÉED MUSHROOMS</b>		3.99	<b>JASMINE RICE</b>	2.99
<b>AVOCADO</b>		2.99	<b>BAKED POTATO</b>	3.99

## BEVERAGES

<b>JUICE</b> Orange, cranberry, apple, V8, tomato, prune, grapefruit	3.59/5.29	<b>MILK</b> Regular or chocolate	3.29/4.99
<b>COFFEE</b> Regular or decaf	3.29	<b>LEMONADE</b>	3.29
<b>SOFT DRINKS</b>	3.29	<b>PELLEGRINO 500ML/LITER</b>	3.99/5.99
<b>HOT TEA/ICE TEA</b> Assorted flavors	3.29	<b>FIJI WATER 500ML</b>	3.99
		<b>SMART WATER 20oz</b>	3.50

\$1.50 split plate charge. 15% gratuity will be added to parties of 8 or more. Not all ingredients are listed in the menu. Please let your server know if you have any food allergies. The Washoe County Health Department advises that eating raw, undercooked animal foods or animal foods that are not otherwise processed to eliminate pathogens such as meat, poultry, eggs, milk, seafood or shellfish poses a significant risk to everyone, especially the elderly, young children under the age of four years, pregnant women and other susceptible individuals with compromised immune systems. Thorough cooking or processing of foods to eliminate pathogens reduces the risk of illness.

# 24 HOUR BREAKFAST

Served with hash browns and your choice of toast, English muffin or homemade buttermilk biscuit

Add a cup of fresh seasonal fruit to any breakfast entrée 2.29

Egg substitute or egg whites available for an additional 1.49

## FAVORITES

<b>PARROT BREAKFAST</b>	13.99
Two eggs, two strips of bacon, two sausage links, biscuit and country gravy	
<b>BREAKFAST BURRITO</b>	10.99
Two eggs scrambled, bacon, sausage, potatoes and cheddar cheese rolled in a warm tortilla. Served with housemade salsa	
<b>SUNRISE BREAKFAST</b>	8.99
Two eggs, your way	
<b>BREAKFAST SANDWICH</b>	9.99
Scrambled eggs, sausage, Canadian bacon with American cheese on grilled sourdough bread	
<b>PROTEIN BREAKFAST</b>	12.99
Two eggs, USDA Choice chuck patty or chicken sausage, cottage cheese and fresh fruit	

## EGGS, ETC.

<b>EGGS BENEDICT</b>	12.99
Grilled English muffin topped with Canadian bacon, two poached eggs and Hollandaise sauce	
<b>TRADEWINDS BREAKFAST</b>	11.99
Two eggs, choice of four strips of bacon or three sausage links (chicken sausage add .50)	
<b>NEW YORK STEAK &amp; EGGS</b>	19.99
Charbroiled USDA Choice New York steak & two eggs	
<b>HAM STEAK &amp; EGGS</b>	12.99
Grilled bone-in ham steak & two eggs	
<b>SOUTHERN FRIED STEAK &amp; EGGS</b>	13.49
Breaded beef steak, country gravy & two eggs	
<b>CORNED BEEF HASH &amp; EGGS</b>	12.49
Grilled corned beef, two poached eggs	

<b>BISCUITS &amp; GRAVY</b>	6.99
Two homemade buttermilk biscuits, country gravy. With link sausage or bacon 8.99	

<b>HEALTHY START</b>	10.49
Seasonal fruit, vanilla yogurt, granola and a housemade bran muffin	

## THREE EGG OMELETS

Served with hash browns and your choice of toast, English muffin or homemade buttermilk biscuit

Add cheese, tomatoes, onion, bell peppers, mushrooms, spinach, bacon, sausage, ham – each 1.00

Egg white-only omelet for an additional 1.49

<b>THREE CHEESE</b>	10.99	<b>MUSHROOM &amp; CHEESE</b>	10.99
Cheddar, Monterey Jack and Swiss		Sautéed mushrooms & Monterey Jack	
<b>DENVER</b>	11.99	<b>FRESH VEGETABLE</b>	10.99
Ham, bell peppers, onions and cheddar cheese		Tomato, bell pepper, onion, mushrooms, spinach	
<b>HAM &amp; CHEESE</b>	11.99	<b>LORRAINE</b>	11.99
Diced honey-smoked ham and cheddar cheese		Tomato, bacon, green onions and Swiss cheese	

