

Buckhead's Best Kids Menus

Sick of resorting to chicken fingers and buttered noodles every time you eat out with your kids? Fear not—these Buckhead hotspots dish out children's menus as exciting and innovative as what the big kids are eating. Take a look:

True Food Kitchen

Treat your offspring to wholesome, fresh fare at this healthful, yet delicious eatery—the almond butter, apple and banana sandwich is a clear lunchtime winner, while the turkey sloppy Joe and chicken teriyaki bowls always please at dinner.

Bhojanic

Indian may not be the first cuisine that comes to mind when you think of kid-friendly meals, but this family-owned restaurant is sure to satisfy youngsters with their mild dishes, such as flatbread stuffed with potatoes, yogurt and mango chutney and kid-sized thali

(platters) with protein, veggies and rice. Don't forget the mango mousse cake for a sweet finish!

Kyma

Give your rug rats a cultural experience when you bring them to Kyma, where chef Pano Karatassos puts a kid-friendly spin on Mediterranean favorites, such as wood-grilled prawns, dolmades and squash chips. "My advice to parents is to hold their tongue and let their child choose something for themselves (without offering substitutions right away)," explains Karatassos. "No child has ever asked for ketchup instead of tzatziki sauce."



True Food Kitchen's almond butter, apple and banana sandwich is a clear kiddo winner.

KID-FRIENDLY COOKING CLASSES

What better way to expand your kiddo's palate than to teach them to cook? Don't miss these tyke-friendly (ages 4 to 9) classes at Buckhead's Whole Foods:

Colors On My Plate!

(Jan. 24 at 10 a.m.) This hands-on, produce-driven class teaches kids healthy eating habits through games and colorful cooking lessons.

Cookies, Crafts and Kisses

(Feb. 14 at 10 a.m.) Bring your little one to this craft-centric class, chock-full of festive treats and spirited seminars.



Bhojanic
3400 Around Lenox Road N.E., No. 201
Atlanta 30326
404.841.8472
www.bhojanic.com

Kyma
3085 Piedmont Road N.E.
Atlanta 30305
404.262.0702
www.buckheadrestaurants.com/kyma

True Food Kitchen
3393 Peachtree Road N.E.
Atlanta 30326
404.481.2980
www.truefoodkitchen.com/locations/atlanta/

Whole Foods Buckhead
77 West Paces Ferry Road N.W.
Atlanta 30305
404.324.4100
www.wholefoodsmarket.com/stores/buckhead



▲ Indian fave Bhojanic dishes up mild, kid-friendly Thalis sure to please.
▼ Chef Pano Karatassos puts a tot-approved spin on Mediterranean favorites, like dolmades.



Eat for a Cause FEEL GOOD ABOUT DINING AT THESE BUCKHEAD RESTOS.

Shake Shack

Five percent of sales from the "Campfire S'mores" concrete (chocolate custard, marshmallow sauce, graham crackers and Cacao dark chocolate chunks) go to Camp Twin Lakes, which provides year-round camp experiences for children with serious illnesses and life challenges. www.shakeshack.com/location/atlanta-ga

HAVEN & Valenza

Don't miss this Brookhaven restaurant duo's annual events (think BMW raffles and private chef dinners), which raise money for Atlanta Ronald McDonald House Charities. www.haverrestaurant.com

Ford Fry

Empire builder Ford Fry is well-known for his philanthropic efforts (his Attack of the Killer Tomato Festival raised \$80,000 last year for Georgia Organics), particularly at Buckhead beauties St. Cecilia and King + Duke—the pair contributes to The Giving Kitchen, a nonprofit that assists workers in the service industry with health care, such as local chef Ryan Hiding's cancer treatment. www.fordfry.com

Buckhead Life Restaurant Group

CEO Pano Karatassos sets the bar high when it comes

to philanthropy. Not only does his restaurant group serve food for at least one charity event every month, but they're also deeply devoted to raising money to help relieve childhood hunger—they give to March of Dimes, Children's Museum of Atlanta and Meals on Wheels, among others. Karatassos also founded Atlanta's Taste of the Nation charity event, and has since personally raised more than \$10 million for Share Our Strength. www.buckheadrestaurants.com

PB&J FOR GOOD

Last October, co-founder Mike Levison, native Atlantan and brother to the famous Souper Jenny, launched PB&J for Good in Atlanta, uniting restaurants throughout the city to feature peanut butter and jelly-inspired dishes on their menus. The proceeds went to Stop SAM, a nonprofit organization providing treatment to children suffering from the most severe stage of starvation. Some of our favorite renditions around town came from Cibo e Beve, who served up a PB&J tiramisù, and Local Three—their peanut butter and jelly mousse cake with peanut butter shortbread, peanut butter mousse, raspberry gelée, compressed grapes and crème anglaise was a showstopper. www.pbjforgood.com/atlanta

Photo: Kathryn Johnson



Local Three's PB&J mousse cake was divine.



Few Buckhead restaurants do chicken and waffles as well as Bantam + Biddy.

NOW OPEN

CHECK OUT THREE NEW FAST-CASUAL BUCKHEAD RESTAURANTS.

SEVEN HENS SANDY SPRINGS

This outlet-centric eatery (the first location is in Decatur) dishes out schnitzels inspired from around the globe in a retro space decked with chalkboards, rustic finishes and a semi-open kitchen. We're partial to the Chinese chicken schnitzel platter, where tender white meat gets the crispy-fried treatment before being drizzled with teriyaki glaze and ginger-laced Chinese mayo.

GUSTO WOOD FIRE GRILL

Former NFL quarterback and Georgia native Nate Hybl grew tired of the unhealthy fast-casual options littering the city. His solution: Gusto—a globally influenced eatery where flavor-packed, fresh ingredients commingle with wood-grilled proteins and housemade sauces. Choose your flavor profile (think tahini cucumber feta or sweet soy sriracha) and your vehicle (salad, rice bowl, sandwich or flatbread wrap) and enjoy.

BANTAM + BIDDY

The fourth location of this Atlanta favorite, the brainchild of chef Shaun Doty and Lance Gummere, is now serving at Lenox, bringing its pastured poultry and seasonal, organic vegetables along for the ride. Make a beeline for the carryout counter and be sure to try the fried chicken and waffles and the deviled eggs with bourbon-spiked paprika.



▲ Don't miss the tahini cucumber feta flatbread wrap at newly opened Gusto!

▼ Seven Hens' owner ensures the perfect breading-to-chicken ratio at his outlet-centric eatery.

Bantam + Biddy Lenox
3393 Peachtree Road N.E.
Atlanta 30326
404.841.7539
www.bantamandbiddy.com

Gusto Wood Fire Grill
1935 Peachtree Road N.E.
Atlanta 30309
404.352.4157
www.gustowoodfiregrill.com

Seven Hens Sandy Springs
6615 Roswell Road, No. 24a
Sandy Springs 30328
404.228.5381
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