



## R's Breakfast Classics

### 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. Served with home fries. **\$18.73**

### French Toast

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

### Breakfast Quesadilla

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

### 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. Served with a mini side of home fries. **\$14.73**

### Benedict Thomas

9 grain toast topped with your choice of bacon, veggie sausage, chicken sausage or ham with 2 over medium eggs, drizzled with hollandaise sauce. Served with one of R's Veggies Choices. **\$17.73**

### Peachtree Morning

3 eggs any style or tofu scramble, choice of bacon, veggie sausage, chicken sausage or ham, 9-grain toast and one of R's Veggie Choices. **\$14.73**

## Omelettes

Served with 9 grain toast and one of R's Veggie Choices

### California Omelette

Crab, shrimp and white cheddar cheese served with a side of guacamole. **\$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

Base omelette with white cheddar cheese. **\$10.50**/base  
Add veggies **\$2.50**/each: onions, jalapenos, zucchini, broccoli, bell peppers, kale, mushrooms, tomatoes  
Add a breakfast meat **\$2.75**/each  
Add Salmon **\$4.73** Add Shrimp **\$4.73**

## R's Breakfast Bowls

### Breakfast Quinoa Bowl

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

### Shrimp & Grits

Shrimp, andouille sausage, garlic, and red onions in a creamy tomato sauce. **\$15.50**

## R's Rosemary Potato Bowls

Served with 2 over medium eggs and 9 grain toast.

### The Buckhead Betty

Salmon, red onions, scallions and hollandaise sauce. **\$17.73**

### The Bubba Gump

Shrimp, red onions, garlic, green and red bell peppers, mushrooms, scallions and Cajun hollandaise sauce. **\$17.73**

## A la Carte

1/2 French toast <b>\$7.73</b>	Add cheddar cheese <b>\$2.00</b>
9 grain toast <b>\$3.25</b>	Add parmesan cheese <b>\$2.00</b>
Bacon, ham, veggie sausage or chicken sausage <b>\$4.99</b>	Sloppy Joe singles <b>\$7.73</b>
Free range egg <b>\$2.75</b> each	Sauces: 2oz/ <b>\$1.75</b> 8oz/ <b>\$6.50</b>
Grits <b>\$2.99</b>	<small>(Wing Sauce, Blue Cheese, Hickory BBQ, Soy Ginger Glaze, Sassy Sauce, Lemon Pepper Sauce, Pure Maple Syrup)</small>

## R's Veggie Choices

All Choices: **\$6.50**

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

## 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 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 tortillas. **\$13.73**

### Chips & Salsa

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

### Magic Stuffed Potato

Baked potato filled with white cheddar, zucchini, red onions, and portobello mushrooms. 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*

*Topping Choices \$1.50/each: bacon, mushrooms, guacamole, white cheddar cheese.*

### Thomas Burger

Local, grass-fed beef burger chargrilled to order with special sauce, romaine lettuce and tomato. Choice of toppings. **\$16.73**

### Free Range Chicken Sandwich

Marinated boneless chicken breast chargrilled to order with special sauce, romaine lettuce and tomato. **\$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 mustard and pickle. **\$17.99**

### Black & Blue Sandwich

Choice of chargrilled chicken breast, veggie burger or grassfed beef burger seasoned with Cajun spices, romaine lettuce, tomato, and drenched in our house made buffalo sauce, blue cheese crumbles and a side of blue cheese dressing. **\$17.99**

### R's Veggie Burger

VEGAN! Served on Italian sour dough with organic greens and eggless dijonaise. **\$14.99**  
Double the veggie burger for **\$3.00** more.

### Portobello Sandwich

Thinly sliced and grilled marinated portobello mushrooms, zucchini, red onions and white cheddar cheese. Topped with field greens and special sauce. **\$14.99**

## Salads

### 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**

### Caesar Salad

Classic romaine lettuce salad, garnished with parmesan cheese and housemade croutons tossed in our eggless Caesar dressing. **\$12.99**  
Add Chicken **\$15.73**. Mini Caesar **\$6.73**

### Organic Green & Veggies

Organic field greens topped with julienne veggies, red cabbage and apples. Served with your choice of dressing. **\$10.50**

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

## Entrees

### R's Meatless Loaf

VEGAN! R's meatless loaf loaded with green bell peppers, onions, and garlic, then topped with a spicy tomato reduction. Served with mashed potatoes 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 Chicken Piccata

Lightly dusted with amaranth flour and sauteed in clarified butter and finished with lemon juice. Served on protein packed rosemary quinoa with garlicky green beans and broccoli & fennel. **\$21.50**

### Soy Ginger Salmon

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

### R's Veggie Plate Combo

Choose 4 of R's Veggie Choices. **\$17.25**

## Southwestern

Add Guacamole for \$3.00  
Gluten Free Options available.

