



*Breakfast
Any Time*

*We're Open
24/7*

1812 Peachtree Street - Atlanta, GA 30309

404.881.0246

www.rthomasdeluxegrill.net

R.'s Breakfast Anytime

All made with organic-range eggs.
Egg whites or scrambled tofu available on request

R.'s Big Breakfast Special

Half order of French toast, two eggs any style, choice of bacon, ham, or veggie sausage 12.10 add home fries for only a buck

R.'s Hearty Breakfast Stew

Our red potato corn chowder gets loaded with protein-packed quinoa, veggies, dulse and shredded nori. Promotes good digestion, eliminates stomach acidity. One size fits all 8.25

French Toast

With choice of bacon, ham or veggie sausage. Served with real maple syrup 12.75

Peachtree Morning

Three eggs, any style, with bacon, ham or veggie sausage. Served with nine-grain toast and a veggie choice 10.25

Bacon Egg & Cheese Sandwich

On Nine-grain Toast. Served with mini home fries 8.25

Sunrise Surprise

Two eggs scrambled with Dijon hiziki. No toast, served with organic salad and collard greens 10.95

Benedict Thomas

Served on nine-grain toast with homemade Hollandaise and choice of bacon, ham, or veggie sausage and a choice of one veggie 12.25

Breakfast Quesadilla

Sundried tomato tortilla filled with eggs, cream cheese, fresh basil, white cheddar, bacon, pepper and onions. Served with a veggie on the side 12.50

Omelettes

Omelettes served with nine-grain toast and one of R.'s Veggie Choices

California Omelette

Seafood and white cheddar topped with guacamole 12.25

Sausage Queen Omelette

Veggie sausage, cheddar, red peppers and onions, rosemary potatoes and shiitake gravy 12.25

Veggie Omelette

R.'s famous mixed grill: bell peppers, red onions, mushrooms and zucchini with white cheddar 11.25

Chicken King Omelette

Range chicken, white cheddar, mushrooms and zucchini 12.25

Half order of French toast 6.99

Side of nine-grain toast 2.29

Fruit side 4.99

Bacon, ham or veggie sausage 3.99

Organic free-range egg 1.99

Chopped range chicken 4.49

Mini side of home fries 1.99

Add cheese 1.19

*Small &
Side Dishes*

R.'s Gourmet Sandwiches

Served with one of R.'s Veggie choices

Thomas Burger

Natural-range beef burger chargrilled to order on multigrain sourdough bun with romaine, special sauce and tomato.

Topping choices: Bacon, guacamole, white cheddar or mushrooms One topping 12.25 Two toppings 14.25

Portabella Melt

Thinly sliced portabella mushrooms marinated and grilled with sweet red onions and zucchini. Topped with white cheddar. Served on multigrain sourdough with special sauce and organic greens 11.25

Farmers Market Range Chicken

Marinated char-grilled boneless breast served on Italian sourdough with romaine, special sauce and tomato.

Topping choices: Bacon, guacamole, white cheddar or mushrooms One topping 13.25 Two toppings 14.25

R.'s House-Made Veggie Burger

Vegan! Served on Italian sourdough with organic greens and eggless Dijonnaise 11.25

R.'s Veggie Choices

Served with R.'s Breakfast and Sandwiches
(except where noted.)

Or choose one veggie 4.99

Starchy

R.'s Classic Home Fries	Butternut Squash
Naked Spud Baked Potato	Rosemary Potatoes
Smashed Potatoes with Shiitake Gravy	Cinnamon Sweet Potatoes

Grains

Millet Corn Casserole
Rosemary Quinoa
Curried Quinoa
Blue Corn Posole

Ocean Veggies

Raw Cucumber
Wakame Salad
Dijon Hiziki
Sesame Seaweed Salad
Lil' bit of Nori Rolls

Nonstarchy

Broccoli with Fennel	Root Vegetable Salad
Snow Peas and Carrots	Broccoli Cauliflower
Collard Greens	Medley
Italian-Style Zucchini	Red Slaw
Garlicky Green Beans	Collard Kale Salad
Mixed Grill	Shoestring Ginger Beets
	Cauliflower Tabouli

An 18 percent gratuity will be added to checks of parties with five guests or more.

