

It's Tea Time

There's no denying craft coffee has had its day in the sun. Today's trendy beverage: tea. It's no surprise, considering the myriad health benefits of drinking tea—packed with nutrients, tea has been known to protect against cancer, obesity and Alzheimer's disease. Never one to miss out on a trend, the Buckhead area is home to some incredible tea shops and services. Take a look at some of our favorites:

Zen Tea Atlanta Tea Room

Boasting a collection of more than 160 teas from around the globe, this warm and welcoming tea temple in Chamblee hosts daily high tea service (reservations required; \$24 per person), alongside weekly tea tastings and classes, tea flights in their café, free Wi-Fi and a light bakery menu.

Bishops Coffee and Tea

Beloved for both their coffee and tea offerings in Morning-side, expect more than 50 sustainably sourced, loose-leaf tea varieties from around the world. Whether you're craving white, green, oolong, black or herbal tea, this locally owned shop is as charming as it is delicious. Go for the

Bombay Chai latte—its layered, spicy profile puts that bottled concentrate used at other places to shame!

Hotel High Tea

Both the Ritz-Carlton Buckhead (\$44 per person) and The St. Regis Atlanta (\$40 per person) offer traditional afternoon tea service. The Ritz's tea time, served in true British form with loose-leaf tea steeped in individual teapots and poured through sterling silver strainers into bone china teacups, is accompanied by sweet and savory treats and live piano entertainment, while the St. Regis offers a seasonally changing menu of savory petite sandwiches, freshly baked scones, pastries and petit fours with their tea service, which is delivered by their signature butlers.



Photo: Don Riddle



▲ Ritz's tea time is served in true British form with individual teapots, sterling silver strainers and bone china teacups.

◀ St. Regis' seasonally changing menu and tea service is as beautiful as it is delicious.

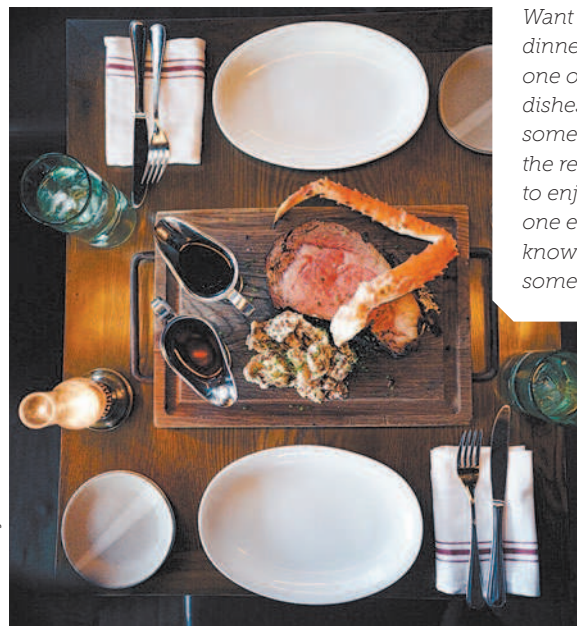
Bishops Coffee and Tea
1540 Monroe Drive N.E.
Atlanta 30324
866.332.5552
bishopscoffeeandtea.com

Ritz-Carlton Buckhead
3434 Peachtree Road N.E.
Atlanta 30326
404.237.2700
ritzcarlton.com/en/Properties/Buckhead

St. Regis Atlanta
88 West Paces Ferry Road
Atlanta 30305
404.563.7900
stregisatlanta.com

Zen Tea Atlanta Tea Room
5356 Peachtree Road
Chamblee 30341
678.547.0877
ezentea.com

Buckhead's Secret Menu Items



Want to push that special dinner over the top? Order one of these secret, off-menu dishes—not only will you earn some serious foodie cred with the restaurant, but you'll get to enjoy delicious plates no one else in the restaurant even knows about. Take a look at some of our favorites:

◀ Order early: there are only 12 prime ribs available each night at King + Duke.

10 Degrees South
4183 Roswell Road N.E.
Atlanta 30342
404.705.8870
10degreessouth.com

● King + Duke's Prime Rib

This masculine meat mecca has done it again, but only for diners in the know. Chef E.J. Hodgkinson's secret prime rib is cured overnight, cold-smoked for 6 hours and served alongside a whole grilled Alaskan king crab claw with crispy potatoes, horseradish crema, bordelaise and Tabasco brown butter. There are only 12 available each night, so get your order in stat.

● Lusca's Trout Roe Toast

Show your server you know your stuff by ordering the hush-hush trout

roe toast—a buttery sourdough will arrive, slathered in crème fraîche, briny roe, honey and Espelette pepper.