### Spicy Fish Tacos

Tri-colored 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

Southwestern chili 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**

### 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**

### Chicken Curry Basil Wrap

Southwestern chili 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**

### Veggie Sloppy Joe

VEGAN! Southwestern chili tortilla with a spicy, tangy veggie burger mix. Served with cinnamon sweet potatoes and red slaw. **\$17.75**

## Pastas & Bowls

Gluten Free Pasta available upon request.

### Penne Pasta

Penne pasta in a smooth marinara sauce with garlic, basil, white cheddar and parmesan cheese. **\$20.25**  
Add chicken **\$21.25**

### Portobello Linguine

Portobello mushrooms and Italian style zucchini in a cream sauce over linguine. Topped with fresh basil and parmesan cheese. **\$21.25**  
Add chicken **\$22.25**

### Lemon & Herb Linguine

Hearty linguine served in a zesty lemon cream sauce with fresh basil and parmesan cheese. **\$20.25**  
Add chicken **\$21.25**

### Curry Coconut Seafood Linguine

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

### 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**  
\*this item contains tree nuts

### Thai Express Bowl

Sauteed red cabbage, red onions, broccoli, carrots, scallions, garlic and cilantro tossed in peanut sauce served over rosemary quinoa. Veggie **\$17.99**, Tempeh/Tofu **\$20.25**  
Chicken **\$22.25**, Salmon **\$23.25**

### Teriyaki Bowl

Red cabbage, carrots, red onions, celery, broccoli, and red bell peppers tossed in our housemade teriyaki sauce, served over rosemary quinoa. Veggie **\$17.99**, Tempeh/Tofu **\$20.25**  
Chicken **\$22.25**, Salmon **\$23.25**

## Kids' Stuff

Kids 12 and under

### Kids scramble

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

### Fruity

Fresh fruit **\$6.20**

### French toast

Served kids style **\$7.25**

### PBJ

PB with strawberry jam and served with fruit **\$7.25**

### Dish of pasta

Tell us how you want it **\$8.50**

### Grilled cheese

Served with home fries **\$7.25**

### 1/2 burger

Tell us how you want it **\$8.25**

### Juices \$5.10

#### Charlie

Orange juice

#### Tommy Hawk

Apple and orange juice

### Smoothies \$6.20

#### Ollie

Pineapple, OJ, agave

#### Ruby

Strawberry, apple juice, agave

#### Madonna

Banana, kefir, vanilla, maple

### Drinks \$3.75

soda, tea or milk

## 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**

## 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 & rice milk, pure maple syrup, chamomile, lemongrass, peppermint, ginger

#### Authentic Chai

Soy & rice milk, authentic chai, honey

#### Lavendar

#### Jasmine Affair

Soy & rice milk, honey

#### Cinnamon Girl

Soy & rice milk, pure maple syrup, chamomile, cinnamon

#### Sweet Chai

Soy & rice milk, sweet chai, honey

#### Apple Pie

Soy & rice milk, pure maple syrup, cinnamon, apple juice

### Juice Mates Served Iced

#### Grasshopper

Lime, honey, authentic chai

#### Lady Bug

Apple, lemon, honey

#### Misty Mountain

OJ, honey, sweet chai

#### Gaucha Love

OJ, maple, coconut milk, lemongrass

## R's World Famous Smoothies

One size fits all 20 oz. \$9.73

### Mojo Jojo (Seasonal)

Mango, banana, OJ, honey

### Hempnut Buttercup

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

### PBJ Plus

Peanut butter, kefir, strawberries, maple, flax oil

### Miami Cooler

Pineapple, OJ, honey

### Banana Boy Toy

Banana, kefir, vanilla, honey

### Frosted Champ

Carrot, apple, lemon, ginger, honey

### Tropical Delight

Apple, strawberries, 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. \$11.75

### 10 Dollar 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

## Other Beverages

Soy, rice or almond milk available upon request

### Coffee \$2.73

### Iced Tea

sweetened or unsweet \$2.73

### Sodas

Coke, Diet Coke, Sprite, Lemonade \$2.73

### Fresh Brewed Yerba Mate \$5.20

### Hot Chocolate \$5.20

### Organic Hot Tea Selections \$5.95

Tulsi Ginger, Bed & Breakfast, Jasmine Dragon, Italian Chamomile, Peppermint

## Wine

### House Wine

Glass \$8.00 Bottle \$27.00

Chardonnay

Sauvignon Blanc

Cabernet

Merlot

## Beer

Miller Lite \$5.00

Tecate \$5.00

Hopsecutioner \$5.00

Sweetwater 420 \$5.00

Stella Artois \$6.00

Blue Moon \$6.00

## Specialty Drinks

\$10.00

Mimosa

R's Sangria  
red or white

Sake Bloody Mary

Warm Sake

ALL SALES ARE FINAL ON ORDERED FOOD! 18% GRATUITY IS ADDED TO ALL PARTIES OF 5 OR MORE.