



OAT & NUT PANCAKES 12

banana butter, peanut butter ganache

CACHAPAS 14

sweet corn pancake topped with pulled pork, cilantro cream and cotija cheese

MINI FRENCH TOAST 2 BY THE PIECE

chopped bacon, cracked pepper maple syrup, toasted pecans

BEVERAGES

Seattle's Best Regular or Decaf Coffee 3

Cappuccino 4

Espresso or Double Espresso 4 / 6

Café Latte, Mocha, Macchiato 4.50

Tea Forte 4.50

SOUTHERN FLAVORS

CHICKEN & WAFFLES 14
fried chicken, waffle, maple syrup, butter

GRITS BOWL 14
sautéed spinach, onions, peppers, tasso ham, poached egg

HAM & CHEESE 12
baked tomme cheese, tomato chimichurri, saltwood ham, grilled baguette

SALTWOOD SCRAPPLE 14
grits, brisket cake, two cage free eggs to your liking, arugula fennel salad

SMOOTHIES 10

TROPICAL
golden pineapple, banana, mango, soy milk, maple syrup, fresh mint

PEACHES & YOGURT
georgia peaches, fat free yogurt, maple syrup, fresh basil leaves

SPINACH, AVOCADO AND APPLE
blended with fat free yogurt and apple juice

Jeremy Williamson | Restaurant Chef

Arlety Estevez | Pastry Chef

Kelly Chandler | Restaurant General Manager

SALTWOOD

CHARCUTERIE & BAR

COLD PRESSED JUICES

FROM OUR LOCAL MARKET 10

LEMON AND GREENS
energizing, beautifying, cleansing

SPINACH APPLE
blood pressure control, skin beauty, energy

GINGER LEMON
eye color enhancing, liver support, cholesterol reduction

All natural cold pressed juices from Bamboo (our local juicing friends) are raw, organic and made with produce from our local farms



A LA CARTE

FRESH FRUIT & BERRIES 6

BREAKFAST POTATOES 5

CHEESE GRITS 5

APPLEWOOD SMOKED BACON, GRILLED HAM, CHICKEN SAUSAGE OR TURKEY BACON 6

CAGE FREE EGG TO YOUR LIKING 3

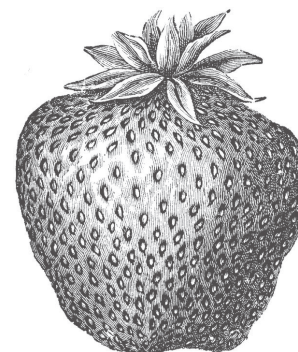
OATMEAL 5

PANCAKES 6

HEALTHY OPTIONS

POWER OATMEAL 9
topped with house granola, berries and honey

FRUIT & YOGURT 12
macerated fruit with ginger, basil, mint syrup, strawberry yogurt



OUR LOCAL ARTISANS & FARMERS

Croissant Bakery
Sandy Springs, GA

Bamboo Cold Pressed Juice
Atlanta, GA

White Oak Pastures
Bluffton, GA

Fairywood Thicket Farm
Fairburn, GA

Loews Atlanta Hotel is passionately committed to serve and deliver the freshest and healthiest ingredients. We strive to use non-GMO, sustainable products, partnering with farms across the country to keep these promises. Bon appétit!



MORNINGSIDE 17

two cage free eggs to your liking; saltwood smoked salmon; choice of mini bagel (everything, plain or asiago cheese); tomato slices, red onions, capers, lemon crème fraîche

GRANT PARK 15

two cage free eggs to your liking; choice of bacon, turkey bacon, chicken sausage or grilled ham; choice of breakfast potatoes, cheese grits or seasonal fruit & berries

THE OMELET 12

Egg White or Egg Beaters Available

choose four toppings: tomato, bell pepper, mushroom, onion, spinach, ham, shrimp, american, cheddar or swiss cheese; choice of breakfast potatoes, cheese grits or seasonal fruit & berries

CLASSIC BENEDICT 15

english muffin, grilled ham, steamed asparagus, lemon hollandaise; choice of breakfast potatoes, cheese grits or seasonal fruit & berries

THE FIT BENEDICT 15

gluten free sliced bread, sliced avocado, poached egg, squeezed lemon, steamed asparagus