

## 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, a cup of soup or small house salad. Available any time of the day.

**The Burger \$7.99**  
A 6 ounce angus beef served on a roll. Add cheese...\$.85

**Black Bean Burger \$7.99**  
A grilled black bean patty served on a roll. Add cheese...\$.85

**Burger Melt \$8.79**  
A 6 ounce angus beef burger with swiss cheese, sauteed onions and mushrooms, served on grilled marble rye bread.  
substitute a black bean burger or a grilled chicken breast at no extra charge.

**Chicken Breast Sandwich Fried or Grilled \$8.79**  
A marinated chicken breast, grilled or fried, served on a roll.  
Add cheese...\$.85

**Fried Fish Sandwich \$8.79**  
A Basa Catfish fillet lightly breaded and deep fried. Served on a roll with a side of tartar sauce.  
Add cheese...\$.85

**Tuna Salad Melt \$7.99**  
Albacore tuna salad that is heated on the grill, with melted swiss cheese, grilled tomatoes and banana peppers, served on grilled marble rye bread.

## Blue Plates

Build your own lunch from the selections listed below

Six Fried Chicken Fingers \$4.99	French Fries \$2.59
Fried or Grilled Chicken Breast \$4.99	Sauteed Spinach and Mushrooms \$2.79
Fried Basa Catfish Fillet \$5.29	Sauteed Mixed Veggies \$2.59
Sweet Potato Fries \$3.50	Smoked Whole Chicken Wing \$1.99 each
Onion Rings \$3.50	Cole Slaw \$1.99
Smoked Chicken Salad \$3.25	Sliced Tomatoes \$1.99
Spuds \$2.79	

## Sweets

Housemade Cookies...\$2.15  
Housemade Brownies...\$2.50

BEFORE PLACING YOUR ORDER PLEASE INFORM YOUR SERVER IF YOU HAVE ANY ALLERGY'S.

## Tacos

**Smoked Chicken Tacos \$6.99**  
Two flour tortillas stuffed with smoked chicken, sauteed onions, cheddar jack cheese, guacamole, pico de gallo and sunflower sprouts. Served with a side of salsa.

**Fried Fish Tacos \$7.99**  
Two flour tortillas stuffed with crispy fried Basa Catfish, cheddar jack cheese, guacamole, pico de gallo, and sunflower sprouts. Served with a side of salsa.

## Salads, Soups and Chili

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

**House Salad \$4.59**  
Assorted greens, cheddar jack cheese, mushrooms, pico de gallo and croutons.  
**Small house salad \$2.95**

**Fried or Grilled Chicken Salad \$9.59**  
Assorted greens, cheddar jack cheese, mushrooms, pico de gallo, fried or grilled chicken breast, croutons and sunflower sprouts.

**Spinach Salad \$8.25**  
Fresh spinach, mushrooms, hard boiled eggs, pico de gallo, croutons and sunflower sprouts.  
Add bacon...\$1.69  
Add smoked chicken...\$1.69  
**Half spinach salad \$3.95**

## House Rules

### CASH ONLY.

We seat incomplete parties at our convenience.  
20% gratuity will be added to parties of 8 or more.  
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.  
Prices and items on the menu may vary by location.  
**All the food is cooked to order....So relax. It's just eggs.**

### locations:

Marietta Street: 826 Marietta Street • Atlanta, GA • 30318 • 404-745-4233  
Edgewood: 573 Edgewood Ave. • Atlanta, GA • 30312 • 404-223-0690  
East Point: 1617 White Way • East Point, GA • 30344 • 404-768-3776  
Decatur: 174 W. Ponce de Leon • Decatur, GA • 30030 • 404-687-0999  
Roswell: 1140 Alpharetta Street • Roswell, GA • 30075 • 770-642-8980  
Douglasville: 5935 Stewart Parkway • Douglasville, GA • 30135 • 770-949-3000

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

**Texas Pulled Pork Tacos \$7.99**  
Two flour tortillas stuffed with pulled pork topped with creamy coleslaw and cheddar/jack cheese. Served with a side of BBQ sauce.

Since opening in 1984, Thumbs Up has consistently provided a quality breakfast at a reasonable price. We were the first to bring the Breakfast and Lunch Only concept to the metropolitan Atlanta area. After 33 years, we continue to be Atlanta's favorite breakfast choice.

## Marietta Street



826 Marietta Street  
Atlanta, GA 30318  
404-745-4233

- 100% pure New England Maple Syrup available
- All Natural Turkey and Chicken is smoked in our own facility
- Housemade Jams
- Housemade Multi-grain Biscuits
- Georgia Stone Ground Grits
- 100% Organic Nicaraguan Coffee
- 100% Orange juice and Grapefruit juice

## Build Your Own Breakfast Plate

### BUILD YOUR BREAKFAST

#### EGGS

**One Egg \$1.35**

Add cheese...\$.35

**Two Eggs \$2.70**

Add cheese...\$.65

**Three Eggs \$3.90**

Add cheese...\$.90

#### GRITS

**Side of Grits \$1.79**

Add cheese...\$.60

**Large order of Grits \$3.38**

Add cheese...\$.89

#### Spuds \$2.79

Fresh sliced potatoes grilled with ONIONS, GREEN PEPPERS and our SPECIAL SEASONINGS.

