Burgers, Melts and Sandwiches

Lettuce, tomato, onion and pickle are only by request.

All of our sandwiches and burgers include your choice of ONE of the following: sweet potato fries *($1.00 extra)*, french fries, spuds, cole slaw, black beans and rice, a cup of soup, small house salad, or potato salad *(seasonal)*.

Available any time of the day.

The Burger $7.25
Our 8 ounce, lean hamburger served on a poppy seed roll.
Add cheese...$.85

Turkey Burger $7.25
Our 8 ounce, lean turkey burger served on a poppy seed roll.
Add cheese...$.85

Black Bean Burger $7.25
A grilled black bean patty served on a poppy seed roll.
Add cheese...$.85

Burger Melt $7.85
An 8 ounce burger with swiss cheese, sauteed onions and mushrooms, served on grilled marble rye bread.
substitute a black bean burger or a turkey burger at no extra charge.

Chicken Breast Sandwich Fried or Grilled $7.95
A marinated chicken breast, grilled or fried, served on a poppy seed roll.
Add cheese...$.85

Chicken Salad Melt $6.95
Smoked chicken salad that is heated on the grill, with melted provolone cheese, grilled tomato and served on grilled marble rye bread.

Tuna Salad Melt $6.95
Albacore tuna salad that is heated on the grill, with melted swiss cheese, grilled tomatoes and banana peppers, served on grilled marble rye bread.

Fried Fish Sandwich $7.95
A Basa Catfish fillet lightly breaded and deep fried. Served on a poppy seed roll with a side of tartar sauce.
Add cheese...$.85

The Edgewood $7.50
Smoked chicken sauteed with onions and topped with provolone cheese, served on a poppy seed roll.

Chicken Breast Melt $7.95
A grilled chicken breast, swiss cheese, sauteed onions and mushrooms, served on grilled marble rye bread.

Smoked Chicken Salad $6.95 OR Albacore Tuna Salad Sandwich
Smoked chicken salad or albacore tuna salad served on whole wheat bread with provolone cheese.

Smoked Turkey Club $6.95
Smoked turkey, bacon, swiss cheese, and honey mustard, served on whole wheat bread.

Smoked Turkey Reuben $6.95
Our smoked turkey breast topped with melted swiss and creamy coleslaw, served on grilled marble rye bread.

Blue Plates

Build your own Blue Plate from the selections listed below

Fried Chicken Fingers $4.50

Fried or Grilled Chicken Breast $4.50

Fried Basa Catfish $4.50

Sweet Potato Fries $3.50

Tuna Salad $2.95

Smoked Chicken Salad $2.95

French Fries $2.50

Spuds $2.50

Sauteed Spinach and Mushrooms $2.50

Sauteed Mixed Veggies $1.95

Potato Salad (seasonal) $1.60

Cole Slaw $1.60

Black Beans and Rice $1.60

Sliced Tomatoes $1.25

Tacos and Quesadillas

Salad Tacos $5.50
Two flour tortillas filled with fresh mushrooms, banana peppers, guacamole, cheddar jack cheese, pico de gallo and sunflower sprouts. Served with side of salsa.

Smoked Chicken Tacos $6.50
Two flour tortillas stuffed with smoked chicken, sauteed onions, cheddar jack cheese, guacamole, pico de gallo and sunflower sprouts. Served with side of salsa.

Fried Fish Tacos $7.50
Two flour tortillas stuffed with crispy fried Basa Catfish, cheddar jack cheese, guacamole, pico de gallo, and sunflower sprouts. Served with side of salsa.

Cheese Quesadillas $5.25
A spinach tortilla filled with melted cheddar jack cheese and pico de gallo. Served with side of sour cream, guacamole and salsa.
Add sauteed spinach...$1.25
Add smoked chicken...$1.75
Add fresh veggies...$1.25
(squash, zucchini, mushrooms, broccoli)

Salads

All salads are served with your choice of dressing:
Ranch, Balsamic Vinaigrette or Honey Mustard

House Salad $3.95
Assorted greens, cheddar jack cheese, mushrooms, pico de gallo and croutons.

Small house salad $2.50

Fried or Grilled Chicken Salad $8.25
Assorted greens, cheddar jack cheese, mushrooms, pico de gallo, fried or grilled chicken breast, croutons and sunflower sprouts.

Spinach Salad $6.50
Fresh spinach, mushrooms, hard boiled eggs, pico de gallo, croutons and sunflower sprouts.
Add bacon...**$1.50**
Add smoked chicken...**$1.50**

Chop and Toss $7.95
Smoked turkey breast, mozzarella and parmesan cheeses, fresh herbs, croutons, pico de gallo and assorted greens, tossed in balsamic vinaigrette. Topped with sunflower sprouts.

