

# Hello, Sunshine.

OUR MENU IS 100% GLUTEN, CORN, PEANUT AND SOY FREE

## ANYTIME PLATES

<b>Harvest Hash (vf)</b> roasted sweet potato . spinach . brussels sprouts . grass-fed beef breakfast sausage . currant . onion . sage . apple . toasted pecan . chile flake . maple vinaigrette . poached egg*	\$16.50
<b>Pesto &amp; Goat Cheese Scramble (vg)</b> eggs . snap peas . fresno chile . asparagus . kale . basil pesto . whipped goat cheese	\$13.50
<b>French Toast (vg) ● ★ ▲</b> house-baked bread ● ★ ▲ . cherry-berry pomegranate jam . mascarpone drizzle ● . blueberries . strawberries . maple syrup	\$13.00
<b>Pancakes (vg) ▲</b> cassava flour batter ▲ . butter . maple syrup <b>choose:</b> plain . blueberry . chocolate chip ▲	\$12.00
<b>Salted Caramel Banana Pancakes (vg)</b> cassava banana batter ▲ . candied pecan . mascarpone drizzle ● . caramelized banana . salted caramel ■ . maple syrup	\$13.75
<b>Avocado Toast (vg) (v) ★</b> fermented sourdough ★ . mashed avocado . hemp seed . radish . chile flakes . micro-greens + poached egg* \$1.50 + chopped bacon \$1.50	\$10.25
<b>Superfood Muesli (vg) (vf)</b> raw rolled oats . goldenberries . mulberries . currants . golden raisins . apricots . hemp seed . coconut . cinnamon . berries . pomegranate . local honey drizzle <b>choose:</b> cashew milk (v) or whole milk	\$9.25

## BREAKFAST TACOS

<b>Eggs and Bacon</b> eggs . sugar-free bacon . raw cheddar . tomatillo salsa	\$6.95
<b>Meatlovers</b> pastured pork chorizo . grass-fed beef breakfast sausage . sugar-free bacon . eggs chipotle aioli*▲	\$7.50
<b>Black Bean, Potato &amp; Avocado (v)</b> black bean puree . marble potatoes . avocado . pico de gallo + chopped bacon \$1.50	\$6.95
<b>Add Extras?</b> + cheese : raw cheddar \$1.00 + loaded guacamole (v) \$1.00 + pico de gallo (v) \$0.75 + sweet potato (v) \$0.50	
<b>no tortilla? no problem : extra egg upon request</b>	

## SIDES

<b>Two Poached Eggs*</b>	\$3.00
<b>Sugar-Free Bacon</b>	\$3.00
<b>Seasonal Muffin (vg) ▲</b>	\$2.95
<b>Fresh Fruit Bowl (vg) (v)</b> house-choice fruit . orange-honey . mint	\$5.95
<b>Smashed Fried Potatoes (vg) (v)</b> garlic-herb . himalayan sea salt	\$4.00

## DRINKS

<b>Ginger Turmeric Cooler</b> ginger . honey simple syrup . turmeric . lemon . topo chico	\$5.00
<b>Hibiscus Cooler</b> hibiscus honey simple syrup . mint . lime . topo chico	\$5.00
<b>Matcha Mint Lemonade</b> matcha . mint . honey simple syrup . lemon	\$6.00
<b>Berry Basil Booch</b> blackberry . basil . ginger . raw local honey . lime . botanical kombucha	\$6.00
<b>Picnik Palmer</b> blueberry rooibos iced tea . limeade	\$4.75
<b>Blueberry Rooibos Iced Tea</b>	\$3.75
<b>Hot Tea</b> picnik breakfast blend . earl grey . jasmine green . desert rooibos	\$2.00

## WE HEART OUR PRODUCERS

### Conscious Meats

Bastrop Cattle Company . Bastrop, Texas . Beef  
Cobb Creek Farm . Hillsboro, Texas . Chicken  
Mary's Organic . Sanger, California . Chicken  
Tender Belly . Denver, Colorado . Pork  
Roam Ranch . Fredericksburg, Texas . Bison

### Wild-Caught Fish

Quality Seafood . Austin, Texas  
Austin Seafood . Austin, Texas

### Pasture-Raised Eggs

Yonder Way Farm . Fayetteville, Texas  
Vital Farms . Austin, Texas

### Ice Cream

Lick Honest Ice Creams . Austin, Texas

### Local Produce

Johnson's Backyard Garden . Austin, Texas  
Farm to Table . Austin, Texas

### Tortillas

Siete Family Foods . Austin, Texas

### Cheese & Dairy

Antonelli's Cheese Shop . Austin, Texas  
Pure Luck Farm & Dairy . Austin, Texas  
Mill King Market & Creamery . McGregor, Texas