Add cheese...\$.89

#### BREAKFAST MEATS

**Side of Meat \$3.39**

Bacon (3 strips)

Turkey bacon (3 strips)

Pork sausage (2 patties)

Chicken sausage (1 spicy link)

Ham (2 slices)

Veggie sausage (2 patties)

#### OTHER MEATS

Lox \$4.50

All Natural Smoked Turkey Breast \$3.50

Fried Basa Catfish Fillet \$5.29

Fried Chicken Fingers \$4.99

Grilled or Fried Chicken Breast \$4.99

Three Jumbo Smoked Whole Chicken Wings \$5.99

*One serving of pure New England maple syrup...\$.2.99*

## Hand Helds

*Egg whites available at \$1.00 upcharge*

Hand Held Breakfast Sandwiches come on your choice of Biscuit or Toast (*wheat, sourdough, rye or cinnamon raisin*) substitute a bagel for...\$.65 extra

**Breakfast egg, cheese and meat sandwich \$4.89**

Scrambled egg with cheddar/jack cheese and your choice of meat (*either bacon, turkey bacon, country sausage, chicken sausage, veggie sausage or ham*) on a biscuit or toast

*Egg whites available at \$1.00 upcharge*

#### FRENCH TOAST

Thick-sliced challah bread french toast dusted with powdered sugar.

**One Slice \$2.99**

**Two Slices \$4.59**

#### WAFFLES

**Belgian Waffle \$4.25**

A sweet tasting traditional waffle. add pecans...\$1.00

**Buckwheat Waffle \$4.25**

An earthy tasting special recipe waffle. add pecans...\$1.00

#### PANCAKES

Our special recipe pancakes OR our buckwheat pancakes.

**One Pancake \$2.75**

Add pecans to pancake...\$.50

**Two Pancakes \$4.29**

Add pecans to pancakes...\$.75

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

#### BREAD

**Toast \$1.49**

whole wheat, sourdough, rye or cinnamon raisin

**Multi-grain Biscuit \$1.49**

**Assorted Bagels \$1.69**

Your choice of plain, everything, sesame, cinnamon/raisin, or multi-grain. Grilled or toasted dry upon request.

Add cream cheese...\$1.00

**Side Seasonal**

**Fresh Fruit \$3.50**

**Egg sandwich \$2.84**

Scrambled egg on a biscuit or toast

**Egg and cheese sandwich \$3.19**

Scrambled egg with cheddar/jack cheese on a biscuit or toast

**Breakfast meat sandwich \$3.19**

Breakfast meat only. (*either bacon, turkey bacon, country sausage, chicken sausage, veggie sausage or ham*) on a biscuit or toast

**Fried chicken strip biscuit \$3.19**

## Thumbs Up Breakfast Originals

*Egg whites available at \$1.00 extra charge*

**Fried Fish and Grits \$10.79**

Basa Catfish filet deep fried and served with two eggs any style, grits, and toast or multi-grain biscuit. substitute spuds for the grits...\$1.19

**Fried Chicken Strips & Waffle \$9.99**

Fried chicken breast strips, two eggs any style and a belgian waffle.

**Smoked Chicken Wings & Waffle \$12.29**

Smoked chicken wings, two eggs any style and a belgian waffle.

**The Skillet Heap \$7.99**

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 **\$1.69 each**, you can add to the heap, your choice of:

grilled veggies (*zucchini, mushrooms, broccoli*)

chopped turkey bacon

chopped bacon

chopped country sausage

chopped veggie sausage

diced smoked chicken

chopped chicken sausage

chopped all natural smoked turkey breast

diced ham

**Low Country Heap \$12.29**

A skillet full our our seasoned spuds topped with cheddar/jack cheese, spicy shrimp and chicken sausage sauteed with garlic, onions and green peppers, topped with 2 eggs any style and served with a biscuit or toast.

**Steak and Eggs \$12.99**

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

## Lighter Fare

**Tofu and Veggies \$6.99**

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

**Veggie Bagel \$5.29**

A bagel grilled with butter (*your choice of plain, everything, sesame, cinnamon/raisin, or multi-grain*) filled with cream cheese, and RAW FRESH; mushrooms, red onions, tomato, sunflower sprouts and banana peppers.

Add lox...\$4.50 or Add egg...\$1.35

**Bagel and Lox \$12.29**

A grilled bagel served with cream cheese, lox, sliced tomatoes, sliced red onions and capers

**Southwestern Eggs \$7.99**

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.

