

1812 Peachtree Street  
Atlanta, GA 30309



(404) 881-0246  
www.rthomasdeluxegrill.net

## R's Breakfast Classics

All breakfast classics come with a choice of one R's veggie choices.  
Tofu scramble available upon request.

### R's Breakfast Special

1/2 order of French toast with powdered sugar and bananas or  
2 gluten-free pancakes with powdered sugar and strawberries,  
2 eggs any style, choice of bacon, veggie sausage,  
chicken sausage, or ham. **\$18.73**

### French Toast

Full order of French toast with powdered sugar and  
bananas, choice of bacon, veggie sausage,  
chicken sausage, or ham. **\$18.73**

### Benedict Thomas

9-grain toast topped with your choice of bacon, veggie  
sausage, chicken sausage, or ham, 2 over medium eggs,  
and drizzled with hollandaise sauce. **\$17.73**

### R's Breakfast Sandwich

Grilled 9-grain toast with white cheddar, 2 eggs any style,  
and a choice of bacon, veggie sausage, chicken  
sausage, or ham. **\$14.73**

### Peachtree Morning

3 eggs any style, choice of bacon, veggie sausage,  
chicken sausage, or ham, and 9-grain toast. **\$14.73**

### Breakfast Quesadilla

Tortilla filled with white cheddar cheese, cream cheese,  
basil, red onions, green bells peppers, bacon, and scrambled  
eggs. Served with salsa and sour cream on the side. Want it  
rolled up like a burrito? Just let your server know! **\$17.73**

## Omelettes

All omelettes served with 9-grain toast and one of R's veggie choices.  
Tofu scramble available upon request.

### California Omelette

Crab, shrimp and white cheddar.  
Served with guacamole on the side. **\$18.73**

### Sausage Queen Omelette

Veggie sausage, rosemary potatoes, red bell peppers,  
red onions, and white cheddar. **\$18.73**

### Veggie Omelette

Red onions, zucchini, mushrooms, green bell peppers,  
and white cheddar. **\$17.73**

### Chicken King Omelette

Chicken, zucchini, mushrooms, and white cheddar. **\$18.73**

### Salmon Omelette

Salmon, cream cheese, kale, and tomatoes. **\$18.73**

### Build Your Own Omelette

3 egg omelette with white cheddar. **\$10.50**  
Add veggie **\$1.50** each: avocado, broccoli, green or red bell pepper,  
jalapeno, kale, mushrooms, onions, portobello, tomato, zucchini.  
Add breakfast meat **\$1.75** each: bacon, chicken sausage or  
veggie sausage, ham.  
Add seafood **\$3.73** each: crab, shrimp, salmon.

## R's Breakfast Bowls

### Breakfast Quinoa Bowl

Quinoa sauteed with garlic, kale, and tomatoes topped with  
2 scrambled eggs and sliced avocado. Served with  
salsa on the side. **\$13.73**

### Shrimp & Grits

Shrimp, chicken sausage, garlic, and red onions in a  
creamy tomato sauce. Served over a bowl of grits. **\$15.50**

### The Buckhead Betty

Salmon, red onions, scallions, served over  
rosemary potatoes, topped with 2 over medium eggs  
and hollandaise sauce. Served with 9-grain toast. **\$17.73**

### The Bubba Gump

Shrimp, red onions, garlic, green and red bell peppers,  
mushrooms, and scallions. Served over rosemary potatoes,  
topped with 2 over medium eggs, and Cajun hollandaise sauce.  
Served with 9-grain toast. **\$17.73**

## A la Carte

1/2 French toast	<b>\$8.25</b>	9-grain toast	<b>\$3.25</b>
Gluten-free pancakes	<b>\$8.25</b>	Grits	<b>\$2.99</b>
Bacon, ham, veggie sausage, or chicken sausage	<b>\$4.99</b>	Large fruit side	<b>\$7.50</b>
Free range egg	<b>\$2.75</b>	Add cheese	<b>\$1.00</b>
		Sloppy Veggie Joe	<b>\$7.73</b>

## R's Veggie Choices

All Choices: **\$6.50**

Baked potato	Broccoli & fennel	Mashed potatoes with mushroom gravy
Classic home fries	Cinnamon sweet potatoes	Mixed grilled
Grits	Fruit side	Red slaw
	Garlicky green beans	Rosemary potatoes
	Garlicky kale	Rosemary quinoa

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Please inform your server of any allergies. 18% gratuity is added to parties of 5 or more. 15% to-go fee applies to all takeout orders. All sales are final.