Advisory: Consuming raw or under cooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness (especially if you have certain medical conditions).



Little Plates and Apps

R. Thomas Chips Deluxe

Crunchy organic, multi colored corn chips topped with white cheddar and spicy cha cha veggies. Served with hummus, red bean dip, fresh cilantro, salsa and sour cream 10.25
Add guacamole 1.99

Grilled Veggies and Raw Hummus

Marinated, char-grilled seasonal vegetables served with tortillas 9.25

Edamame with lucky Celtic sea salt

7.25

Flax Chips with Chipotle Sauce or Guacamole

Low-fat, with essential fatty acids for optimum brain function 5.25

Raw Cashew Cheese

Seasoned vegan spread of soaked raw organic cashews, red peppers and tamari. Served with cucumbers, celery and pear slices 8.25

Basil Tofu Lettuce Wraps

Organically grown fresh Romaine heart spheres served with mild tofu, flavored with curry basil sauce 8.25

Red Potato Corn Chowder

True comfort food!
Cup 3.99 Bowl 6.25

Mini Fajitas

Spicy ginger sauté of peppers and onions with zucchini, avocado and tortillas. Choice of chopped tempeh (a fermented soybean cake with a yeasty, nutty flavor) 8.90 or chunked chicken 9.25

Raw Walnut Sunflower Pâté and Raw Guacamole

Organic walnuts with onions, peppers and tamari, served with fresh veggies and flax chips 8.25

R's Wing Plates

Range chicken wings marinated, slow-roasted, chargrilled to order and tossed in hot sauce. Served with celery, sunflower sprouts and homemade blue cheese dressing
One lb. wings 10.25
Two lb. wings 16.25

Organic Corn Chips and Salsa

3.25
Add guacamole 1.99

Nori Veggie Kraut Rolls

Nori (paper-thin sheets of dry seaweed with a mildly sweet, salty taste) stuffed with raw cultured veggies, quinoa and garlic chili flax dressing. Served with BED dressing and wasabi 8.25

R.'s Salad Choices

Seared Wild Ahi Tuna Salad

Sashimi sushi-grade wild-caught tuna served rare and sliced into deep red medallions. Served over a mixed greens salad tossed with red cabbage, carrots, scallions, daikon, red peppers and snow peas in a lemon agave hempseed dressing. Served with a garnish of seaweed salad, cultured veggies and wasabi 16.25

Dr. Joe's Mango Salad

Right out of the good doctor's book! Fresh mango, avocado, tomato and sweet spicy dressing 8.25

Ocean Garden Salad

Specially sourced, thinly shredded sesame seaweed tossed in kelp noodles with flax dressing and lime 8.25

Range Chicken Caesar

A classic, romaine lettuce salad, garnished with Parmesan cheese and eggless Caesar dressing with homemade croutons with range chicken 13.25 Naked Mini Caesar 5.99

Warm Chicken Supreme

Organic field greens with a sauté of range chicken, red bell pepper, carrots, scallions, apples and pecans in a balsamic honey Dijon dressing. Topped with white cheddar and sprouts. This favorite is a meal in itself! 15.25

R's Heritage Salad

Bibb lettuce with pecans, mandarin oranges, poppy seed dressing and sunflower sprouts 8.25

Organic Greens and Veggies

Fresh organic spring mix served with fresh chopped veggies and topped with sunflower sprouts 8.25

Choice of dressings:

Poppy Seed, Balsamic Honey Dijon, Essential Balance Rosemary, No-Oil Mustard Seed, Ginger Tamari, Garlic Chili Flax Vinaigrette, Italian Vinaigrette, Lemon Agave Hempseed



Veggie Plates

Served with raw cultured veggies

R's Vegetable Combo

Choose any four from R's Veggie Choices 14.25

R's Raw Veggie Dinner #1

Walnut sunflower loaf topped with chipotle sauce, broccoli cauliflower medley, raw veggie kraut, collard kale salad. Served with sweet potato chips, guacamole and flax chips 15.25

R's Raw Veggie Dinner #2

Raw falafel, cauliflower tabouli, seaweed salad, spicy veggie noodles. Garnished with shoestring ginger beets 15.25



