

# 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**

**Mushroom**

### 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** V, 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\*** V, GF

**Extra Protein**

**Avocado**

extras

**Ancho Sauce**

**Crispy Shallots**

**Extra Pickles**

.50¢ each

V = Vegetarian V+ = Vegan DF = Dairy-Free GF = Gluten-Free MS = Mealshare

## 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

100% Gluten-Free & Dairy-Free

### Curry Bowl **\$12**

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

CHOOSE: Chicken or Cauliflower (MS)

### Teriyaki Bowl **\$12**

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

CHOOSE: Pork Meatball or Tofu

### Quinoa + Greens Bowl **\$12**

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

CHOOSE: Salmon or Mushroom (MS)

### Smoothie Bowl **\$8** V+, GF

Okinawan Sweet Potato, Raspberry, Banana, Coconut Yogurt and Homemade Granola

### Avocado Bowl **\$6** V+, GF

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 **\$6.75**

Guacamame Dip with Fresh Veggies

### Gyoza **\$7.50**

Pork Dumplings with Sesame Tamari Sauce

### Tamagoyaki **\$7.50**

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

### Tomato Salad **\$6.50**

Organic Tomato with Ginger, Onion, Fresh Herbs

## housemade drinks

### Lemonade Fresh Squeezed **\$3.99**

### Orange Juice Fresh Squeezed **\$3.99**

### Tea (Iced or Hot) **\$2.50**

### Coffee Organic Fair Trade (Cold Brew or Dip) **\$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 **\$1.75/ea** Soft-baked with White Miso, Silvered Almonds, and Chocolate Chips **\$5/3-pack**

### Honey Butter Cornbread GF, V **\$2/ea** 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**

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

cafe  
all day

Coffee and a Pastry

**\$4**

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