



270-297-9036

<http://www.bigotakeout.com>

# Genes Health Food

## Please Note:

**Adding items and/or special requests may incur an extra charge after checkout**

## Organic Salads

- Roasted Beet Salad \$7.00  
*Arugala, roasted beets, sliced apples, candied pecans & feta cheese with an Orange Vinaigrette*
- fall salad \$7.00
- GENE'S Garden Salad \$8.50  
*Spinach, veggies, sprouts, nuts & avocado with your choice of dressing.*

## Sandwiches and Wraps

**Our Sandwiches are served on locally made bread or whole wheat wrap. Organic Dave's Killer bread is also an option-feel free to change it up. Wide slice GF bread or coconut paleo wrap is also available (for an extra charge)**

- Famous Tuna Salad \$7.50  
*Our Family Secret Tuna Salad Recipe, pick you topping with veganaise.*
- Avocado Toast \$7.99  
*Seasoned and smashed avocado, radish sprouts on two toasted slices of Daves Killer Bread*
- Garden Burger \$8.00  
*Grilled vegetarian patty on a sprouted grain bun with lettuce, tomato, white colby cheese and shallot aioli*
- Chipotle Black Bean Burrito \$8.25  
*House made chipotle pepper, smoked sweet potato, black bean & corn topped with pickled onions, tomato, lettuce & avocado cilantro aioli*
- Super Sprouter \$7.00  
*House grown alfalfa & bean sprouts with lettuce, tomato, avocado and veganaise.*
- Out of Sight Turkey Delight \$9.50  
*Sliced turkey, jicama apple slaw, sharp white cheddar, banana pepper, spinach, & veganaise toasted to perfection*
- Thai Basil Chicken Salad \$7.50  
*Free range roasted chicken smothered in our house made sweet Thai basil sauce with lettuce tomato & veganaise*
- Southwest Herb Burger Wrap \$8.00  
*Grilled garden herb burger, alfalfa sprouts, tomato & avocado with chipotle veganaise*
- Chicken Tacos \$9.25  
*Slow roasted free range chicken, cilantro lime slaw, sliced avocado, lime & chipotle sour cream on a corn tortilla (order 2 or 3)*
- Curry Chicken Salad \$8.50  
*Free range roasted chicken*

*smothered in our house made curry  
sauce with celery, cashews & raisins  
with lettuce, tomato, avocado &  
veganaise*

Turkey Bacon Club \$9.50

*Sliced turkey, crisp bacon with  
lettuce, tomato, avocado, & shallot  
aoli*

Apple Butter Bacon Grilled \$8.50

Cheese

*Crisp bacon, apple butter &  
cheddar cheese*

Fig and Pig Grilled Cheese \$8.50

*Crisp bacon, fig preserves,  
mozzarella, white colby cheese &  
fresh basil*

Very Vegi Wrap \$7.25

*Veggies, hummus & avocado*

## **Organic Soups**

Indian Summer Stew \$5.00

Chicken Tortilla Soup \$5.50

Half & Half Combo \$8.00

*Choose a combination of 2 of the  
following: 1/2 Sandwich, 1/2 soup,  
1/2 salad. Excludes Wraps*

## **Sides**

Smoked Sweet Potato Salad \$3.50

Scoop of Chicken Salad \$4.00

Hummus and Veggies \$3.99

Guacamole with Chips or \$4.50

Veggies

Hard Boiled Egg \$1.00

Avocado with Olive Oil \$2.99

Scoop of Tuna \$3.50

## **Kids Menu**

Mimi's Grilled Cheese \$4.99

*White Colby Cheese grilled to  
perfection*

Peanut Butter and Jelly \$6.99

*Fresh ground peanut butter and  
your choice of jelly.*

1/2 Turkey & Cheese \$3.50

*Sliced turkey, white colby cheese &  
veganaise*

## **Juices**

**All juices are 16 oz (excluding shots)  
and made with organic ingredients.**

Gene's Greens \$7.50

*Cucumber, celery, kale, apple,  
lemon & ginger*

Green Zinger \$7.50

*Cucumber, celery, kale, lemon,  
extra-virgin olive oil & cayenne*

Pump Up The Beet \$7.50

*Carrot, beet, orange & ginger*

Kale Lemonade \$7.50

*Apple, kale, lemon & ginger*

Pink Panther \$7.50

*Grapefruit, carrot, apple, lemon, &  
ginger*

Mad Carrot \$6.25

*Carrot, apple & celery*

Be Your Own Juiceologist-You \$7.99

choose the mix

Breath of Fire Shot \$2.75

*Ginger, Lemon, Coconut Sugar,  
Reverse Osmosis Water & Cayenne*

## **Smoothies**

**All Smoothies are 16 oz and made  
with organic ingredients if possible.**

Protein Scream 16 oz. \$6.99

*Mangoes, grass fed whey protein,  
coconut milk, apple juice & hemp  
seeds*

- The Glow** \$6.99  
*Mangoes, strawberries, grass fed collagen, coconut milk & apple juice*
- Nuts About Jam** \$6.99  
*Strawberries, blueberries, your choice of almond or peanut butter, grass fed whey protein, coconut milk & apple juice*
- Fiberlicious 16 oz.** \$6.99  
*Strawberries, blueberries, coconut milk, apple juice, flax seeds, chia seeds, & hemp seeds*
- Blue Brain Blast 16 oz.** \$6.99  
*Blueberries, grass fed whey protein, housemade cold brew coffee & coconut milk*
- Green Goddess 16 oz.** \$8.50  
*Spinach, Cucumber, Avocado, Apple, lemon juice, Local Honey & alkaline H2O*
- Maca-rita** \$6.99  
*Strawberries, bananas, grass fed whey protein, coconut milk, apple juice & maca*
- TropiKale** \$6.99  
*Bananas, mangoes, kale, grass fed whey protein, apple juice, lime juice & shredded coconut*