

Beverages

Free refills for the following...

Coffee (Our own special blend) **\$1.99**
Coca-Cola **\$1.99**
Diet Coke **\$1.99**
Sprite **\$1.99**
Minute Maid Lemonade **\$1.99**
Sweet Tea **\$1.99**
Unsweet Tea **\$1.99**
Uptown (Sweet Tea & Lemonade) **\$1.99**

Hot Teas \$2.25

Choice of English Breakfast, Lemon, Earl Grey, Mint, Green or Tea of the Day.

Hot Chocolate \$2.79

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

Lunch

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, tomatoes, pico and croutons.

Small house salad **\$2.95**

Fried or Grilled Chicken Salad \$8.99

Assorted greens, cheddar/jack cheese, mushrooms, tomatoes, fried or grilled chicken breast, croutons and sunflower sprouts.

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.

THUMBS UP EXCLUSIVE

Three Jumbo Smoked Whole Chicken Wings **\$5.99**

Five Jumbo Smoked Whole Chicken Wings **\$8.79**

Lou's Coffee \$3.29

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

Whole or Lowfat Milk **\$1.99**
Chocolate Milk **\$2.29**

Apple Juice, Cranberry Juice
small...**\$1.69**
large...**\$2.79**

100% Fresh Orange Juice with Pulp or Grapefruit Juice with Pulp
small...**\$1.89**
large...**\$2.99**

Blue Plates

Build your own lunch from the selections listed below

Fried Chicken Fingers **\$4.99**

Fried or Grilled Chicken Breast **\$4.99**

Fried Basa Catfish Fillet **\$5.29**

Sweet Potato Fries **\$3.50**

Onion Rings **\$3.50**

Smoked Chicken Salad **\$3.25**

Spuds **\$2.79**

French Fries **\$2.59**

Sauteed Spinach and Mushrooms **\$2.79**

Sauteed Mixed Veggies **\$2.59**

Smoked Whole Chicken Wing **\$1.99 each**

Cole Slaw **\$1.99**

Sliced Tomatoes **\$1.99**

Soup of the day **\$3.65**

Chili **\$4.89**

Sandwiches and Burgers

All smoked products come from our own smoking facility.

LETTUCE, TOMATO, ONION AND PICKLE ARE ONLY BY REQUEST. (Unless where noted)

All of our sandwiches and burgers include your choice of ONE of the following: sweet potato fries (\$1.00 extra), onion rings (\$1.00 extra), french fries, spuds, cole slaw, small house salad, sauteed mixed veggies or sauteed spinach and mushrooms.

The Burger \$7.89

A 6 ounce angus beef burger served on a roll. Add cheese...**\$1.85**

Black Bean Burger \$7.89

A grilled black bean patty served on a roll. Add cheese...**\$1.85**

Burger Melt \$8.79

A 6 ounce angus beef burger with swiss cheese, sauteed mushrooms and onions, served on grilled marble rye bread.

substitute a black bean burger at no extra charge.
substitute a grilled chicken breast for...**\$1.00**

The L.A. Burger \$7.89

A 6 ounce angus beef burger topped with swiss cheese, guacamole and sunflower sprouts, served on a roll.

Chicken Breast Sandwich Fried or Grilled \$8.79

A marinated chicken breast, grilled or fried, served on a roll.
Add cheese...**\$1.85**

Fried Fish Sandwich \$8.59

A Basa Catfish fillet lightly breaded and deep fried. Served on a roll with a side of tartar sauce. Add cheese...**\$1.85**

Smoked Chicken Salad Sandwich \$7.79

Smoked chicken salad served on whole wheat bread with provolone cheese.

Chicken Salad Melt \$7.79

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

Smoked Turkey Club \$7.99

All natural smoked turkey, bacon, melted swiss cheese, lettuce, tomato and honey mustard, served on grilled multi-grain bread.

Memphis BBQ Chicken Sandwich \$7.79

Smoked chicken topped with BBQ sauce, cole slaw and swiss cheese served on a bun.

House Rules

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

404-687-0999

Roswell: 1140 Alpharetta Street, Roswell, GA • 30075

770-642-8980

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

Douglasville



5935 Stewart Parkway
Douglasville, GA 30135
770-949-3000

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 31 years, we continue to be Atlanta's favorite breakfast choice.

- 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

Egg whites available at \$1.00 upcharge

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...\$.85

Spuds \$2.79

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

Add cheese...\$.85

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

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...\$1.59

Buckwheat Waffle \$4.25

An earthy tasting special recipe waffle.

add pecans...\$1.59

Ask your server about the

WAFFLE OF THE DAY

PANCAKES

Our special recipe pancakes OR our buckwheat pancakes.

One Pancake \$2.75

Add pecans to pancake...\$.79

Two Pancakes \$4.29

Add pecans to pancakes...\$1.29

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

BREAD

Toast \$99

whole wheat, sourdough, rye or cinnamon raisin

Multi-grain Biscuit \$1.29

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

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

Heartsmart Omelette \$8.99

Three egg white omelette with mozzarella cheese, zucchini, broccoli and mushrooms topped with sunflower sprouts and served with a side of sliced tomatoes.

Side of Seasonal Fresh Fruit \$4.89

Lighter Fare

Veggie Bagel \$5.29

A grilled bagel (your choice of plain, poppy seed, sesame, cinnamon/raisin, or multi-grain) filled with cream cheese, fresh mushrooms, fresh red onions, fresh tomato, sunflower sprouts and banana peppers.

Add 2 ounces of cold smoked salmon...\$3.50

Add egg...\$1.10

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.

Biscuit and Gravy 9.79

Two eggs any style, grits and sausage gravy served on a multigrain biscuit.

Add Chicken Fingers 2.00

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

diced all natural smoked turkey breast

diced ham

Low Country Heap \$12.29

A skillet full 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 \$13.99

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

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

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

Shrimp & Grits \$12.99

A SPICY BROTH of tomatoes, onions, garlic, green peppers, cajun seasoning, jalapenos 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.

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 \$1.89 each

cheddar/jack
american
swiss
provolone
mozzarella
feta
cream cheese

Veggies in omelette \$1.79 each

onions
spinach
mushrooms
zucchini
tomatoes
banana peppers
green peppers
black olives
broccoli
jalapenos

Meats in omelette \$1.79 each

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

Most Requested Omelettes

Yukon Omelette \$9.99

Smoked salmon, fresh spinach and cream cheese. Served with toast or biscuit

Farmers Omelette \$8.29

Chopped country sausage, seasoned spuds and cheddar/jack cheese. Served with toast or biscuit

Denver Omelette \$8.29

Chopped ham, onions, green peppers, and cheddar/jack cheese. Served with toast or biscuit

Kav's Omelette \$8.29

Chopped veggie sausage, seasoned spuds and cheddar/jack cheese. Topped with pico de gallo and fresh herbs. Served with toast or biscuit.

Hand Helds

Hand Held Breakfast Sandwiches come on your choice of Biscuit or Toast (white, wheat or rye) substitute a bagel for...\$.35 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 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

Two chicken strips on a biscuit

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