

BENTO PICNIC

Inspired by the tradition of Japanese homemakers, we use the five elements of **color, taste, and technique** to craft bento meals that are *balanced, delicious and nourishing.*

HEALTHY
BENTO BOXES
& BOWLS

BENTO BOXES

\$12

pick your style

Garden GF, DF
Pumpkin and Potato Salad
w/ Organic Tomato

Noodle DF
Sesame Soba Noodles

Rice GF, DF
Sticky Rice w/ Quinoa

pick your protein

Roasted Chicken*

Pork Meatball*

Smoked Salmon

Teriyaki Tofu*V

Mushroom V

every box comes with

Seasonal Veggies

House Pickles

Sesame Tamari Sauce

Seasonal Slaw

add a side

COMES FREE WITH EVERY BOX PURCHASED IN STORE OR AT BENTOPICNIC.COM

Additional items are \$3.50 each. If marked with a +, only \$2.00 extra

Tamagoyaki Egg DF, GF

Tomato Salad w/ Ginger & Herbs* V, GF

Japanese Pumpkin + Potato Salad V, GF

Curry Cauliflower Pilaf V, GF

Topo Chico or Tea +

Miso Soup* V, GF

Miso Rice Cup* V, GF

Honey Butter Cornbread + GF

Extra Protein

Avocado +

extras

Ancho Sauce

Crispy Shallots

Extra Pickles

.50¢ each

V = Vegan DF = Dairy-Free GF = Gluten-Free MS = Mealshare * = Contains Soy

favorite bento combos

Pork Rice Bento
w/ Tamagoyaki Egg

Mushroom Noodle Bento
w/ Pumpkin Potato Salad

Salmon Noodle Bento
w/ Miso Soup

Chicken Garden Bento
w/ Extra Protein

Tofu Rice Bento
w/ Green Tea

Everything on our menu is free from artificial ingredients, dyes and MSG. All our eggs are free-range, and our pork and poultry are all-natural, antibiotic and hormone-free. We are happy to accommodate allergies and dietary restrictions whenever possible.

bowls

Curry Bowl ^{GF, DF} \$12

Japanese Curry with Carrot, Potato, Scallion, Quinoa Rice, Fuku Pickles, and Tomato Salad

CHOOSE: Chicken or Cauliflower (MS)

Teriyaki Bowl ^{* GF, DF} \$12

Teriyaki Stirfry with Red Pepper, Broccoli, Onion, Quinoa Rice, Pickled Lotus Root, Crispy Shallot

CHOOSE: Pork Meatball or Tofu

Quinoa + Greens Bowl ^{GF, DF} \$12

Seasonal Greens with Quinoa Pilaf, Pickled Shallot, Fresh Herbs, Toasted Pepita Seeds, Lemon Vinaigrette

CHOOSE: Salmon or Mushroom (MS)

Avocado Bowl ^{V, GF} \$6

Rice Bowl with Avocado, Tamagoyaki Egg, Smoked Ancho Sauce, Black Sesame Gomashio, and Green Onion

ADD: Miso Soup \$2.00

sharing-style sides

Guacamame Bowl ^{* V, GF} \$6.75

Guacamame Dip with Fresh Veggies

Gyoza ^{* DF} \$7.50

Pork Dumplings with Sesame Tamari Sauce

Tamagoyaki ^{GF, DF} \$7.50

Tamagoyaki Egg with Nori, Green Onion, and Smoked Ancho Sauce

Tomato Salad ^{* V, GF} \$6.50

Organic Tomato with Ginger, Onion, Fresh Herbs

housemade drinks

Lemonade ^{Fresh Squeezed} \$3.99

Tea ^(Iced or Hot) \$2.50

Coffee ^{Organic Fair Trade (Cold Brew or Drip)} \$2.50

canned & bottled

Iced Green Tea ^{Ito-En} \$2.50

Kombucha ^{K Tonic} \$4.99

Yaupon Mate ^{Local Leaf} \$4.99

Sparkling Yerba Mate ^{Clean Cause} \$3.99

Sparkling Water ^{Waterloo} \$2.00

Topo Chico \$2.50

Bottled Water \$2.00

sweets

Chocolate Chip Cookies ^{* GF} \$1.75/ea Soft-baked with White Miso, Silvered Almonds, and Chocolate Chips \$5/3-pack

Honey Butter Cornbread ^{GF} \$2/Single Our famously moist Cornbread Muffins made with Local Honey and Organic Dairy \$6/4-pack

Coconut Ice Cream ^{V, GF} \$3.50/scoop Seasonal Flavors of Local Ice Cream made with Coconut Milk and Evaporated Cane Sugar \$7/12oz container

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For every Mealshare (MS) item purchased, we'll provide one simple, healthy meal to a youth in need.  
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cafe
all day

Coffee and a Pastry

\$4

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