## PANCAKES, WAFFLES & FRENCH TOAST

Complement with a cup of fresh seasonal fruit or seasonal berries 2.29

<b>PANCAKE SANDWICH</b>	10.99	<b>FRENCH TOAST SANDWICH</b>	10.99
Two buttermilk pancakes, two eggs, two bacon strips or sausage links. Substitute quinoa pancakes 11.99		Our famous French toast, two eggs, two bacon strips or two sausage links	
<b>NEW! GLUTEN-FREE BLUEBERRY QUINOA PANCAKES</b>	9.99	<b>PANCAKE STACK</b>	7.99
Fresh blueberries, maple syrup and whipped butter		A full stack of three buttermilk pancakes Short stack 6.99	
<b>FRENCH TOAST</b>	8.99	<b>CHICKEN &amp; WAFFLE</b>	11.49
Texas toast dipped in our special batter and grilled golden brown		Southern fried chicken strips and a delicious waffle	
<b>BELGIAN WAFFLE</b>	8.99		
Light, crispy & hot off the iron			

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# APPETIZERS

## **SOUTHWEST CHICKEN LETTUCE WRAPS 9.99**

Marinated chicken breast, baby iceberg lettuce, black beans, corn, shredded cheddar cheese, cilantro, and diced tomato. Served with crispy tortilla strips and chipotle ranch.

## **CHEESE QUESADILLA 9.99**

A grilled flour tortilla filled with Monterey Jack & cheddar cheese, Ortega chilies, housemade salsa, sour cream, guacamole & jalapeño peppers

With charbroiled chicken 11.99 | With broiled steak 13.99

## **CHIPS AND SALSA 4.99**

Fresh tortilla chips served with our housemade salsa

Add guacamole 2.00

## **MACHO NACHOS 12.99**

Crisp corn tortilla chips topped with grated cheddar and Monterey Jack cheese, jalapeño peppers and black olives.

Served with sour cream, guacamole and housemade salsa

With charbroiled chicken 14.99 | With broiled steak 16.99

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## **BUFFALO HOT WINGS**

**6 PCS 8.99 | 12 PCS 12.99 | 18 PCS 16.99**

Lightly breaded chicken wings. Choice of ranch or bleu cheese dressing

## **ONION RING TOWER 8.99**

Tempura battered, deep-fried and served with ranch dressing and tangy BBQ sauce

## **CHICKEN STRIPS 9.99**

Lightly breaded breast of chicken, deep-fried. Ranch dressing or tangy BBQ sauce

## **GARDEIN™ CHICK'N TENDERS 9.99**

Seven-grain, crispy vegan tenders served with choice of marinara or sweet Thai chili dipping sauce

## **MOZZARELLA STICKS 8.49**

With warm marinara sauce and ranch dressing

## **COMBINATION PLATTER 14.99**

Buffalo chicken wings, onion rings, BBQ pork ribs, mozzarella sticks

## **NEW! ASIAN CHICKEN LETTUCE WRAPS 9.99**

Marinated chicken breast, baby iceberg lettuce, Asian cabbage mix, and shredded carrots.

Served with citrus ponzu and pineapple-sweet chili sauce

## **CHICKEN POTSTICKERS 8.49**

Pan-fried Chinese dumplings with chicken and Asian vegetables, ginger-soy and Thai chili sauces

# AWARD-WINNING SOUP & SALAD BAR

*A bounty of market fresh seasonal fruits, melon, chilled lettuces, vegetables, toppings and dressings, a collection of low-fat and specialty salads, deli meats, cheeses, Chef's homemade soups and our famous cornbread or sourdough bread.*

LUNCH: 10 am – 4 pm 11.99

DINNER: 4 pm – Midnight 12.99

with an ENTRÉE 7.49

## SOUPS & NOODLES

“Soup of the day” selections | Cup 3.99 | Bowl 4.99

**CLAM CHOWDER** Cup 4.99 | Bowl 5.99 | Sourdough Bowl 8.99

**WOR WONTON SOUP** 10.99

Savory broth, chicken wontons, shrimp, chicken, bok choy, spinach, mushrooms, water chestnuts, scallions

**BEEF PHO** 13.99

Thinly sliced beef, fresh vegetables, and rice noodles in Vietnamese-style seasoned beef broth

## SALADS

**SOUTHWEST SANTA FE CHICKEN** 13.99

Fresh garden greens, marinated chicken breast, corn, black beans, tomatoes, shredded cheese and cilantro in a spicy chipotle-ranch dressing