Soup and Chili

Available Monday – Friday Only

Housemade soup of the day $3.50

Cup of Soup $1.95

Housemade Meat Chili $4.95
(seasonal)

Cup of Chili $3.25
(seasonal)

Thumbs Up diner

Breakfast Served All Day

• 100% pure New England Maple Syrup available •
• All our Turkey and Chicken are smoked in-house •
• Housemade Jams • Housemade Multi-grain Biscuits •
• Stone Ground Grits •
• 100% Organic Arabica Nicaraguan Coffee •

Build Your Own Breakfast Plate

Select any of the following items to build your favorite breakfast.

One Egg $1.00
Add cheese...$.35
Two Eggs $2.00
Add cheese...$.60
Three Eggs $3.00
Add cheese...$.85

Side of Grits $1.50
Add cheese...$.50
Large order of Grits $2.95
Add cheese...$.85

Spuds $2.50
Fresh sliced potatoes grilled with ONIONS, GREEN PEPPERS and our SPECIAL SEASONINGS.
Add cheese...$.85

Side of Meat $2.65
three strips of applewood smoked bacon
three strips of turkey bacon
two country pork sausage patties
one spicy chicken sausage link
two slices of ham
two veggie sausage patties

Two Ounces of Cold Smoked Salmon $2.95

Five Ounces of Smoked Turkey Breast $3.25

Fried Fish $4.50
One Basa Catfish filet deep fried

Fried Chicken Fingers $4.50
8 pieces of Fried Chicken Fingers

Grilled or Fried Chicken Breast $4.50

A serving of Pure New England Maple Syrup $2.25

Pancakes
Our special recipe pancakes OR our buckwheat pancakes.
One Pancake $1.90
Add pecans to pancake...$.50
Two Pancakes $2.90
Add pecans to pancakes...$.75
Three Pancakes $3.90
Add pecans to pancakes...$1.00

French Toast
Thick-sliced challah bread french toast dusted with powdered sugar.
One Slice $2.50
Two Slices $3.95

Belgian Waffle $3.95
A sweet tasting traditional waffle.
add pecans...$1.00

Buckwheat Waffle $3.95
An earthy tasting special recipe waffle.
add pecans...$1.00

Add one serving of pure New England maple syrup with any of the above items...$.99

Toast $.75
whole wheat, white or rye

Multi-grain Biscuit $.95

Assorted Bagels $1.25
Your choice of plain, poppy seed, sesame, cinnamon/raisin, or multi-grain. All are grilled with butter or toasted dry upon request.
Add cream cheese...$1.00

Egg whites and sugarfree syrup available at no extra charge.

Build Your Own Omelette

A three egg omelette filled with your choice of ONE CHEESE and served with a multigrain biscuit or toast. **$4.75**

Add grits for...**$1.50**
or spuds for...**$2.50**
Egg whites available at no extra charge

extra Cheese
$.85 each

cheddar/jack
american
swiss
provolone
mozzarella
feta
goat cheese
cream cheese

Veggies in omelette
$.60 each

onions
spinach
mushrooms
zucchini
tomatoes
banana peppers
green peppers
yellow squash
black olives
broccoli
jalepenos

Meats in omelette
$1.10 each

turkey bacon
country sausage
applewood smoked bacon
veggie sausage
smoked chicken
chicken sausage
turkey breast
ham

Thumbs Up Breakfast Originals

Egg whites available at no extra charge

Fried Fish and Grits $8.95
One Basa Catfish filet deep fried and served with two eggs any style, grits, and toast or multi-grain biscuit.
substitute spuds for the grits...$1.00

Chicken and Waffle $9.25
FOUR fried chicken breast strips, two eggs any style and a belgian waffle.

The Skillet Heap $6.95
A skillet full of our spuds *(fresh sliced potatoes grilled with onions, green peppers and our special seasonings)* TOPPED WITH cheddar jack cheese and two eggs any style. Served with toast or multi-grain biscuit.
For **$1.50 each,** you can add to the heap, your choice of:
grilled veggies *(squash, zucchini, mushrooms, broccoli)*
chopped turkey bacon
chopped applewood smoked bacon
chopped country sausage
chopped veggie sausage
diced smoked chicken
chopped chicken sausage
chopped smoked turkey breast
diced ham

Southwestern Eggs $7.25
Scrambled eggs rolled in flour tortillas with cheddar jack cheese and black beans. Topped with guacamole and pico de gallo. Served with spuds and a side of salsa.

Steak and Eggs $11.95
8oz strip steak served with two eggs any style, spuds and toast or a multi-grain biscuit.

