

Real Food, Y'all.

OUR MENU IS 100% GLUTEN, PEANUT AND SOY FREE

AVAILABLE STARTING AT 11:00AM

ENTREES

Harvest Hash (vf) roasted sweet potato . spinach . brussels sprouts . grass-fed beef breakfast sausage . currant . onion . sage . apple . toasted pecan . chili flake . maple vinaigrette . poached egg*	\$16.50
Avocado Toast (vg) (v) ★ gluten-free bread ★ . basil pesto . smashed avocado . tomato . poached egg* . blackened seasoning . hemp seeds + chopped bacon	\$10.25 \$1.50
Eggs & Bacon stone-ground corn tortilla . eggs . sugar-free bacon . raw cheddar . tomatillo salsa Cassava flour tortillas available upon request	\$6.95
Meatlovers stone-ground corn tortilla . sugar-free bacon . grass-fed beef breakfast sausage . pastured pork chorizo . eggs . chipotle aioli*▲ Cassava flour tortillas available upon request	\$7.50
Chicken Tenders ★ ▲ rice flour tempura . honey-mustard aioli*▲	\$12.25
Fried Brussels Sprouts (vf) pork belly . raw parmesan . maple vinaigrette	\$9.75
Loaded Guacamole (v) (vg) apple . kale . avocado . red onion . cilantro . stone-ground corn tortilla chips Almond flour tortilla chips available upon request ■ + vegetable crudite	\$8.75 \$3.00
Picnik Cobb chopped chicken tenders ★ ▲ . radicchio . kale . romaine . cherry tomatoes . crispy bacon . avocado . blue cheese . hard-boiled egg . green goddess caesar*▲	\$18.95
Rainbow Chopped Salad (v) (vg) apricot . cucumber . broccoli . currants . radicchio . kale . romaine . pomegranate . sunflower seed . hemp seed . apple . spiced chickpea . creamy lemon-tahini + crispy chicken ★ ▲ + grilled chicken	\$12.95 \$6.00 \$6.00
Fish Tacos crispy black drum ★ ▲ . stone-ground corn tortilla . orange-sesame slaw . pickled onion . cilantro . lime . chipotle aioli*▲ Cassava flour tortillas available upon request	\$14.25

SIDES





Two Poached Eggs*	\$3.00
 Sugar-Free Bacon	\$3.00
Seasonal Muffin (vg) ▲	\$2.95
Fresh Fruit Bowl (vg) (v) house-choice fruit . orange-honey . mint	\$5.95

DRINKS

Flu Shot (2 oz.) elderberry . honey . lemon . raw apple cider vinegar . cinnamon . clove	\$3.00
Ginger Turmeric Cooler ginger . honey simple syrup . turmeric . lemon . topo chico	\$5.00
Hibiscus Cooler hibiscus honey simple syrup . mint . lime . topo chico	\$5.00
Elderberry Shrub elderberry . honey simple syrup . apple cider vinegar . cinnamon . clove . topo chico	\$5.00
Picnik Palmer blueberry rooibos iced tea . limeade	\$4.75
Blueberry Rooibos Iced Tea	\$3.75
Hot Tea picnik breakfast blend . earl grey . jasmine green . desert rooibos	\$2.50

SPECIAL DIET

special diet menu denotes items that are free of maple, honey, grains, dairy, soy, legumes, corn, and peanuts

 Brussels & Bacon (vf) brussels sprouts . himalayan salt . crispy bacon	\$9.75
 Loaded Guacamole (vg) (v) apple . kale . avocado . red onion . vegetable crudite almond flour tortilla chips available upon request	\$8.75
 Rainbow Chopped Salad (vg) (v) apricot . cucumber . broccolini . currant . radicchio . kale . romaine . pomegranate . sunflower seeds . hemp seeds . apple . request no spiced chickpeas . creamy lemon-tahini	\$12.95
Harvest Hash (vf) roasted sweet potato . spinach . brussels sprouts . no sausage sub chorizo . currant . chili flake . onion . sage . apple . toasted pecans . no maple vinaigrette . poached egg*	\$16.50
 Taco Plate (2) chicken or fish . crispy bacon . cabbage . pineapple . loaded guacamole . cilantro . lime cassava tortillas contain xanthan gum	\$14.25

 **PICNIKAUSTIN**

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



egg-free . nightshade-free . nut-free

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.

Our kitchen carries dairy, egg, and tree nut products. Please alert your server of any food allergies, and understand there is risk of cross-contamination with these ingredients.