**NEW!** **SALMON QUINOA SALAD** 14.99

Broiled salmon filet atop shredded cabbage, bok choy, snow peas, red bell pepper, quinoa, and fresh raspberries tossed with raspberry vinaigrette

**CAESAR SALAD** 9.99

Crisp romaine lettuce tossed with Parmesan cheese, croutons, housemade Caesar dressing  
With charbroiled breast of chicken 11.99 | grilled shrimp 15.99 | grilled salmon 15.99

**CHOPPED COBB SALAD** 13.99

Diced roast turkey, chopped bacon, tomatoes, hard-boiled eggs and avocados tossed with fresh garden greens and bleu cheese dressing

**NEW!** **POWER SALAD** 10.99

Baby spinach, Dino kale, garbanzo beans, dried cranberries and apricots, pumpkin seeds, quinoa, wheat berries, and shredded carrots with lemon-organic honey vinaigrette

**ORIENTAL CHICKEN SALAD** 12.99

Oriental greens, julienne carrots, scallions, snow peas, mandarin oranges, fresh cilantro topped with wonton strips, cashews and grilled chicken breast with a spicy sesame dressing

**GREEN SALAD** 4.99

Crisp seasonal greens, cucumber, tomato and croutons

# DELI SHOP

Served with choice of French fries, potato salad, coleslaw, fruit, cup of soup or garden salad  
Mayonnaise, lettuce and tomato. Avocado (add 1.00)

Choose one meat and one cheese on your favorite bread 10.99

## MEAT

Turkey  
Ham  
Roast Beef  
Salami  
Each additional 1.00

## CHEESE

Cheddar | American  
Swiss | Monterey Jack  
Provolone  
Muenster  
Pepper Jack  
Each additional 1.00

## BREAD

White  
Wheat  
Rye  
Sourdough  
French Roll  
Gluten-Free (Add 1.00)

# BURGERS, WRAPS & MORE

Served with choice of French fries, potato salad, coleslaw, fruit, cup of soup or garden salad  
Substitute gluten-free bun or bread (add 1.00)

## **CHICKEN CAESAR WRAP 11.99**

Charbroiled chicken breast, crisp romaine lettuce tossed with Parmesan cheese and our housemade Caesar dressing in a spinach wrap

## **VEGETARIAN WRAP 9.49**

Cucumber, avocado, tomato, onion, lettuce & roasted red pepper hummus with extra virgin olive oil in a spinach wrap

## **CALIFORNIA CHICKEN WRAP 11.99**

Grilled chicken breast, tomato, avocado, pesto mayo, Monterey Jack, lettuce, in a sun-dried tomato wrap

## **CHOPHOUSE BURGER 12.49**

Fresh ground USDA Choice chuck patty, lettuce, tomato, onion, pickles  
Add cheese 1.00 | Add bacon 1.00

## **WESTERN BURGER 13.99**

Fresh ground USDA Choice chuck patty, lettuce, tomato, cheddar cheese, applewood smoked bacon, onion rings and BBQ sauce

## **TURKEY BURGER 10.99**

Charbroiled turkey patty, lettuce, sliced tomatoes, red onion & pickles | Add cheese 1.00

## **MONTE CRISTO 12.99**

Thinly-sliced ham, smoked turkey, Swiss and American cheese, egg-battered, deep-fried to a golden brown. Dusted with powdered sugar and served with warm strawberry compote

## **PHILLY CHEESE STEAK 12.99**

Shaved roast beef topped with grilled onions, bell peppers, melted provolone and cheddar cheese, on a French roll

## **ROAD RUNNER 12.99**

Sliced turkey, applewood smoked bacon, tomatoes, green chili and Monterey Jack on grilled Parmesan sourdough bread

## **FRENCH DIP 12.99**

Thinly sliced USDA Choice roast beef on a grilled French roll with au jus

## **BLT 10.49**

Applewood smoked bacon, lettuce, tomato  
Add avocado 1.00

## **NEW! GRILLED HAM AND CHEESE 11.99**

Sliced ham, jack and cheddar cheeses, and tomatoes grilled on garlic butter sourdough

## **PATTY MELT 12.99**

Fresh ground USDA Choice chuck patty, sautéed onions, Swiss cheese on grilled rye

## **CLUBHOUSE 11.99**

Triple decker of shaved smoked turkey, applewood smoked bacon, avocado, tomato, lettuce and Monterey Jack

## **NEW! CHARBROILED CHICKEN CLUB 11.99**

Charbroiled chicken breast, bacon, Swiss cheese, avocado, lettuce, tomato, and onion on a ciabatta bun