## Appetizers

### R's Wing Plate 🌱

Marinated free range chicken wings, slow oven roasted, and chargrilled to order. Tossed in your choice of sauce: R's Classic Wing Sauce, Hickory BBQ, Lemon Pepper, Soy Ginger, or Teriyaki. Served with house made blue cheese and celery. **\$15.50**

### Grilled Veggies & Raw Hummus 🌱

Marinated and chargrilled zucchini, red onions, portobello mushrooms, carrots, red and green bell peppers. Served with raw hummus and tortillas. **\$13.73**

### Chips & Salsa 🌱

Organic Tri-colored corn chips with housemade salsa. **\$7.25**  
Add large guacamole for **\$3.73**

### Chips Deluxe 🌱

Organic tri-colored corn chips topped with white cheddar cheese, cilantro, and spicy chacha veggies. Served with salsa, sour cream, raw hummus. **\$12.73**  
Add large guacamole for **\$3.73**

### Magic Stuffed Potato 🌱

Baked potato topped with zucchini, red onions, and portobello mushrooms and white cheddar. Served with butter and sour cream on the side. **\$11.99**

### Raw Cashew Cheese 🌱

Organic, seasoned cashew puree with red bell peppers and tamari. Served with celery, sliced cucumbers, and pears. **\$10.73**

## Sandwiches

*Served with one of R's veggie choices. Gluten-free options available.*

Topping choices **\$1.50** each: bacon, guacamole, mushrooms, onion, white cheddar cheese.

### Thomas Burger

Local, grass fed beef burger chargrilled to order with 1000 island, romaine lettuce, and tomato and served on R's bun. Choice of topping(s). **\$16.73**

### Black & Blue Sandwich

Choice of chargrilled chicken breast, veggie burger or grassfed beef burger seasoned with Cajun spices and tossed in our house made buffalo sauce. Topped with romaine lettuce, tomato, blue cheese crumbles and a side of blue cheese dressing and served on R's toasted bun. **\$17.99**

### R's Veggie Burger 🌱

R's veggie burger served on R's Bun with organic field greens and eggless dijonnaise. **\$14.99**

### Free Range Chicken Sandwich

Marinated boneless chicken breast chargrilled to order with special sauce, romaine lettuce, and tomato. Served on R's toasted bun. **\$16.73**

### R's Piccata Sandwich

Marinated chicken breast dusted with amaranth flour and sauteed in clarified butter and finished with lemon juice served on brioche bread with lettuce, tomato, mustard and pickles. **\$17.99**

### Portobello Melt

Thinly sliced and grilled marinated portobello mushrooms, zucchini, red onions, and white cheddar cheese, topped with field greens and 1000 island. Served on R's bun or brioche. **\$14.99**

## Salads

*All salads served with multigrain roll.*

### Warm Chicken Supreme

Field greens with sauteed chicken, red bell peppers, carrots, scallions, apples, and pecans in a balsamic honey dijon dressing topped with white cheddar and orange slices. **\$17.99**

### Kale Caesar Salad

Classic romaine lettuce, kale, parmesan cheese, and housemade croutons tossed in our eggless Caesar dressing. **\$12.99**  
Add grilled chicken **\$4.25** Add grilled salmon **\$5.25**

### R's House Salad 🌱

Tossed field greens with julenned carrots, cucumber, diced roasted beets, and candied pecan tossed in sesame tamari vinaigrette. Add grilled chicken **\$4.25** Add grilled salmon **\$5.25**

Dressing choices: blue cheese, balsamic honey dijon, poppy seed, rosemary vinaigrette, or sesame tamari vinaigrette.

