



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 13.75 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 9.75

### French Toast

With choice of bacon, ham or veggie sausage. Served with real maple syrup and bananas 14.50

### Peachtree Morning

Three eggs, any style, with bacon, ham or veggie sausage. Served with nine-grain toast and a veggie choice 11.75

### Bacon Egg & Cheese Sandwich

On Nine-grain Toast. Served with mini home fries 9.75

### Sunrise Surprise

Two eggs scrambled with Dijon hiziki. No toast, served with organic salad and collard greens 12.25

### Benedict Thomas

Served on nine-grain toast with homemade Hollandaise and choice of bacon, ham, or veggie sausage and a choice of one veggie 13.75

### 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 13.75

## Omelettes

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

### California Omelette

Seafood and white cheddar topped with guacamole 13.75

### Sausage Queen Omelette

Veggie sausage, cheddar, red peppers and onions, rosemary potatoes and shiitake gravy 13.75

### Veggie Omelette

R.'s famous mixed grill: bell peppers, red onions, mushrooms and zucchini with white cheddar 13.75

### Chicken King Omelette

Range chicken, white cheddar, mushrooms and zucchini 13.75

Half order of French toast 8.15

Side of nine-grain toast 2.50

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 2.15

Add cheese 1.19

## Small & Side Dishes

Suggested gratuity for parties with five guests or more.

## R.'s Gourmet Sandwiches

Served with one of R.'s Veggie choices

### Thomas Burger

Grass-fed beef burger chargrilled to order on marble rye bread with romaine, special sauce and tomato.

**Topping choices:** Bacon, guacamole, white cheddar or mushrooms One topping 13.75 Two toppings 14.75

### Portabella Melt

Thinly sliced portabella mushrooms marinated and grilled with sweet red onions and zucchini. Topped with white cheddar. Served on marble rye bread with special sauce and organic greens 12.50

### 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 14.75 Two toppings 15.75

### R.'s House-Made Veggie Burger

Vegan! Served on Italian sourdough with organic greens and eggless Dijonnaise 13.75

## R.'s Veggie Choices

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

Or choose one veggie 5.25

### 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 Medley
Collard Greens	Red Slaw
Italian-Style Zucchini	Collard Kale Salad
Garlicky Green Beans	Shoestring Ginger Beets
Mixed Grill	Cauliflower Tabouli

**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).

Please inform your server if a person in your party has a food allergy.



## 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 11.50  
Add guacamole 1.99

### Grilled Veggies and Raw Hummus

Marinated, char-grilled seasonal vegetables served with tortillas 10.50

### Edamame with lucky Celtic sea salt 8.00

### Flax Chips with Chipotle Sauce or Guacamole

Low-fat, with essential fatty acids for optimum brain function 6.15

### Raw Cashew Cheese

Seasoned vegan spread of soaked raw organic cashews, red peppers and tamari. Served with cucumbers, celery and pear slices 9.15

### Basil Tofu Lettuce Wraps

Fresh romaine heart spheres served with mild tofu, flavored with curry basil sauce 9.25

### Red Potato Corn Chowder

True comfort food!  
Cup 3.99 Bowl 6.50

### 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) 9.50 or chunked chicken 10.75

### Raw Walnut Sunflower Pâté and Raw Guacamole

Organic walnuts with onions, peppers and tamari, served with fresh veggies and flax chips 9.75

### 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 11.00  
Two lb. wings 17.00

### Organic Corn Chips and Salsa 3.75

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. 9.25

## 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 17.15

### Dr. Joe's Mango Salad

Right out of the good doctor's book! Fresh mango, avocado, tomato and sweet spicy dressing 9.75

### Ocean Garden Salad

Specially sourced, thinly shredded sesame seaweed tossed in kelp noodles with flax dressing and lime 8.99

### Range Chicken Caesar

A classic, romaine lettuce salad, garnished with Parmesan cheese and eggless Caesar dressing with homemade croutons with range chicken 14.00 Naked Mini Caesar 5.99

### Warm Range Chicken Supreme

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! 15.99

### R's Heritage Salad

Bibb lettuce with pecans, mandarin oranges, poppy seed dressing and sunflower sprouts 9.50