# STEAK, SEAFOOD, PASTA & MORE

Served with your choice of housemade soup or crisp green salad and Dutch crunch dinner roll  
Substitute a baked potato, available from 11:30 am (add 1.00)

<b>NEW!</b> RIB EYE STEAK	25.99	<b>GOLDEN FRIED PRAWNS</b>	16.99
Charbroiled USDA Choice rib eye steak, Maître d' butter, fresh seasonal vegetables, mashed potatoes and gravy		Panko-breaded, deep-fried jumbo prawns, cocktail and tartar sauces. Served with French fries and coleslaw	
<b>NEW YORK STEAK</b>	24.99	<b>JACK DANIEL'S® BBQ ST. LOUIS RIBS</b>	22.99
Charbroiled USDA Choice New York, Maître d' butter fresh seasonal vegetables, mashed potatoes and gravy Add fried shrimp 3.99		Slow smoked St. Louis ribs, Jack Daniel's® barbecue sauce. Served with mashed potatoes and fresh seasonal vegetables	
<b>FAMOUS FISH &amp; CHIPS</b>	15.99	<b>NEW!</b> NEW YORK STEAK AND FRIED PRAWNS	28.99
Icelandic cod, beer-battered and deep-fried, with French fries, coleslaw and malt vinegar		Charbroiled USDA Choice New York steak and fried prawns, Maître d' butter, fresh seasonal vegetables, mashed potatoes and gravy	
<b>ASIAN STIR FRY</b>	13.99	<b>SPAGHETTI &amp; MEATBALLS</b>	13.49
Stir fried vegetables with steamed jasmine rice Tofu add .50   Chicken add 2.00 Filet tips add 3.00   Shrimp add 3.00		A Parrot favorite. Spaghetti marinara, savory meatballs, with garlic bread. Substitute Gardein™ vegan meatballs on request	
<b>MANDARIN ORANGE CHICKEN</b>	14.99	<b>NEW!</b> HUNTER STYLE PORK CHOP	13.99
Broiled orange glazed chicken breast, served with sautéed Asian vegetables and jasmine rice		Breaded, bone-in pork chop, fried and topped with a tomato and mushroom Hunter Sauce. Served with fresh seasonal vegetables and mashed potatoes	
<b>FRESH PACIFIC SALMON</b>	19.99		
Charbroiled salmon fillet, dill remoulade, fresh seasonal vegetables and steamed jasmine rice			

## DOWN HOME DELIGHTS

Served with your choice of housemade soup or crisp green salad, Dutch crunch dinner rolls  
Substitute a baked potato, available from 11:30 am (add 1.00)

<b>GOURMET GRILLED CHEESE AND TOMATO BASIL BISQUE</b>	11.99	<b>LIVER &amp; ONIONS</b>	13.99
Cheddar, provolone and Muenster cheese, grilled sourdough bread, housemade tomato-basil bisque		Grilled tender beef liver, sautéed onions, crisp bacon. Served with fresh seasonal vegetables and mashed potatoes	
<b>ROAST TURKEY</b>	14.99	<b>OLD FASHIONED SOUTHERN FRIED CHICKEN</b>	14.99
Oven roasted turkey breast served with cranberry sauce, fresh seasonal vegetables, mashed potatoes and gravy		Crisp and juicy. Served with mashed potatoes and home-style country gravy, coleslaw and a hot flaky biscuit with honey	
<b>COUNTRY FRIED STEAK</b>	14.49	<b>BROILED SIRLOIN CHOP STEAK</b>	13.99
Breaded beef steak served with fresh seasonal vegetables, mashed potatoes and country gravy		Broiled USDA Choice ground chuck with grilled onions, mashed potatoes, fresh seasonal vegetables, mushrooms and brown gravy	

# SWEET TREATS

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## CHOCOLATE TREASURES CAKE 6.49

Chocolate cake layered with chocolate mousse, covered in a rich, dark chocolate ganache

À la mode 7.29

## MANHATTAN DELI CHEESECAKE 7.50

With your choice of strawberry, blueberry or chocolate topping 7.99

## CARROT CAKE 6.99

Carrots, walnuts, cinnamon, honey and cream cheese icing

## APPLE PIE 5.49

A flaky crust baked to golden perfection with cinnamon spiced apple filling

À la mode 5.99

## RUSTIC TRIPLE BERRY APPLE TART 5.99

Flaky pastry dough filled with blackberries, blueberries, raspberries and apples

# CLASSIC SCOOPS

## HOT FUDGE SUNDAE 6.49

Two scoops of vanilla ice cream topped with delicious hot fudge, whipped cream, chopped nuts and a cherry

## DEEP, DARK BROWNIE DECADENCE 6.99

A rich, warm, melt-in-your-mouth brownie layered with two scoops of vanilla ice cream and velvety hot fudge, whipped cream, chopped nuts and a cherry on top!