Magic Stuffed Baked Potato

Watch it disappear! We start with a wholesome baked potato and then stuff it with a marinated portabella mushroom, zucchini, red onions, white cheddar cheese, sunflower sprouts and sour cream on the side 9.25

R.'s Pasta Dishes

Gluten free options available

Penne Pasta

Penne pasta in a smooth rose tomato marinara sauce with garlic, basil, white cheddar and Parmesan cheese 13.25 with slow roasted range chicken 16.25

Portabella Linguine

Thin-sliced marinated portabellas and Italian-style zucchini in a cream sauce served over linguine. Topped with fresh basil and Parmesan 15.25 with range chicken 17.25

Lemon & Herb Linguine

Hearty linguine served with zesty lemon cream sauce with fresh basil and Parmesan 13.25 with range chicken 16.25

Curry Coconut Seafood Linguine

Salmon and shrimp sautéed in a creamy curry coconut sauce with carrots, red onions and asparagus. Served over linguine with chili sauce 19.25

Entrées

Served with raw cultured veggies

Southern Range Chicken Dinner

Whole breast marinated, slow-roasted and chargrilled. Served with smashed potatoes covered in shiitake mushroom gravy and one of R's Vегgie Choices 16.25

R's Grilled Range Chicken

Boneless, skinless breast, marinated and chargrilled. Served with garlicky green beans, broccoli and fennel, and Dijon hiziki 17.25

R's Chicken Piccata

Marinated boneless, skinless breast lightly dusted with amaranth flour and sautéed in lemon and clarified butter sauce. Served with Italian-style zucchini, Dijon hiziki and garlicky green beans 19.25

Organic Grilled Soy Ginger Salmon

Organic grilled salmon accented with soy ginger glaze served over delicate protein-packed quinoa with green beans and chili sauce 18.25

Ginger Crusted Wild Ahi Tuna

Wild-caught ahi tuna seared rare and served over sweet potato, leek and salmon reduction with seaweed salad and shoestring ginger beets 19.25

Organic Salmon Piccata

Lightly dusted with amaranth flour and sautéed in lemon and clarified butter sauce. Served on delicate protein-packed quinoa with broccoli and fennel, raw collard kale salad and Dijon hiziki. Topped with a dollop of lemon dill coconut kefir 19.25

Bowls

Cajun Sauté

Blue corn posole with a sauté of range chicken, rosemary potatoes, onions and red peppers in a spicy marinara sauce. Topped with sour cream and fresh basil 15.95

The Southern Vegetarian

Tender collard greens stacked up with millet corn casserole, smashed potatoes and shiitake mushroom gravy. Surrounded by dots of butternut squash, mild and frilly lolla rossa greens and garlic chili flax dressing. Ya'll will be back for this one! 13.95

Thai Express

Quinoa – the supergrain of the future – containing all eight essential amino acids, higher in unsaturated fats and lower in carbs than most grains. Topped with a sauté of broccoli, red cabbage, carrots, scallion, red onion and cilantro in a spicy peanut sauce. Choice of chopped tempeh 15.25 Or chunked range chicken 16.00

Portabella Sauté

Quinoa topped with a sauté of veggies in a shiitake mushroom gravy and served with medallions of portabella and Dijon hiziki 14.25

Ginger Tamari

Quinoa topped with a sauté of scallion, zucchini, carrot and blue corn posole in a ginger tamari sauce. Topped with Dijon hiziki 13.25 With chicken 15.25

Lucky Green Tea

Delicate quinoa simmered with a sauté of snow peas and veggies in a special green tea miso reduction. Topped with collard kale salad. Served with a touch of wasabi. Choice of tofu 13.25 Or organic salmon 16.25 With chicken 15.25

R.'s Southwestern Selections

Quesadillas and tacos served with sour cream and salsa on the side. Add guacamole for 1.99
Gluten free options available



SPICY FISH TACOS

Spinach and sundried tomato tortillas spicy mix of sautéed veggies and fish with sassy sauce and sunflower sprouts 12.25

R'S QUESADILLA

Southwestern chile tortilla with range chicken, bacon, white cheddar, peppers and onions 12.25

MAGIC QUESADILLA

Spinach tortilla marinated portabella mushroom, white cheddar, zucchini, peppers and onions 11.25

