

# 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 <sup>GF, DF</sup> \$12

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

*CHOOSE: Chicken or Cauliflower (MS)*

### Teriyaki Bowl <sup>\* GF, DF</sup> \$12

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

*CHOOSE: Pork Meatball or Tofu*

### Quinoa + Greens Bowl <sup>GF, DF</sup> \$12

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

*CHOOSE: Salmon or Mushroom (MS)*

### Avocado Bowl <sup>V, GF</sup> \$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 <sup>\* V, GF</sup> \$6.75

Guacamame Dip with Fresh Veggies

### Gyoza <sup>\* GF</sup> \$7.50

Pork Dumplings with Sesame Tamari Sauce

### Tamagoyaki <sup>GF, DF</sup> \$7.50

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

### Tomato Salad <sup>\* V, GF</sup> \$6.50

Organic Tomato with Ginger, Onion, Fresh Herbs

## housemade drinks

### Lemonade <sup>Fresh Squeezed</sup> \$3.99

### Tea <sup>(Iced or Hot)</sup> \$2.50

### Coffee <sup>Organic Fair Trade (Cold Brew or Drip)</sup> \$2.50

## canned & bottled

### Iced Green Tea <sup>Ito-En</sup> \$2.50

### Kombucha <sup>K Tonic</sup> \$4.99

### Yaupon Mate <sup>Local Leaf</sup> \$4.99

### Sparkling Yerba Mate <sup>Clean Cause</sup> \$3.99

### Sparkling Water <sup>Waterloo</sup> \$2.00

### Topo Chico \$2.50

### Bottled Water \$2.00

## sweets

### Chocolate Chip Cookies <sup>\* GF</sup> \$1.75/ea Soft-baked with White Miso, Silvered Almonds, and Chocolate Chips \$5/3-pack

### Honey Butter Cornbread <sup>GF</sup> \$2/Single Our famously moist Cornbread Muffins made with Local Honey and Organic Dairy \$6/4-pack

### Coconut Ice Cream <sup>V, GF</sup> \$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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