Cream Cheese Special $5.95
Three eggs scrambled with cream cheese and fresh herbs. Served with a grilled bagel. *(Bagels: plain, sesame, poppy-seed, cinnamon/raisin, or multi-grain.)*

Sassy Scramble $8.25
Three eggs **scrambled with** onions, fresh herbs, smoked salmon and cream cheese. Served with toast or multi-grain biscuit.

Greek Scramble $6.50
Three eggs scrambled with onions, black olives, spinach, tomatoes, and feta cheese. Served with toast or multi-grain biscuit.

Portland Scramble $7.95
Three eggs scrambled with squash, zucchini, broccoli, mushrooms, black olives, banana peppers, and feta cheese. Served with toast or multi-grain biscuit.

Tofu and Veggies $6.50
Tamari-flavored tofu grilled with mixed veggies and served on a bed of fresh raw spinach. Served with toast or multi-grain biscuit.

Grilled Veggie Bagel $3.50
A bagel grilled with butter *(your choice of plain, poppy seed, sesame, cinnamon/raisin, or multi-grain)* and filled with cream cheese, fresh mushrooms, fresh red onions, fresh tomato, sunflower sprouts and banana peppers.
Add 2 ounces of cold smoked salmon...$2.95

Our Own Cold Cereal $3.50
Combination of grains, flakes, dried fruit, and nuts.
Add vanilla yogurt...$1.00
A cup of cereal...$2.25

Most Requested Omelette

Served with toast or multi-grain biscuit
Add grits for...$1.50 or spuds for...$2.50

Yukon Omelette $9.25
Smoked salmon, fresh spinach and cream cheese.

Farmers Omelette $7.40
Chopped country sausage, seasoned spuds and cheddar jack cheese.

Denver Omelette $7.40
Chopped ham, onions, green peppers, and cheddar jack cheese.

Kav's Omelette $7.40
Chopped veggie sausage, seasoned spuds and cheddar jack cheese. Topped with pico de gallo and fresh herbs.

Multi-grain Biscuit Sandwiches

Biscuit can be replaced with toast at no charge. *Substitute a bagel...$.30*

Egg biscuit $1.97

Egg and cheese biscuit $2.32

Breakfast meat biscuit $2.45
either bacon, turkey bacon, country sausage, chicken sausage, veggie sausage or ham

Breakfast meat, egg, and cheese biscuit $3.55

Beverages

Hot Teas $1.85 each
Choice of English Breakfast, Earl Grey, Lemon, Mint, Orange, Green or Raspberry Tea

Hot Chocolate $2.00 each
Swiss Miss hot chocolate with whipped cream and a drizzle of chocolate syrup.

Lou's Coffee $2.79 each
Swiss Miss hot chocolate mixed with Coffee, topped with whipped cream and a drizzle of chocolate syrup.

Whole or Lowfat Milk $1.50 each

Chocolate Milk $1.85 each

Apple Juice, Cranberry Juice
small...**$1.25 each**
large...**$2.25 each**

Fresh Squeezed Orange Juice
Grapefruit Juice
small...**$1.50 each**
large...**$2.50 each**

Free refills for the following...

Our own special blend of Coffee
Coca-Cola
Diet Coke
Sprite
Rootbeer
Minute Maid Lemonade
Sweet Tea
Unsweet Tea
Uptown (Sweet Tea & Lemonade)

Sweets

Ice Cream...**$2.25**

Housemade Cookies...**$1.35**

Linda's Favorite Housemade Brownies...**$1.59**

Brownie a la mode...**$2.99**

Rootbeer Float...**$2.25**

House Rules

CASH ONLY.
We seat incomplete parties at our convenience.
During peak hours booths are reserved for 2 or more.
To Go orders are to be eaten off the premises.
Please check your To Go order before you leave.
Substitutions are discouraged but, we will accommodate for an appropriate upcharge.

All the food is cooked to order....So relax. It's just eggs.

locations:
Edgewood: 573 Edgewood Ave. • Atlanta, GA • 30312 • 404-223-0690
East Point: 1617 White Way • East Point, GA • 30344 • 404-768-3776
Marietta Street: 826 Marietta Street • Atlanta, GA • 30318 • 404-745-4233
Decatur: 174 W. Ponce de Leon • Decatur, GA • 30030 • 404-377-8061
Roswell: 1140 Alpharetta Street, Roswell, GA • 30075 • 770-642-8980

THE CONSUMPTION OF RAW OR UNDERCOOKED FOODS SUCH AS MEAT, FISH AND EGGS, WHICH CONTAIN HARMFUL BACTERIA, MAY CAUSE SERIOUS ILLNESS OR DEATH.