

BENTO • PICNIC

BENTO BOXES \$12

PICK YOUR STYLE:

- RICE
Sticky Rice with Quinoa
(gluten-free)
- NOODLE
Sesame Soba Noodles
- GARDEN
Pumpkin + Potato Salad
with Organic Tomato
(grain-free)

PICK YOUR PROTEIN:

- Pork Meatball
- Smoked Salmon
- Roasted Chicken
- Teriyaki Tofu (vegan)
- Mushroom (vegan)

ALL BENTOS INCLUDE:

- Roasted Carrots
- Sesame Green Beans
- Seasonal Slaw
- House Pickles
- Creamy Tamari Sauce

ADD-ONS

Each bento comes with one free add-on when you order at our shop or bentopicnic.com! Additional items are \$3.50 each.

- Miso Rice Cup
- Cauliflower Pilaf
- Pumpkin + Potato Salad
- Tomato Salad with
Ginger + Fresh Herbs
- Miso Soup
- Tamagoyaki Egg
- Honey Butter
Cornbread
- Extra Protein

EXTRAS \$.50

- Extra Sauce
- Crispy Shallots
- Extra Pickles

FAMILY-STYLE BENTO PLATTER

\$78 / SERVES 6

PICK ONE:

- Chicken Curry
- Cauliflower Curry
(vegan)
- Pork Teriyaki
- Tofu Teriyaki
(vegan)

EACH PLATTER INCLUDES:

- Organic Tomato Salad with Ginger Dressing
- Organic Kale Slaw
- Japanese Pumpkin + Potato Salad
- Crispy Shallots
- Pickled Lotus Root
- Quinoa Sticky Rice
- Smoked Ancho Sauce

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. 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. Our menu includes plenty of variety for gluten-free, vegan and vegetarian diets, and we are happy to accommodate allergies and dietary restrictions whenever possible.

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SNACK SETS

PICNIC SNACK SET \$8

Guacamame + Veggie Cup
Multigrain Chips
Fresh Lemonade

GLUTEN-FREE + DAIRY-FREE + VEGAN

MACRO SNACK SET \$6

Miso Soup
Sesame Rice Ball with Pickled Kombu
Toasted Nori
Tamari Dipping Sauce

GLUTEN-FREE + DAIRY-FREE + VEGAN

CAFÉ ALL DAY SNACK SET \$4

Honey Butter Cornbread
+ Coffee OR Tea

GLUTEN-FREE + VEGETARIAN

MARKET GOODIES

SAVORY

GUACAMAME DIP\$5
MULTIGRAIN CHIPS\$1.5
SEAWEED CRISPS\$3.25
TOASTED NORI \$1.25
CRISPY SHALLOT \$4.99
KEWPIE SAUCES \$5.99
WASABI OIL\$7.99
YELLOWBIRD HOT SAUCE ..\$6.99/9oz
\$3.25/2.2oz

SWEET

GREEN TEA CANDIES\$3.99
RED BEAN BAR\$2.49
MATCHA ALMONDS\$5.99
SOUR CANDIES \$3.99

All of our hand-selected snacks
are free from food dyes, MSG and
artificial ingredients.

DRINKS

Tea (Iced or Hot) \$3.00
Coffee, Organic Fair Trade \$3.00
Kombucha or Yaupon Mate \$4.99
Fresh Lemonade or Orange Juice \$3.99
Yerba Mate \$3.99
Topo Chico \$2.50
Bottled Water \$2.50

SHARING-STYLE SIDES

GUACAMAME BOWL\$6.75
Guacamame Dip with Fresh Veggies

GYOZA\$7.5
Pork Dumplings with Sesame Tamari

TAMAGOYAKI\$7.5
Tamagoyaki Egg with Nori, Green Onion + Smoked Ancho Sauce

TOMATO SALAD\$6.5
Organic Tomato with Ginger, Onion + Fresh Herbs

BOWLS \$12

CURRY BOWL

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

CHOOSE: CHICKEN OR CAULIFLOWER 

TERIYAKI BOWL

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

CHOOSE: PORK MEATBALL OR TOFU

QUINOA + GREENS BOWL


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

CHOOSE: SALMON OR MUSHROOM 

100% GLUTEN-FREE + DAIRY-FREE

PASTRIES

Miso Butter Blondies (Gluten-Free) \$5/3-Pack
Honey Butter Cornbread (Gluten-Free) \$2/Single
\$6/4-Pack

 For every Mealshare item purchased, we'll
provide one simple, healthy meal to a youth in need.