## Entrees

### R's Meatless Loaf 🌱

R's meatless loaf loaded with green bell peppers, onions, garlic and topped with a spicy tomato reduction. Served with mashed potatoes with mushroom gravy and garlicky green beans. **\$18.73**

### Grilled Range Chicken Dinner 🌱

Marinated boneless chicken breast chargrilled to order served with broccoli & fennel, garlicky green beans and rosemary potatoes. **\$20.25**

### R's Veggie Plate Combo 🌱

Choice of 4 R's veggie choices. **\$17.25**

### R's Chicken Piccata 🌱

Chicken breast lightly dusted with amaranth flour and sauteed in clarified butter and finished with lemon juice. Served on rosemary quinoa, with garlicky green beans, and broccoli & fennel. **\$21.50**

### Soy Ginger Salmon 🌱

Salmon filet accented with soy ginger glaze served with rosemary quinoa and garlicky green beans. **\$23.50**

🌱 Vegan 🌱 Gluten-Free **Advisory:** Consuming raw or undercooked meats, poultry, seafood, or eggs may increase the risk of foodborne illness. Please inform your server of any allergies. 18% gratuity is added to parties of 5 or more. 15% to-go fee applies to all takeout orders. **All sales are final.**



## Southwestern

Add small guacamole for **\$1.73** or large guacamole for **\$3.73**.  
Gluten-free option available.

### Spicy Fish Tacos

3 colorful tortillas filled with sauteed salmon, broccoli, carrots, red onions, red cabbage, and scallions drizzled with R's signature sassy sauce. **\$20.25**

### R's Quesadilla

Sundried tomato tortilla filled with white cheddar, green bell peppers, red onions, bacon, and free range chicken. Served with salsa and sour cream on the side. **\$17.99**

### Chicken Curry Basil Wrap

Sundried tomato tortilla stuffed with chicken, pineapple, fresh basil, red bell peppers, mandarin oranges, and drizzled with balsamic honey dijon dressing. Served with field greens with a dollop of eggless curry mayo. **\$15.99**

### Sloppy Veggie Joe

Sundried tomato tortilla with a spicy, tangy veggie burger mix. Served with cinnamon sweet potatoes and red slaw. **\$17.75**

### Magic Quesadilla

Spinach tortilla filled with white cheddar, portobello mushrooms, red onions, green bell peppers, and zucchini. Served with salsa and sour cream on the side. Want it rolled like a burrito? Just let your server know! **\$17.25**

## Bowls

Add Tempeh or Tofu **\$2.25** Chicken **\$4.25**  
Crab pieces **\$4.25** Shrimp **\$4.25** Salmon **\$5.25**

### Thai Express Bowl

Sauteed red cabbage, red onions, broccoli, carrots, scallions, garlic, and cilantro tossed in peanut sauce served over rosemary quinoa. **\$17.99**

### Teriyaki Bowl

Red cabbage, carrots, red onions, celery, broccoli, and red bell peppers tossed in our housemade teriyaki sauce served over rosemary quinoa. **\$17.99**

### Mediterranean Bowl

Sundried tomato quinoa served with chargrilled marinated portobello mushrooms, red onions, red and green bell peppers, zucchini, and carrots topped with tzatziki sauce and fresh basil. **\$21.25**  
\*contains tree nuts

### Curried Lemongrass Bowl

Quinoa topped with green beans, kale, sweet potatoes, red pimentos, yellow onions, and chickpeas, all in a flavorful curried lemongrass broth. Served with a piece of veggie sausage. **\$21.25**

## Pasta

Gluten-free option available.  
All pastas served with multigrain roll.

Add Tempeh or Tofu **\$2.25** Chicken **\$4.25**  
Crab pieces **\$4.25** Shrimp **\$4.25** Salmon **\$5.25**

### Penne Pasta

Penne pasta in a smooth marinara sauce with garlic, basil, white cheddar, and parmesan cheese. **\$17.99**

### Lemon & Herb Linguine

Linguine served in a zesty lemon cream sauce with fresh basil and parmesan cheese. **\$17.99**

### Portobello Linguine

Portobello mushrooms and Italian style zucchini in a cream sauce over linguine, and topped with fresh basil and parmesan. **\$20.25**

### Curry Coconut Seafood Linguine

Salmon and shrimp sauteed in a creamy curry coconut sauce with carrots, red peppers, and red onions. Served over linguine with a side of chili sauce. **\$23.25**

