

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

- Chicken Patties** *
- Pulled Pork**
- 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 | Miso Soup * v, GF |
| Tomato Salad w/ Ginger & Herbs * v, GF | Miso Rice Cup * v, GF |
| Japanese Pumpkin + Potato Salad v, GF | Honey Butter Cornbread + GF |
| Curry Cauliflower Pilaf v, GF | Extra Protein |
| Topo Chico or Tea + | 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} \$8

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

ADD: *Miso Soup \$2.00*

ADD: *Smoked Salmon \$4.00*

sharing-style sides

Guacamame Bowl* ^{V, GF} \$7.75

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

Salmon Dip Bowl ^{GF} \$7.75

Cream Cheese with Smoked Salmon and Fresh Veggies

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

CBD Cold Brew Coffee \$7.99

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 tub

Flourless Brownie ^{GF} \$3.25/ea

Made with Dark Chocolate, Sweet Potato and Almond Butter

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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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Did You Know?

we have vegan
ice cream!

\$3.50 a scoop
\$7.00 12 oz. tub

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