

MARY MAC'S TEA ROOM

Our Story



A SOUTHERN TRADITION SINCE 1945

In 1945, Mary MacKenzie opened the doors of Mary Mac's Tea Room in the heart of Atlanta. In the years following World War II, many enterprising women turned to restaurant ownership for new opportunities. Since women could not officially open "restaurants" at the time, they adopted the more refined name of tea room. Mary Mac's was one of sixteen such tea rooms across Atlanta offering classic Southern food and hospitality. Today, it proudly remains the city's only original tea room; still welcoming guests and honoring the legacy of enterprising women—just as it has for generations.

Carrying On A Beloved Southern Tradition

The legacy of Southern cuisine and hospitality is alive and well at Mary Mac's Tea Room. What began as a single dining room has grown into six bustling rooms that have welcomed countless guests—including Oprah Winfrey, Richard Gere, and the Dalai Lama. Though the restaurant has grown, it's still 1945 in our kitchen. We do things just the way Mary MacKenzie did: washing fresh greens by hand, snapping green beans each morning, baking our own breads and desserts like old-fashioned banana pudding and fresh Georgia peach cobbler, and brewing the best sweet tea—known fondly as the "Table Wine of the South."

Recently, the Georgia House of Representatives honored Mary Mac's Tea Room with a special resolution recognizing our dedication to authentic Southern fare and gracious service. With that distinction, we're proud to be officially named "Atlanta's Dining Room."

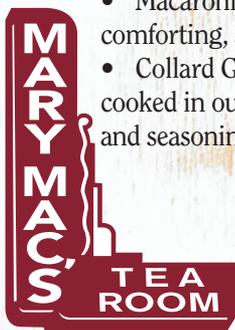
About Your Order

- Macaroni & Cheese - A classic Southern version, savory and comforting, and baked to perfection with an iconic crispy golden crust.
- Collard Greens – Hand-cleaned and freshly chopped daily, slow-cooked in our homemade stock with just the right touch of ham hock and seasoning.

Keep In Touch

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**MARY
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MARY MAC'S REHEATING INSTRUCTIONS

MACARONI & CHEESE

- Pre heat oven to 300°.
- Place Mac & Cheese on a middle rack and cook from frozen uncovered for 25 minutes at 300 degrees or until an internal temperature of 135 degrees is reached.

MMTR Mac & Cheese

Nutrition Facts	
8 servings per container	
Serving size	4 oz (113g)
Amount Per Serving	
Calories	290
% Daily Value*	
Total Fat 17g	22%
Saturated Fat 10g	50%
<i>Trans Fat</i> 0g	
Cholesterol 50mg	17%
Sodium 290mg	13%
Total Carbohydrate 19g	7%
Dietary Fiber <1g	3%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 0.5mcg	2%
Calcium 310mg	25%
Iron 0.9mg	4%
Potassium 70mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: CHEDDAR (MILK, CULTURES, SALT, ENZYMES, ANNATTO (COLOR)), WATER, PASTA ELBOW MACARONI, WHOLE MILK (MILK, VITAMIN D3), HEAVY CREAM (HEAVY CREAM, SKIM MILK, CARRAGEENAN), CHICKEN, PARMESAN (MILK, CHEESE CULTURES, SALT, ENZYMES), GARLIC, WHITE PEPPER, CAYENNE PEPPER

COLLARD GREENS

- Pre heat oven to 300°.
- Place covered collard greens in pre heated oven and cook from frozen for 50 minutes or until an internal temperature of 135° is reached.

MMTR Collard Greens

Nutrition Facts	
8 servings per container	
Serving size	4 oz (113g)
Amount Per Serving	
Calories	180
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 6g	30%
<i>Trans Fat</i> 0g	
Cholesterol 20mg	7%
Sodium 1370mg	60%
Total Carbohydrate 5g	2%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0.5mcg	2%
Calcium 200mg	15%
Iron 0.5mg	2%
Potassium 220mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: COLLARD GREENS, LARD, PORK, FRESH, BACKFAT, RAW, PORK, FRESH, LEG (HAM), WHOLE, SEPARABLE LEAN ONLY, RAW, SALT