CHICKEN CURRY BASIL WRAP

Southwest chile tortilla stuffed with range chicken, pineapple, fresh basil, red bell pepper and mandarin oranges. Served with organic greens with a drizzle of balsamic honey Dijon dressing and a dollop of curried eggless mayo 12.25

SLOPPY VEGGIE JOE

Southwest chile tortilla stuffed with a spicy tangy mix featuring R's homemade veggie burger. Served with cinnamon sweet potatoes and red slaw 12.25

R.'s Desserts

Banana Chocolate Chip Cake 8.25

Kenny's Key Lime Pie 6.25

Kenny's Peanut Butter Chocolate Pie 6.25

Kenny's Mango Pie 6.25

White Chocolate Raspberry Cheesecake 8.25

Turtle Dove Cheesecake 8.25

Raw Apple Pie 8.25

Vegan Cake Special 8.25

Kids' Stuff 12 and under



Kid's Scramble

Some eggs, some toast, some home fries 5.69

Fruity!

Some fresh fruit 3.90

French Toast

Served kid's style 6.10

Grilled Cheese

Simple, served with home fries 5.69

½ Burger

Tell us exactly how you want it 6.25

Organic PBJ

Creamy-style PB with strawberry jam served with a little fruit 5.25

Small dish of pasta

Just noodles? Add sauce? Add cheese? 6.25

Juices

Charlie (just OJ) or Tommyhawk (apple & orange) 3.10

Smoothies

All kid's smoothies are made half sized.

No honey used in these drinks to avoid potential risk to lil one's systems 3.25

Ollie

Pineapple, orange and agave

Ruby

Strawberry, apple and agavé

Madonna

Banana, kefir, vanilla and maple

R.'s Fresh Real Juices

Made fresh to order on site

Small (10 oz.) 3.50 Medium (14 oz.) 4.50 Large (20 oz.) 6.75 Pitcher (32 oz.) 8.25

Mr. Roger's

Apple and orange

Big Bang

Apple, lemon and ginger.
Served hot, medium only

Winter Tonic

Carrot, beet and celery

Whole Coconut

Cracked fresh to order 4.25

Coconut Delight

Whole coconut blended with strawberry, pineapple, banana and dates 7.25

Holiday Cheer

Apple and lemon

Vitality

Carrot blended with a vitality supergreen mix

Dancing Queen

Apple, pear and fennel

8 Dollar Shake

Coconut juice, raw cacao, strawberries, gojis, super protein mix, maca extreme, super green, mesquite meal, blue manna and agave 8.00

Drink for Life

Organic carrot, always

Champ

Carrot, apple and ginger

Liquid Gold

Orange juice

Sleepy Hollow

Apple and cranberry

Fresh Wheatgrass Juice

1 oz. 1.99 2 oz. 3.29

Dr. Tate's Herbal Blood Tonic

2oz. 2.25

Shot of coconut kefir

2 oz. 2.25

Pint of coconut kefir

9.00

R.'s Yerba Maté Selections

Lattes Hot or Iced

5.00

Authentic Chai

Soy and rice milk, and honey

Sweet Chai

Soy and rice milk, and honey

Lavender Jasmine Affair

Soy milk and honey

Cinnamon Girl

Soy and rice milk, maple, chamomile and cinnamon

Blue Moon

Soy and rice milk, maple, chamomile, lemongrass, peppermint and ginger

Juiced Matés – Served Iced

Grasshopper

Lime, honey and authentic chai

Ladybug

Apple, pear, lemon and honey

Misty Mountain

OJ, honey and sweet chai

Gaucha Love

OJ, maple, coconut milk and lemongrass

R.'s World-Famous Smoothies

One size fits all 20 oz. 6.50

Miami Cooler

Pineapple, orange and honey

Frosted Champ

Carrot, apple, ginger, lemon and honey

Tropical Delight

Strawberries, apple and honey

Donkey Kong

Strawberry, OJ, coconut, banana and honey

Mojo JoJo

Mango banana, OJ and honey

Energy Soup

Avocado, apple, sunflower sprouts, dulce and mixed greens

Busy Bee

Pear juice, mango, dates, local organic bee pollen and honey

Banana Boy Toy

Kefir, bananas, vanilla and honey

PBJ Plus

Kefir, organic peanut butter, maple, strawberries and flax oil

Coffees, Teas and Soft Drinks

Coffee regular and decaf 2.50

Free refills!