**Cream Cheese Special \$6.99**

Three eggs scrambled with cream cheese and fresh herbs. Served with a grilled bagel. (*plain, everything, sesame, cinnamon/raisin, or multi-grain*) Add cream cheese...\$1.00

**Greek Scramble \$7.79**

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

**Sassy Scramble \$9.59**

Three eggs scrambled with onions, fresh herbs, lox and cream cheese. Served with a grilled bagel Add cream cheese...\$1.00

**Shrimp & Grits \$11.99**

A SPICY BROTH of tomatoes, onions, garlic, green peppers, cajun seasoning and sauteed shrimp over large cheese grits.

**Pork Chops and Eggs \$10.19**

2 pork chops, grilled or fried with 2 eggs any style, grits and choice of toast or multi-grain biscuit.

**Ultimate Seaside Breakfast \$14.99**

A fried basa catfish filet, 1/2 portion of our Sassy scramble, a small shrimp and grits and a biscuit or toast.

**Pancake Special \$12.29**

Two eggs any style, grits, choice of breakfast meat and two pancakes substitute spuds for the grits...\$1.19 add pecans...\$1.00

**Double Dip French Toast \$6.59**

Two slices of thick cut challah bread dipped in our french toast batter then rolled in crunchy sweet grains and grilled. add fresh fruit and whipped cream \$3.50

**Heartsmart Omelette \$8.99**

Three eggwhite omelette with mozzarella cheese, zucchini, broccoli and mushrooms topped with sunflower sprouts and served with a side of sliced tomatoes, and choice of toast or multigrain-biscuit.

**Our Own Cold Cereal \$4.99**

Combination of dried fruit, nuts organic grains and flakes, Served with Milk. Add vanilla yogurt...\$1.00

**Carb Buster Platter \$8.99**

2 egg whites topped with pico de gallo, 3 strips of turkey bacon, and a side of fruit.

## Build Your Own Omelette

A three egg omelette filled with your choice of ONE CHEESE and served with a multigrain biscuit or toast. **\$5.19**

Add grits for...\$1.79

or spuds for...\$2.79

*Egg whites available at \$1.00 extra charge*

**extra Cheese**

**\$.89 each**

cheddar/jack

american

swiss

provolone

mozzarella

feta

goat cheese

cream cheese

**Veggies in omelette**

**\$.79 each**

onions

spinach

mushrooms

green peppers

tomatoes

broccoli

zucchini

banana peppers

black olives

jalapenos

**Meats in omelette**

**\$1.79 each**

turkey bacon

country sausage

bacon

veggie sausage

smoked chicken

chicken sausage

all natural turkey breast

ham

## Most Requested Omelettes

*Egg whites available at \$1.00 extra charge*

Served with toast or multi-grain biscuit

Add grits for...\$1.79 or spuds for...\$2.79

**Denver Omelette \$8.29**

Chopped ham, green peppers, onions and cheddar jack cheese.

**Yukon Omelette \$9.99**

Smoked salmon, fresh spinach and cream cheese.

**Farmers Omelette \$8.29**

Chopped country sausage, seasoned spuds (*with a small amount of onions and green pepper*) and cheddar jack cheese.

**Kav's Omelette \$8.29**

Chopped veggie sausage, seasoned spuds and cheddar jack cheese. Topped with pico de gallo and fresh herbs.

## Beverages

**Free refills for the following...**

Coffee **\$2.09** (*Our own special blend*)

Coca-Cola **\$2.09**

Coke Zero **\$2.09**

Sprite **\$2.09**

Grape Fanta **\$2.09**

Minute Maid Lemonade **\$2.09**

Sweet Tea **\$2.09**

Unsweet Tea **\$2.09**

Uptown **\$2.09**

(*Sweet Tea & Lemonade*)

**Hot Teas \$2.79 each**

Your choice of organic:

*Black Teas:* English Breakfast, Earl

Grey, Masala Chai

*Green Teas:* Green Strawberry Papaya,

Green Sencha

*Herbal Teas:* Chamomile, Peppermint,

Rooibos Almond Vanilla, Ginger

Lemon

**Hot Chocolate \$2.79 each**

Swiss Miss hot chocolate with whipped cream and a drizzle of chocolate syrup.

**Lou's Coffee \$3.59 each**

Hot chocolate mixed with our signature coffee, topped with whipped cream and a drizzle of chocolate syrup.

**Whole or Lowfat Milk \$1.99 each**

**Chocolate Milk \$2.29 each**

**Apple Juice, Cranberry Juice**

small...\$1.69 each

large...\$2.79 each

**100% Fresh Orange Juice with**

**Pulp or Grapefruit Juice with Pulp**

small...\$1.99 each

large...\$2.99 each