### Greens and Veggies

Fresh spring mix served with fresh chopped veggies and topped with sunflower sprouts 8.50

#### Choice of dressings:

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

## Veggie Plates

Served with raw cultured veggies

### R's Vegetable Combo

Choose any four from R's Veggie Choices 15.75

### 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 16.75

### R's Raw Veggie Dinner #2

Raw falafel, cauliflower tabouli, seaweed salad, cashew cheese with flaxseed chips. Garnished with shoestring ginger beets 16.75



## 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 10.25

## 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 15.50 with slow roasted range chicken 16.75

### Portabella Linguine

Thin-sliced marinated portabellas and Italian-style zucchini in a cream sauce served over linguine. Topped with fresh basil and Parmesan 16.25 with range chicken 17.50

### Lemon & Herb Linguine

Hearty linguine served with zesty lemon cream sauce with fresh basil and Parmesan 15.50 with range chicken 16.75

### 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 20.50



## 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 Veggie Choices 17.75

### R's Grilled Range Chicken

Boneless, skinless breast, marinated and chargrilled. Served with garlicky green beans, broccoli and fennel, and Dijon hiziki 18.75

### Southern Range 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 19.75

### R.'s Grilled Soy Ginger Salmon

Grilled salmon accented with soy ginger glaze served over delicate protein-packed quinoa with garlicky green beans and chili sauce 18.99

### 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 19.99

### R.'s 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. 19.99

## 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 16.75

### 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! 15.50

### 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 16.75  
Or chunked range chicken 17.75

### Ginger Tamari

Quinoa topped with a sauté of scallion, zucchini, carrot and blue corn posole in a ginger tamari sauce. Topped with Dijon hiziki 14.00  
With chicken 16.75

### 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 14.25  
Or salmon 17.75  
With chicken 16.75

## 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 13.75

### R'S QUESADILLA

Southwestern chile tortilla with range chicken, bacon, white cheddar, peppers and onions 13.75

### MAGIC QUESADILLA

Spinach tortilla marinated portabella mushroom, white cheddar, zucchini, peppers and onions 13.00

### 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 13.75

### 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 13.50

## R.'s Desserts

Kenny's Key Lime Pie 6.50

Kenny's Peanut Butter Chocolate Pie 6.50

Kenny's Mango Pie 6.50

White Chocolate Raspberry Cheesecake 8.50

Turtle Dove Cheesecake 8.50

Raw Apple Pie 8.75

Vegan Cake Special 8.75

## 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

### PBJ

Organic 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.) 5.25 Medium (14 oz.) 6.25 Large (20 oz.) 7.75 Pitcher (32 oz.) 9.50

### 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 4.50

### Coconut Delight

Whole coconut blended with strawberry, pineapple, banana and dates 8.75

### Holiday Cheer

Apple and lemon

### Vitality

organic carrot blended with a vitality supergreen mix

### Dancing Queen

Apple, pear and fennel

### Drink for Life

Organic carrot, always

### Champ

Organic carrot, apple and ginger

### Liquid Gold

Orange juice

### Sleepy Hollow

Apple and cranberry

### Fresh Wheatgrass Juice

1 oz. 2.15 2 oz. 3.75

### Dr. Tate's Herbal Blood Tonic

2oz. 2.50

### Shot of coconut kefir

2 oz. 2.50

### Pint of coconut kefir

10.00

## R. 's Yerba Maté Selections

### Lattes Hot or Iced

#### 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

6.25

### 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. 8.00

### Miami Cooler

Pineapple, orange and honey

### Frosted Champ

Organic 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

### 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

Dr. Loosen: Riesling 9/34

Santa Emma Terroir: Chardonnay 7/28

Kaiken Reserva: Malbec 7/28

Santa Emma Terroir: Merlot 7/28

Santa Emma Terroir: Cabernet 7/28

R's Sangria – Red or White 8

Mimosa 8

Bloody Mary – with Sake 8

Warm Sake 8

## Beers

### Domestic

Pabst Blue Ribbon Tall Boy 3

### Select Imports and Locals

5.50

SweetWater 420

Terrapin Rye Pale Ale

Highland Gaelic Ale

Terrapin Hopsecutioner

Highland

Oatmeal Porter

Amstel Light

Hoegaarden

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