## ROOT BEER FLOAT 5.49

The classic cooler, frosty and refreshing

## BANANA SPLIT 7.49

Three scoops of ice cream and a sliced banana smothered with chocolate, strawberry and pineapple topping, whipped cream, nuts and a cherry

# MILK SHAKES

## STRAWBERRY-BANANA 6.49

Strawberry ice cream, fresh bananas

## OLD FASHIONED 5.99

Chocolate, strawberry or vanilla

## CHOCOLATE PEANUT BUTTER 6.49

Chocolate ice cream, peanut butter, peanut butter cookie crumbles

# ICE CREAM SUNDAES

*Choice of vanilla, chocolate or strawberry ice cream drizzled with a choice of chocolate, strawberry or pineapple topping, whipped cream, nuts and a cherry*

ONE SCOOP 3.99 TWO SCOOPS 4.99 THREE SCOOPS 5.99

## JUST THE SCOOP

*Your choice of vanilla, chocolate or strawberry*

ONE SCOOP 2.49 TWO SCOOPS 3.49 THREE SCOOPS 4.49

*Specialty cakes for all of your extra special occasions  
may be ordered from Gourmet Grind ext. 3103 or 775.335.3103*

# JUST JUNIORS

For guests 10 years and younger

<b>ONE EGG, TWO STRIPS OF BACON OR SAUSAGE</b> Hash browns and toast	6.49	<b>SPAGHETTI</b> Monster meatball, marinara sauce and Parmesan cheese	5.99
<b>P.B. &amp; J.</b> With fresh fruit	5.99	<b>MACARONI &amp; CHEESE</b> Melted cheddar and garlic bread	5.99
<b>HAMBURGER</b> Green salad, fresh fruit or French fries	6.99	<b>NEW! CHARBROILED CHICKEN BREAST</b> Green salad, fresh fruit or French fries	7.99
<b>GRILLED CHEESE JUNIOR</b> Green salad, fresh fruit or French fries	5.99	<b>CHICKEN STRIPS</b> Green salad, fresh fruit or French fries	6.99

**ONE PANCAKE OR ONE SLICE OF FRENCH TOAST 5.49**  
With two strips of bacon or sausage

## ATLANTIS FUN CENTER SPECIAL

**Receive a \$10 Fun Center Game Card for just \$6!**

*With the purchase of any Juniors Entrée (\$4 savings)*

Visit our Family Fun Center located on the Second Floor.

*Ask how you can join our VIP Club Underground.*



### More Award-Winning Restaurants:

#### — ATLANTIS — **STEAKHOUSE**

Atlantis Steakhouse proudly serves Allen Brothers meats, USDA Prime cuts, chosen for their superb quality, marbling and flavor. Unsurpassed service and ambiance are second to none.

Dinner served Wednesday – Sunday from 5 pm.

Reservations recommended, please call 775.824.4430 or visit [atlantiscasino.com/dining](http://atlantiscasino.com/dining)



#### *Bistro Napa*

Experience innovative small plates, perfect for sharing, delectable big plates, a raw seafood bar and playful desserts that are deceptively delicious. Sommelier selected 4,000 bottle wine cellar.

Daily social hour in the lounge from 4 pm – 6 pm. Dinner served nightly from 5 pm.

Reservations welcome, please call 775.335.4539 or visit [atlantiscasino.com/dining](http://atlantiscasino.com/dining)

#### **Manhattan deli**

A great deli has a New York accent. Serving lunch and dinner from 11 am.



Voted Best Café! Wood-fired brick-oven pizza, pasta, sandwiches, salads and gelato.

Serving lunch and dinner daily from 11:30 am.



Voted Best of Reno year-after-year by locals.

Serving breakfast, lunch, dinner daily and Sunday Champagne Brunch.



The freshest seafood the oceans have to offer with fabulous views of the Sierra.

All-you-care-to-eat nigiri and maki sushi on the unique non-smoking Sky Terrace. Serving lunch and dinner daily from 11 am.



Enjoy Chicago-style hot dogs, pizzas, sandwiches, ice cream, shakes and soft drinks.