### Honey + Maple

Good Flow Honey . Austin, Texas  
Tree Hive . Maple . Vermont

### Coffee & Tea

Olympia Coffee . Olympia, Washington  
Tea Embassy . Austin, Texas  
Zhi Tea . Austin, Texas

 **PICNIKAUSTIN**

● contains dairy ■ contains nuts ▲ contains eggs ★ contains rice (v) vegan (vf) can be modified vegan (vg) lacto-ovo vegetarian

symbols are only featured if the listed item cannot be omitted

\* Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

# Real Food, Y'all.

## PICNIK = REAL FOOD + GOOD VIBES

At Picnik, we only use **high integrity ingredients** including local, grass-fed and pasture-raised meats, wild-caught fish, local and raw cheese, all-natural bacon, grass-fed butter, whey & collagen, pink himalayan sea salt, raw apple cider vinegar and we **never** use gluten, soy, peanuts or corn.

**Avocado Oil** is our cooking oil of choice at Picnik. Even though it's 800% more expensive than traditional cooking oil, we use it to fill our fryers and saute our foods because it's so good for your health. It's chock full of heart-healthy fats, Oleic Acid, Vitamin E and carotenoids. The only other oils we use are nutrient dense **Coconut Oil** and **Local Texas Olive Oil**. No fear here, buttercup!

## AVAILABLE STARTING AT 11:00AM

### SHAREABLES

<b>Chicken Tenders ★▲</b> rice flour tempura . honey-mustard aioli*▲	\$12.25
<b>Fried Brussels Sprouts (vf)</b> pork belly . raw parmesan . maple vinaigrette	\$9.75
<b>Loaded Guacamole (v) (vg)</b> apple . kale . avocado . red onion . cilantro . almond flour tortilla chips■ + vegetable crudite	\$8.75
<b>Creamy Queso (v) (vg) ■</b> cheesy cashew creme . rajas . serrano . pico de gallo . almond flour tortilla chips ■ + guacamole (v)	\$10.75 \$1.00
<b>Three-Cheese Mac &amp; Cheese ●★</b> brown rice pasta ★. three-cheese sauce●. crunchy breadcrumb . green onion +chopped bacon	\$10.75 \$1.50
+sub cauliflower for pasta	\$1.00

### ENTRÉE SALADS

<b>Picnik Cobb</b> chopped chicken tenders ★▲ . radicchio . kale . romaine . cherry tomatoes . crispy bacon . avocado . blue cheese . hard-boiled egg . green goddess caesar*▲	\$18.95
<b>Citrus-Fennel Salad (vf) (vg)</b> arugula . blood orange . grapefruit . golden beet . fennel . pistachio dukkah ■ . goat cheese . charred lemon vinaigrette	\$13.25
<b>Rainbow Chopped Salad (v) (vg)</b> apricot . cucumber . broccolini . currants . radicchio . kale . romaine . pomegranate . sunflower seed . hemp seed . apple . spiced chickpea . creamy lemon-tahini	\$12.95
<b>Add Extras?</b> + blackened salmon + crispy chicken★▲ + grilled chicken + salt & pepper shrimp + grass-fed steak*	\$8.00 \$6.00 \$6.00 \$6.95 \$8.00

### MARKETPLATES

<b>Crispy Chicken Thighs</b> crispy chicken thighs . lemon beurre blanc ● . creamy mashed potato ● . asparagus	\$21.50
<b>Turmeric-Crusted Cauliflower Steak (v) (vg) ■</b> turmeric-pistachio crust ■ . caper-raisin purée . chickpea-cauliflower hummus . fresno chile relish	\$15.95
<b>Thai Red Curry (vf)</b> zucchini . carrots . pineapple . marble potatoes . red chile . ginger . lemongrass . broccolini . coconut milk . turmeric . cilantro . chive . local honey <b>choose :</b> chicken or shrimp + sub grass-fed steak* + jasmine white rice + veggie rice	\$18.95 \$2.00 \$2.00 \$3.00
<b>Fish Tacos</b> cassava flour tortillas . crispy black drum ★▲ . orange-sesame slaw . cilantro . pickled onion . lime . chipotle aioli*▲ + serranos	\$14.25 \$0.50
<b>Bison Meatballs + Greek Salad ■▲</b> grass-fed bison ■▲ . quinoa . cucumber . kalamata olive . tomato . red onion . fresh dill . tzatziki*▲ . lemon-oregano vinaigrette	\$17.95

### SWEET TREATS

<b>Blondie Ice Cream Sandwich ●■▲</b> world's best blondie . grass-fed vanilla ice cream . chocolate chip	\$7.25
<b>Fresh Fruit Bowl (vf)</b> house-choice fruit . orange-honey . mint	\$5.95
<b>Key Lime Pots de Crème (vg)▲</b> "graham cracker" crumble ■ . key lime custard ▲ . coconut whipped cream . honey	\$6.95

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## QUESTIONS? RESTRICTIONS? MODIFICATIONS? JUST ASK.

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