## Desserts

Kenny's Key Lime Pie **\$7.73**

Peanut Butter  
Chocolate Pie **\$7.73**

White Chocolate  
Raspberry Cheesecake **\$10.50**

Turtle Dove Cheesecake **\$10.50**

Vegan Cake Special **\$10.50**  
Flavor Rotates

Vegan Gluten-Free

## Kids' Stuff

### Kid's Scramble

2 scrambled eggs, toast, and home fries. **\$7.25**

### Grilled Cheese

Served with home fries. **\$7.25**

**Smoothies**  
**\$4.73**

**Ollie**  
Pineapple, OJ, agave

**Ruby**  
Strawberry, apple juice, agave

**Madonna**  
Banana, kefir, vanilla, maple

### Kids 12 and under

### Fruity

Small dish of fresh cut fruit. **\$6.25**

### French Toast

1/2 order of French toast, kid cut. **\$7.25**

**Juices**  
**\$4.73**

**Charlie**  
Orange juice

**Tommy Hawk**  
Apple and orange

### Kid Pasta

Small dish of pasta, just tell us how you like it. **\$8.50**

### Kid PBJ

PB with strawberry jam. Served with a side of fruit. **\$7.25**

### Kid Burger

1/2 burger just tell us how you like it. Served with home fries. **\$8.25**

**Drinks**  
**\$1.73**

Fountain drink, tea, or milk

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## R's Fresh Squeezed Juices

Small (10 oz.) \$6.50 Medium (14oz.)\$7.50 Large (20oz.)\$9.73 Pitcher (32 oz.)\$11.99

### Vitality

Carrots and super green mix

### Drink for Life

Carrot juice

### Champ

Carrot, apple, and ginger

### Liquid Gold

Orange juice

### Sleepy Hollow

Apple and cranberry

### Mr. Rogers

Apple and orange

### Big Bang

Served hot and medium only.  
Apple, lemon, and ginger

### Winter Tonic

Carrot, celery, and beets

### Holiday Cheer

Apple and lemon

### Dancing Queen

Apple, pear, and fennel

## Yerba Mate Selections

**\$8.00**

### Latte Hot or Iced

#### Blue Moon

Soy milk, oat milk, maple, chamomile,  
lemongrass, peppermint, ginger

#### Cinnamon Girl

Soy milk, oat milk, maple, chamomile,  
cinnamon

#### Sweet Chai

Soy milk, oat milk, sweet chai, honey

#### Lavendar Jasmine Affair

Soy milk, oat milk, honey,  
lavendar and jasmine tea

#### Authentic Chai

Soy milk, oat milk, authentic chai, honey

#### Apple Pie

Soy milk, oat milk, maple, cinnamon,  
apple juice

### Juice Mates Served Iced

#### Grasshopper

Lime, honey, authentic chai

#### Misty Mountain

OJ, honey, sweet chai

#### Lady Bug

Apple, lemon, honey

#### Gaucha Love

OJ, maple, coconut milk, lemongrass

## R's World Famous Smoothies

20 oz **\$9.73**

### Mojo Jojo

Mango, banana, OJ, honey

### Banana Boy Toy

Banana, kefir, vanilla, honey

### Hempnut Buttercup

Hemp protein powder, chocolate,  
peanut butter, soy milk, maple

### Frosted Champ

Carrot, apple, lemon, ginger, honey

### PBJ Plus

Peanut butter, kefir, strawberries,  
maple, flax oil

### Tropical Delight

Apple, strawberry, honey

### Miami Cooler

Pineapple, OJ, honey

### Donkey Kong

OJ, strawberries, coconut milk,  
banana, honey

## Other Fresh Juices

### Whole Coconut

Cracked fresh to order. **\$8.00**

### Coconut Delight

Whole coconut blended with dates, strawberries,  
banana, and pineapple. **\$12.73**

### R's Super Shake

Whole coconut, raw cacao, strawberries, gojis,  
super protein mix, maca extreme, super green,  
mesquite meal, blue manna, and agave. **\$10.00**

### Shot of Ginger

2 oz. shot of juiced ginger. **\$2.73**

## Drinks

Soy, Oatmilk, or Almond milk available upon request

Coffee **\$2.73**

Latte or Cappuccino **\$5.73**

Iced Tea **\$2.73**

Sweet or unsweet

Sodas **\$2.73**

Coke, Diet Coke, Sprite, Lemonade

Hot Chocolate **\$5.73**

Organic Hot

Tea Selections **\$5.95**

English Breakfast, Peppermint, Genmaicha, Jasmine,  
Chamomile, Red-rooibos Lavender, Tulsi Ginger

## Specialty Drinks

**\$10.00**

Mimosa

Sake Bloody Mary

R's Sangria

Warm Sake

Red or white

## Scan for Beer, Wine and Specials



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