

BREAKFAST ANYTIME

- Eggs, Taters and Toast** Cage free eggs and taters with your choice of toast. 4.95
Add Bacon or Sausage \$1.50
- Paleo Breakfast Bowl** Organic kale, broccoli, mushrooms, cabbage sautéed in coconut oil. Topped with Ginger Basil dressing. Served with your choice of bacon, ham or sausage. 6.95
- Mike Crawford Breakfast Sandwich** Toasted english muffin with Earth Balance butter, 2 eggs, sausage, spinach, avocado, tomatoes & cheddar cheese. Served with Tater Tots 6.95
- Breakfast Burrito** Scrambled Eggs, tater tots, cheese and salsa. 4.95
Add Bacon or Sausage for \$1.50

GREAT FULL BOWLS

Choice of dressing

- Cilantro Lime Balsamic Herb Wasabi Dressing
 Rad Ranch Apple Cider Tarragon

Add an Mary's free range chicken breast to any bowl.....\$3.95
Add a wild Alaskan Sockeye Salmon filet to any bowl.....\$4.95

Gino's Raw Power Bowl

Hempseeds, spinach, kale, broccoli, avocado, cucumbers, tomatoes, pea shoots, carrots & lemon oil.
 8.25

Paleo Bowl

Choose Wild Alaskan Sockeye Salmon or Mary's free range chicken breast served with organic kale, broccoli, mushrooms, cabbage and salsa. Sautéed in coconut oil
 9.95 SALMON 8.95 CHICKEN

Chicken Taco Salad

Mary's Free range chicken breast atop organic lettuce, black beans, mozzarella, salsa, sour cream & tortilla strips.
 8.95

Tasty Tuna Salad

Line caught Albacore tuna salad, cucumbers, sunflower seeds, tomatoes, carrots & lettuce with your choice of dressing.
 8.75

Green House Salad

Organic lettuce, tomatoes, sunflower seeds, broccoli & cucumbers with your choice of dressing.
 5.25

LIEGE WAFFLES

- Traditional Liege Waffle** These waffles are made from a special dough with imported pearl sugar. Great for a sweet snack on the go! 3.99
- Euro Pick Me Up** Liege waffle & a cup of Blind Dog coffee 4.99

Add Nutella for \$1.00

GREAT FULL BURGERS & EATS

Add cheese for \$0.50

- Great Full Black Bean Patty** Vegan black bean burger on a toasted bun with pesto aioli, lettuce, tomato & onions & pickles. Served with your choice of side. 8.95
- Great Full Burger** Natural, grass fed beef burger on a toasted bun, with 1000 island, lettuce, tomato, pickle & onions and your choice of side. 8.95
- Wild Salmon Sandwich** Wild Alaskan Sockeye salmon on a toasted bun w/ garlic aioli, lettuce, tomato, pickles & onion. Served with your choice of side. 9.95
- Great Full Chicken Sandwich** Mary's Free range chicken breast on a toasted bun with slow roasted tomato aioli, lettuce, tomato & onions. Served with your choice of side. 8.95

GREAT FULL SANDWICHES

Our sandwiches are toasted to perfection unless you say so.

ADD ONS:

Side salad\$3.00 Bacon.....\$2.00
 Your choice of cheese.....\$.50 Avocado.....\$1.00

Sandwiches come with choice of soup, chips, quinoa salad or tots.
 Half....\$5.79 Whole....\$9.29

- Gourmet Grilled Cheese** Our phenomanal pesto aioli, heirloom tomatoes with cheddar, provolone & mozzarella cheeses toasted to melty perfection.
- Veghead** Roasted eggplant, yellow squash, zucchini, red peppers, tomatoes, red onions, provolone OR vegan cheese, pesto aioli, & green leaf lettuce.
- Thanksgiving Sandwich** Golden roast turkey, herbed stuffing, cranberry aioli, cranberry, Provolone & green leaf lettuce.
- Terrific Turkey Pesto** All natural roasted turkey breast, tomatoes, lettuce, red onion, provolone cheese & Phenom Pesto aioli.
- Fabulous FLT** Vegan smoked tempeh "Facon" with roasted tomato aioli, lettuce, tomatoes on sourdough.
- Beautiful BLT** Applewood smoked bacon served on Truckee sourdough with roasted tomato aioli, lettuce, and tomato.
- Hickory Smoked Honey Ham** All natural honey smoked ham, Cheddar cheese, slow roasted tomato aioli, tomatoes, red onion & lettuce.
- Tasty Tuna Melt** Albacore tuna salad, Cheddar cheese, heirloom tomatoes, green leaf lettuce & red onion.

GinoTheSoupMan Soups



CUP.....\$3.50 BOWL.....\$4.50

Our famous soups are made right here in Reno!



HOURS

M - TH 7am - 7pm

FRIDAY 7am- 5pm

SAT 10am- 2pm

Our mission:

We support people's choices to eat healthy by creating a restaurant concept that works for every lifestyle!

- We use locally grown, organic produce whenever possible.
- Our spices are 100% fair trade, organic from local company, HQ Organics.
- All of our meats are hormone free, and contain NO growth stimulants, antibiotics, fillers, nitrates or nitrites.
- Our mayo, aioli and butter items are all vegan
- Coffee is carefully selected from local Blind Dog Coffee Roasters.
- GFG is the home of GinoTheSoupMan Soups.
The GTSM soups are made from scratch with the best ingredients.
There is no dairy and most are gluten free.
Available at the Great Basin Community Food Co-op, Whole Foods Market,
and of course, Great Full Gardens Midtown.

LEARN MORE:

www.greatfullgardens.com

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Great Full Gardens Express for daily specials and announcements.

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(775) 682-9590

PRICES & HOURS SUBJECT TO CHANGE WITHOUT NOTICE

