

MARY MAC'S TEA ROOM

Our Story

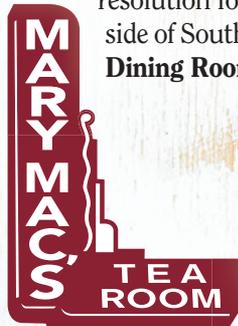


1945 - HUMBLE BEGINNINGS

Back in 1945, Mary MacKenzie opened Mary Mac's Tea Room near Peachtree Street on Ponce de Leon Avenue. In those tough days right after the end of World War II, enterprising women in search of a living, some of them mothers widowed by the war, were establishing restaurants all over Atlanta. At the time, a woman couldn't just open a restaurant, so many female proprietors used the more refined Southern name of "Tea Room." Mary Mac's Tea Room was one of 16 tea rooms in Atlanta and seated 75 guests. Today, Mary Mac's is the only original tea room that remains.

We have 6 bustling dining rooms and a full-service bar. The restaurant has expanded to 13,000 square feet, occupying several store fronts, and is one of the city's five-largest restaurants. Though our restaurant has grown over the years, it's still 1945 in the kitchen. We still do things the way Mary MacKenzie and her successor, renowned owner, Margaret Lupo (1962-1994), did things. Every morning, we hand wash our carefully selected greens and snap fresh green beans by hand. We bake our own scrumptious breads and desserts, like old fashioned banana pudding, and fresh Georgia peach cobbler, and brew up the best sweet tea – **"Table Wine of the South"**.

The tradition of Southern cuisine and hospitality continues. We have a few people still serving and cooking at Mary Mac's who have been employed with us for over forty-five years. The location has stayed the same, and the food remains nearly identical to what it was over seventy years ago. We were recently honored by the State of Georgia and the House of Representatives with a special resolution for providing authentic Southern fare, always served with a side of Southern graciousness, and we were officially named **"Atlanta's Dining Room"**. *We look forward to serving you soon!*



Keep In Touch

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MARY MAC'S

TEA ROOM

MARY MAC'S REHEATING INSTRUCTIONS

SWEET POTATO SOUFFLÉ

- Pre heat oven to 300°.
- Cook the sweet potato soufflé' uncovered for 45 min. or until an internal temperature of 135° is reached.

Recipe 2459573

Nutrition Facts	
8 servings per container	
Serving size	8 (113g)
Amount Per Serving	
Calories	120
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Cholesterol 15mg	5%
Sodium 60mg	3%
Total Carbohydrate 25g	9%
Dietary Fiber 3g	11%
Total Sugars 10g	
Includes 6g Added Sugars	12%
Protein 2g	
Vitamin D 0.1mcg	0%
Calcium 40mg	4%
Iron 0.7mg	4%
Potassium 330mg	8%

* 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: SWEET POTATO, WHOLE MILK, SUGAR, EGG, NUTMEG, VANILLA EXTRACT (WATER, PROPYLENE GLYCOL, VANILLIN, CARAMEL COLOR, 0.1% SODIUM BENZOATE (ADDED AS A PRESERVATIVE), PHOSPHORIC ACID, AND ETHYL VANILLIN

CONTAINS: MILK, EGG

COLLARD GREENS

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

Recipe 2635370

Nutrition Facts	
8 servings per container	
Serving size	4 (113g)
Amount Per Serving	
Calories	80
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
Cholesterol 10mg	3%
Sodium 3710mg	161%
Total Carbohydrate 6g	2%
Dietary Fiber 5g	18%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0.2mcg	0%
Calcium 260mg	20%
Iron 0.6mg	4%
Potassium 330mg	8%

* 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, HAM (CURED WITH WATER, DEXTROSE, SALT, CONTAINS 2% OR LESS OF LEMON JUICE CONCENTRATE, SODIUM PHOSPHATES, VINEGAR, SODIUM ERYTHORBATE, SODIUM NITRITE), SALT, CALCIUM SILICATE, DEXTROSE, POTASSIUM IODIDE, LARD