● Chops Lobster Bar's Lobster Truffle Mashed Potatoes

Savvy diners know the key to an over-the-top meal at this Buckhead mainstay is an order of the über-luxe and ultra-underground truffled mashed potatoes topped with buttery lobster.

● 10 Degrees South's Biltong

Sure, standard biltong (South African beef jerky) is available on the regular

Chops Lobster Bar
70 West Paces Ferry Road N.W.
Atlanta 30305
404.262.2675
buckheadrestaurants.com/chops-lobster-bar

King + Duke
3060 Peachtree Road N.W.
Atlanta 30305
404.477.3500
kinganddukeatl.com



Buckhead welcomes Brazilian steakhouse Chama Gaucha.

NOW OPEN

CHAMA GAUCHA

This Spring, Buckhead welcomed Brazilian steakhouse chain Chama Gaucha. It is anchored around a lit-from-within antipasto bar offering charcuterie, cheeses and sides to complement the slow-roasted meats and sausages coming from the kitchen. Don't miss the outdoor bar complete with fire pits perfect for after-dinner drinks.

PIZZA CROSTA

From the masterminds behind Buckhead Pizza Company, Buckhead's latest pizza concept opened its doors in early May, bringing counter-service, fresh-made, personalized pizza to The Prado in Sandy Springs. But even more unique than their scratch-made yet affordable pizzas is their dipping station for the crusts. Akin to a salsa bar, the crust station features fresh spices and a bevy of oils and dips to slather on. Fresh salads, garlic knots and a selection of wine and local beer is also available.

Chama Gaucha
3365 Piedmont Road N.E.
Suite 1350
Atlanta 30305
404.842.0011
chamagaucha.com

Pizza Crosta
5590 Roswell Road
Suite A-140
Sandy Springs 30342
404.843.1200
pizzacrosta.com

Head to brand new Pizza Crosta for personalized pizzas hot from the wood-burning oven.



menu, but discerning diners up the ante when they request one of the three clandestine flavors not listed on the menu—teriyaki, garlic and peri-peri.

● Seven Lamps' 50/50 Burger

Arguably Buckhead's best burger isn't found on any menu—for a taste, you'll have to order chef Drew Van Leuvan's classified creation from memory. Don't worry, one taste of the burger—made from a blend of Brasstown Beef's grass-fed brisket and top round—and it will be engrained forever. It's grilled over a wood fire, covered with melty cheddar, topped with bacon, pickles

and caramelized onions and sandwiched in a baked in-house brioche bun smothered with housemade Thousand Island dressing.



Photo: Sarah Dodge

▲ The hush-hush trout roe toast at Lusca is not to be missed.

Lusca
1829 Peachtree Road N.E.
Atlanta 30309
678.705.1486
luscaatl.com

Seven Lamps
3400 Around Lenox Road N.E., Suite 217
Atlanta 30326
404.467.8950
sevenlampsatl.com

MY BUCKHEAD: RAHUL SHARMA

FOUNDER OF GOOD HABIT BOX,
AN ATLANTA-BASED FOODIE
SUBSCRIPTION BOX, SHARES
HIS FAVORITE SPOTS IN BUCKHEAD



Rahul Sharma launched Good Habit Box earlier this year, delivering curated boxes chock-full of healthy snacks (think high-protein shakes, global teas, super food-packed oatmeal and granolas and trail mix) nationwide. Now for Sharma's guide to Buckhead eats:

- When I'm craving a quick, cheap bite to eat, I go to Souper Jenny—it's healthy and always delicious.
- Time to celebrate—I'm headed to St. Cecelia, King & Duke or Restaurant Eugene.
- My go-to coffee shop is Octane—perfect coffee for smart conversation.
- When I've got no time to cook or go out, I pick up Buckhead Pizza—you can also take classes with friends and learn how to make your own pizza.
- When it comes to grocery stores, I shop at Whole Foods. Lucy's Market on West Paces Ferry and the Peachtree Road Farmers Market are also perfect for foodies to get the best seasonal produce.
- When it's happy hour, you'll find me at Fadó Irish Pub—it's the perfect place to meet for drinks. Taking wine home? Sherlock's has a good selection, which they also carry by the case—it's where I found my new favorite, Keenan merlot, when we moved to Buckhead.
- When I'm in the mood for ethnic food, I go to Tomo—their sushi is the best.
- Sunday Brunch—my favorite spot is Café Jonah; hands down, the best brunch, not just in Buckhead, but in town.
- Night out on the town and I'm at Whiskey Blue at the W. They've got great music, good drinks and views of Buckhead.