Iced Brewed Coffee 2.50 Free refills!

Espresso 2.50

Americano 2.75 Mocha 5.25

Latte 4.99 Cappuccino 4.99

Soy or Rice or Almond Milk on request

Iced Tea sweetened or

unsweetened 2.50 Free refills!

Muscogee Mint Iced Tea 2.75

Free refills!

Organic Tea Selections 5.25

Hot or Iced

Guayaki Yerba Maté

Tulsi Ginger Organic Indian Tea

Zhena's Gypsy Teas:

Black

Earl Greater Grey
Coconut Chai
Bed and Breakfast
Gypsy Rose

Green

Gen Mai Cha
Jasmine Dragon

Herbals

Red Lavender
Italian Chamomile
Wild Berry
Peppermint

Coke, Diet Coke, Sprite 2.50

Free refills!

Percolated Yerba Maté 3.50

Free refills!

Traditional Gourd of Yerba Maté 7.25

Hot Chocolate 4.75

Oxygen-Enriched Mountain Spring Water 2.25

Wines and Specialty Drinks

We proudly serve organic wines

Milbrandt Riesling 9/34

Red Truck Petite Sirah 7/26

Tilia: Chardonnay 7/26

R's Sangria – Red or White 8

Tilia: Malbec 7/26

Mimosa 8

Tilia: Merlot 7/26

Bloody Mary – with Sake 8

Tilia: Cabernet 7/26

Warm Sake 8

Beers

Domestic

Pabst Blue Ribbon Tall Boy 3

Select Imports, Organics, and Locals

5.25 (unless otherwise specified)

SweetWater 420

Terrapin India Style

Amstel Light

Terrapin Rye Pale Ale

Brown Ale

Hoegaarden

Highland Gaelic Ale

Oatmeal Porter

Stella Artois

R. Thomas' Food For Life

"Every time I come here, there is always something new!" a customer once told me. And from when I first started working for my father on opening day in the fall of '85, that has been very true. Something new is always coming from R.Thomas.

Richard "R" Thomas has lived many roles, from hardworking restaurant laborer, to driven entrepreneur, a creative designer, a successful businessman, a leader and innovator. From a wandering journeyman, to wacky recluse, a humble activist, an animal lover (specialty in birds), and a gardener. Since planting roots here at R. Thomas Deluxe Grill, R plays all these roles. It is under the guidance of a seasoned gardener and a committed father that we are always flourishing, changing and growing.

We started as a funky burger joint, (inspired by some

free-spirited souls in San Francisco), with nonstop breakfast, a kinda healthy air, and a 24-hour heart. "I lost the keys to the place on opening day, so we just stayed open," chuckles R, and we were off and running.

Come 1990, R was inspired again. We found a little thing called a Gravity Bar, which makes fresh juice for people to order. R just had to have one. So to make room he took all the tables and chairs out of the building. "Wait a minute," piped up, "Where are folks gonna sit? Thought you gave up on drive-thru windows! Are people just going to sit outside?" Of course! Little did I know the vision that was taking place, as some modest outside seating was transformed into the lush covered-garden patio oasis we are happy to serve our guests under today.

Once you start changing things, people take notice. We started offering fresh carrot juice alongside burgers, and new friends came along to help us out. Under the instruc-

tion of our consulting chef and nutritionist Donna Gates (author of The Body Ecology Diet), we started to really explore the healing power of food.

We decided to expand our horizons and offer a broad variety. "We treat carnivores and vegetarians with equal respect" says R, but it is more than just that. High-quality ingredients: cold pressed organic oils for cooking and dressings, fresh produce, homegrown herbs from our garden, local organic honey and bee pollen, organic grains, ocean vegetables, free-range chicken, organic-range eggs, natural-range beef and organic salmon, wild-caught tuna, powerful superfoods like kefir and raw cultured vegetables are the cornerstones of a menu that honors everyone's food choices.

No matter when you come or wherever you may be in your dining and nutrition path, from our family to yours, welcome to R.Thomas!

-James Russell Thomas