

BENTO MENU \$12

Each bento comes with one free add-on when you order at our kiosk or bentopicnic.com!

GARDEN BENTOS

| grain-free veggie |
300 - 390 calories

EDAMAME

Vegan GF

Guacamame, Organic Kale Salad,
House Vinaigrette, Seasonal Pickles,
Japanese Pumpkin

MUSHROOM

Vegan GF

Sautéed Cremini Mushrooms, Organic Kale Salad,
House Vinaigrette, Seasonal Pickles,
Japanese Pumpkin

EGG

Vegetarian GF

Tamagoyaki Egg, Organic Kale Salad,
House Vinaigrette, Seasonal Pickles,
Japanese Pumpkin

PORK

DF GF

Berkshire Pork Meatballs with Teriyaki Glaze,
Organic Kale Salad, House Vinaigrette,
Seasonal Pickles, Japanese Pumpkin

SALMON

DF GF

Oak Smoked Salmon, Organic Kale Salad,
House Vinaigrette, Seasonal Pickles,
Japanese Pumpkin

CHICKEN

DF GF

Organic Chicken with Miso Glaze,
Organic Kale Salad, House Vinaigrette,
Seasonal Pickles, Japanese Pumpkin

RICE BENTOS

| sticky rice + quinoa |
540 - 680 calories

TOFU + PUMPKIN

Vegan GF

Organic Tofu Cutlet, Japanese Pumpkin,
Seasonal Pickles, Shredded Carrot, Organic Kale,
Crispy Shallot, Sesame Tamari, Quinoa Sticky Rice

PORK + EGG

DF GF

Berkshire Pork Meatballs with Teriyaki Glaze,
Tamagoyaki Egg, Seasonal Pickles, Shredded
Carrot, Organic Kale, Crispy Shallot,
Sesame Tamari, Quinoa Sticky Rice

SALMON

DF GF

Oak Smoked Salmon, Seasonal Pickles,
Shredded Carrot, Organic Kale, Lemon,
Crispy Shallot, Sesame Tamari, Quinoa Sticky Rice

CHICKEN

DF GF

Organic Chicken with Miso Glaze, Seasonal Pickles,
Shredded Carrot, Organic Kale, Crispy Shallot,
Sesame Tamari, Quinoa Sticky Rice

NOODLE BENTOS

| soba + greens |
580 calories

MUSHROOM + PUMPKIN

Vegan DF

Sautéed Cremini Mushrooms,
Soba Noodles, Organic Kale,
Organic Cherry Tomatoes
Sesame Tamari, Japanese Pumpkin

TOFU + EGG

Vegetarian DF

Organic Tofu Cutlet,
Soba Noodles, Organic Kale,
Organic Cherry Tomatoes
Sesame Tamari, Tamagoyaki Egg

CHICKEN + EGG

DF

Organic Chicken with Miso Glaze
Soba Noodles, Organic Kale,
Organic Cherry Tomatoes
Sesame Tamari, Tamagoyaki Egg

GF = Gluten Free DF = Dairy Free

ADD - ONS

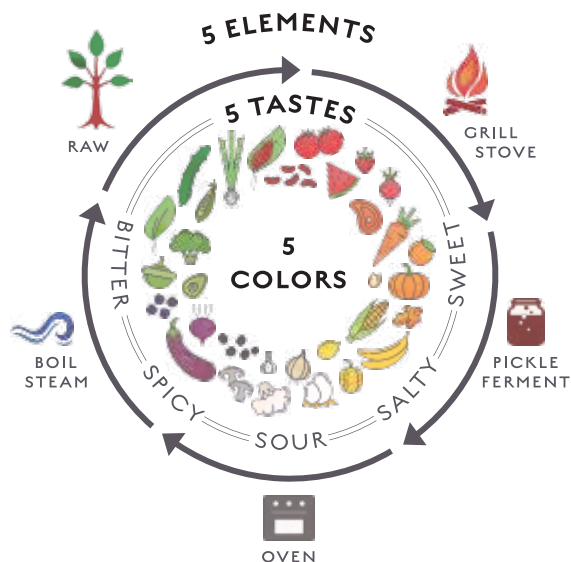
Choose one free add-on! Additional items are \$2 each.

MISO SOUP
MISO RICE CUP
TAMAGOYAKI EGG

HONEY BUTTER
CORNBREAD
RED BEAN
JELLY BAR

TOPO CHICO
BOTTLED WATER
GREEN TEA
Sweet or Unsweetened

BENTO • PICNIC



We take a modern, local approach to traditional Japanese bento cuisine using all **5 colors, 5 tastes & 5 elements** to create meals that strike the perfect balance, truly delicious and deeply nourishing.

DELICIOUS by DESIGN
NOURISHING by NATURE

Locally - Owned
Established in 2015

We Specialize in CATERING
512.987.8767

Bento (弁当) is Japanese for lunchbox.

SIDES

Miso Soup \$3.25

Vegan GF

Miso Rice Cup \$3.25

Vegan GF

Quinoa Kale Salad \$6.5

Vegetarian DF GF

Tamagoyaki Egg \$4

Vegetarian DF GF

Guacamame Dip (8oz) \$5

Vegan GF

Guacamame Cup with Veggies \$4.5

Vegan GF

Multigrain Chips \$1.5

Vegan GF

WRAPS

Served with Ancho Sauce

Guacamame Wrap \$6

Vegan

Chicken + Egg Salad Wrap \$6

DF

SWEETS

Honey Butter Cornbread \$2

Vegetarian GF

Red Bean Jelly Bar \$2

Vegan GF

Miso Butter Blondies \$5

Vegetarian GF *

DRINKS

Bottled Water \$2.5

Topo Chico \$2.5

Sweet Green Tea \$2.5

Unsweetened Green Tea \$2.5

BENTO
PICNIC

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AUSTIN TX 78702

• 512.987.8767 •

www.bentopicnic.com

Monday - Friday

10:30 AM - 2:30 PM