

Thumbs-Up Breakfast Originals

Egg whites available at no extra charge

Cream Cheese Special \$5.50
Three eggs scrambled with cream cheese and fresh herbs. Served with a grilled bagel. (either plain, poppy-seed, sesame, cinnamon/raisin, or multi-grain.)

The Heap \$5.95
Our seasoned spuds topped with cheddar/jack cheese and two eggs any style. Served with toast or biscuit. In the heap you can add, your choice of: for **\$1.50 each**
grilled veggies
chopped turkey bacon
chopped country sausage
chopped apple smoked bacon
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 \$10.95
8 oz strip steak served with two eggs any style, spuds and toast or biscuit.

Fried Catfish and Eggs \$7.50
A fried catfish filet served with two eggs any style, grits, and toast or biscuit. sub spuds for grits.....**\$1.00**

Chicken and Waffles \$9.25
Four fried chicken breast strips, two eggs any style and a belgian waffle. Served with one bottle of Vermont maple syrup.

Sassy Scramble \$7.95
Three eggs scrambled with onions, fresh herbs, smoked salmon and cream cheese. Served with toast or biscuit.

Portland Scramble \$6.95
Three eggs scrambled with squash, zucchini, broccoli, mushrooms, black olives, banana peppers, and feta cheese. Served with toast or biscuit.

Greek Scramble \$5.95
Three eggs scrambled with onions, black olives, spinach, tomatoes, and feta cheese. Served with toast or biscuit.

Tofu and Veggies \$5.25
Tamari-flavored tofu grilled with mixed veggies and served on a bed of fresh raw spinach. Served with toast or biscuit.

Grilled Veggie Bagel \$3.50
A grilled bagel filled with cream cheese, fresh mushrooms, onions, tomato, sunflower sprouts and banana peppers.

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

Biscuit Sandwiches

Biscuit can be replaced with toast or bagel

Egg biscuit.....**\$1.80**

Egg and cheese biscuit.....**\$2.05**

Breakfast meat biscuit.....**\$2.20**

Breakfast meat, egg, and cheese biscuit.....**\$3.30**
(breakfast meats are either bacon, turkey bacon, country sausage, chicken sausage, veggie sausage or ham)

substitute a bagel for.....\$.30 extra

Build Your Own Breakfast Plate

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

Egg whites available at no extra charge

One Egg \$.85
add cheese\$.25
Two Eggs \$1.70
add cheese.....\$.50
Three Eggs \$2.55
add cheese.....\$.75

Side of Grits \$1.00
add cheese.....\$.50
Large order of Grits \$2.50
add cheese.....\$.75

Spuds \$2.50
Fresh potatoes grilled with onions, green peppers and our special seasonings. add cheese.....\$.75

Side of Meat \$2.50
three strips of apple smoked bacon
three strips of turkey bacon
two country sausage patties
one chicken sausage link
two slices of smoked turkey breast
two slices of ham
two veggie sausage patties

Side of cold-smoked salmon \$2.95

Toast \$.75
whole wheat, white or rye.

Multi-grain Biscuit \$.95

Pancakes

Our special recipe pancakes or our buckwheat pancakes served with one bottle of pure Vermont maple syrup

one pancake \$2.25
add pecans to pancakes.....\$.50
two pancakes \$3.25
add pecans to pancakes.....\$.75
three pancakes \$4.25
add pecans to pancakes.....\$1.00

French Toast

Thick-sliced challah bread French toast served with one bottle of pure Vermont maple syrup
one slice \$2.75
two slices \$4.25

Belgian Waffle \$4.25
with one bottle of pure Vermont maple syrup. Add pecans.....\$1.00

Buckwheat Waffle \$4.50
with one bottle of pure Vermont maple syrup. Add pecans.....\$1.00

Bottle of pure Vermont maple syrup \$1.75

Assorted Bagels \$1.25
either plain, poppyseed, sesame, cinnamon/raisin, or multi-grain. add cream cheese.....\$.75

Build Your Own Omelette

A three egg omelette filled with your choice of one cheese and served with a biscuit or toast.....**\$4.15.**

extra cheese is \$.50 each

veggies in omelette \$.50 each

meats in omelette \$1.00 each

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

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

chopped turkey bacon
chopped country sausage
chopped apple smoked bacon
chopped veggie sausage
diced smoked chicken
chopped chicken sausage
chopped smoked turkey breast
diced ham

Add grits for **\$1.00** or spuds for **\$2.50**

Burgers, Melts, and Sandwiches

Available anytime of the day

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

The Burger \$6.95
Our 8 ounce, lean hamburger served with lettuce, tomato, and onion, on a poppy seed roll. Add cheese.....**\$1.75**

Chicken Breast Sandwich \$7.95
Fried or Grilled
A chicken breast grilled or fried. Served on a roll with lettuce, tomato, and onion. Add cheese.....**\$1.75**

Melts...All Melts are served on grilled marble rye bread.

Chicken Salad Melt \$6.95
Smoked chicken salad, grilled tomatoes, and provolone cheese. **served on grilled marble rye bread.**

Tuna Salad Melt \$6.95
Albacore tuna salad, swiss cheese grilled tomatoes and banana peppers. **served on grilled marble rye bread.**

Burger Melt \$7.75
An 8 ounce burger with Swiss cheese, sauteed onions and mushrooms. **served on grilled marble rye bread.**

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

Smoked Chicken Salad or Albacore Tuna Salad Sandwich \$6.95
Smoked chicken salad or albacore tuna salad served on whole wheat bread with provolone cheese, lettuce, and tomato.

Smoked Turkey Club \$6.95
Smoked turkey, bacon, Swiss cheese, lettuce, tomato, and honey mustard. served on whole wheat.

Black Bean Burger \$6.50
A grilled black bean pattie served on a poppy seed roll with lettuce, tomato, and onion. Add cheese.....**\$1.75**

Pork BBQ Sandwich \$6.25
Our sliced pork is slow smoked in our own smoker, then smothered in tangy BBQ sauce. Served on a poppy seed bun.

Chicago BBQ Pork Sandwich \$7.95
Our regular BBQ pork sandwich topped with creamy coleslaw and melted swiss cheese

The Edgewood \$7.50
Thinly sliced steak or smoked chicken sauteed with onions and topped with provolone cheese, lettuce, and tomato. Served on a poppy seed roll.

Fried Catfish Sandwich \$7.50
A catfish fillet lightly breaded and deep fried. Served with lettuce, tomato, onion and tartar sauce.

Blue Plates

Build your own Blue Plate from the selections listed below

Tuna Salad.....\$2.95

Smoked Chicken Salad.....\$2.95

Fried Catfish Fillet.....\$4.05

Fried or Grilled

Chicken Breast.....\$4.50

Potato Salad (seasonal).....\$1.60

Cole Slaw.....\$1.60

Black Beans and Rice.....\$1.95

Bowl of Soup.....\$3.50

Cup of Soup.....\$1.95

Bowl of Chili.....\$4.95

Cup of Chili.....\$3.25

Sauteed Spinach and

Mushrooms.....\$2.50

Sauteed Mixed Veggies.....\$1.95

Small House Salad.....\$2.50

Sliced Tomatoes.....\$1.25

French Fries.....\$2.25

Baked Potato with

Butter and Sour Cream.....\$2.25

Southwestern Favorites

All Southwestern favorites served with our housemade salsa.

Served after 11:00.

Salad Tacos \$4.95
Two flour tortillas filled with fresh mushrooms, banana peppers, guacamole, cheddar/jack cheese, pico de gallo, and sunflower sprouts.

Cheese Quesadillas \$4.75
A spinach tortilla filled with melted cheddar/jack cheese and pico de gallo. Served with side of sour cream and guacamole.
Add sauteed spinach.....\$1.25
Add smoked chicken.....\$1.75
Add shredded beef.....\$1.75
Add fresh veggies.....\$1.50

Smoked Chicken or Beef Tacos \$5.95
Two flour tortillas stuffed with smoked chicken or shredded beef, sauteed onions, cheddar jack cheese, guacamole, pico de gallo, and sunflower sprouts.

Catfish Tacos \$7.50
Two flour tortillas stuffed with crispy fried catfish, cheddar jack cheese, guacamole, pico de gallo, and sunflower sprouts.

Black Bean Burrito \$5.95
A spinach tortilla filled with cheddar/jack cheese, black beans, rice and pico de gallo. Served with side of sour cream and guacamole.
Add smoked chicken.....\$1.75
Add shredded beef.....\$1.75

Soup & Salads

Served after 11:00.

Housemade Soup of the Day\$3.50
Cup of Soup.....\$1.95

Housemade Meat Chili.....\$4.95
Cup of Chili.....\$3.25

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 \$7.75
Assorted greens, cheddar/jack cheese, mushrooms, pico de gallo, fried or grilled chicken breast, croutons, and sunflower sprouts.

Chop and Toss \$7.25
Smoked turkey breast, mozzarella and parmesan cheeses, fresh herbs, croutons, pico de gallo, and assorted greens, tossed in balsamic vinaigrette. Topped with 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

Salad Dressings: Ranch, Balsamic Vinaigrette, or Honey Mustard extra dressing.....\$1.50

Beverages

Free Refills for the following...\$1.69

Our own special blend of Coffee

Coke-Cola
Diet Coke
7-Up
Root Beer
Minute Maid Lemonade

Sweet Tea
Unsweet Tea

Hot Teas\$1.69 each
Choice of English Breakfast, Earl Grey, Lemon, Mint, Orange, Green, or Raspberry Tea

Hot Chocolate with whipped cream.....\$2.00 each

Lou's Coffee- Hot Chocolate with Coffee topped with whipped cream and a drizzle of chocolate syrup.....\$2.79 each

Whole or Lowfat Milk.....\$1.50 each

Chocolate Milk.....\$1.85 each

Apple Juice, Cranberry Juice or V.8
small.....\$1.25 each
large.....\$2.25 each

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

Sweets

Housemade Ice Cream.....\$2.25

Housemade Cookies.....\$1.25

Housemade Brownies.....\$1.25

Brownie a la mode.....\$2.75

Rootbeer Float.....\$2.25

HOUSE RULES

Cash only.

We do not seat incomplete parties.

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.

Try our other locations:

Avondale Location: 10 North Clarendon Ave, Avondale Estates, GA 404-449-1800

Eastpoint Location: 1617 White Way, East Point, GA 404-768-3776

Visit our website at: www.thumbsupdiner.com

Breakfast Served All Day

Edgewood Weekday



•
100% pure Vermont Maple Syrup • All our Turkey and Chicken are smoked in-house. • 100% Fresh-Squeezed Orange Juice and Grapefruit Juice • Homemade Jams •
Housemade Multi-grain Biscuits • Stone Ground Grits
•

573 Edgewood Avenue • Atlanta, Georgia • 30312
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