

Hello, Sunshine.

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

ANYTIME PLATES

Harvest Hash (vf) 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
Steak & Potato Frittata grass-fed steak* . pasture-raised eggs . marble potatoes . red pepper romesco ■ . arugula . avocado . onion & tomato salad	\$17.50
Pesto & Goat Cheese Scramble (vg) pasture-raised eggs . broccolini . snap peas . fresno chile . asparagus . kale . basil pesto . whipped goat cheese	\$13.50
French Toast (vg) ●★▲ house-baked bread ●★▲ . cherry-berry pomegranate jam . mascarpone drizzle ● . blueberries . strawberries . maple syrup	\$13.00
Pancakes (vg) ▲ cassava flour batter ▲ . butter . maple syrup choose : plain . blueberry . chocolate chip	\$12.00
Salted Caramel Banana Pancakes (vg) ▲ cassava banana batter ▲ . candied pecan . mascarpone drizzle ● . caramelized banana . salted caramel ■ . maple syrup	\$13.25
Avocado Toast (vg) (v) ★ fermented sourdough ★ . mashed avocado . hemp seed . radish . chile flakes . micro-greens + poached egg* \$1.50 + chopped bacon \$1.50	\$9.50
Superfood Muesli (vg) (vf) raw rolled oats . goldenberries . mulberries . currants . golden raisins . apricots . hemp seed . coconut . cinnamon . berries . pomegranate . local honey drizzle choose : cashew milk (v) or whole milk	\$8.95

BREAKFAST TACOS

Eggs and Bacon eggs . sugar-free bacon . raw cheddar . tomatillo salsa	\$6.75
Meatlovers pastured pork chorizo . grass-fed beef breakfast sausage . sugar-free bacon . eggs . chipotle aioli* ▲	\$6.95
Add Extras? + cheese : raw cheddar \$1.00 + loaded guacamole (v) \$1.00 + pico de gallo (v) \$0.75 + sweet potato or potato (v) \$0.50	

no tortilla? no problem : extra egg upon request

SIDES

Two Poached Eggs*	\$3.00
Sugar-Free Bacon	\$3.00
Seasonal Muffin (vg) ▲	\$2.75
Fresh Fruit Bowl (vg) (v) house-choice fruit . orange-honey . mint	\$5.95
Fried Smashed Potatoes (vg) (v) garlic-herb . himalayan salt	\$4.00

DRINKS

Iced Tea	\$2.00
Blueberry Rooibos Iced Tea	\$3.75
Picnik Palmer blueberry rooibos iced tea . limeade	\$4.75
Berry Basil Booch blackberry . basil . ginger . raw local honey . lime . botanical kombucha	\$6.00
Hot Tea picnik breakfast . jasmine green . desert rooibos	\$2.50

WE HEART OUR PRODUCERS

Conscious Meats

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

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

● 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 food-borne 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

Chicken Tenders ★▲ rice flour tempura . honey-mustard aioli* ▲	\$11.95
Fried Brussels Sprouts (vf) pork belly . raw parmesan . maple vinaigrette	\$9.25
Loaded Guacamole (v) (vg) apple . kale . avocado . red onion . cilantro. almond flour tortilla chips ■ + vegetable crudite	\$8.25 \$3.00
Creamy Queso (v) (vg) ■ cheesy cashew creme . rajas . serrano . pico de gallo . almond flour tortilla chips ■ + guacamole (v) + pastured pork chorizo	\$10.25 \$1.00 \$2.50

SALAD

Little Gem Caesar (v) (vg) ■ 1/2 little gem lettuce . cashew caesar . vegan 'parmesan' ■ . rosemary croutons ★	\$6.95	\$11.25
Rainbow Chopped Salad (v) (vg) apricot . cucumber . broccolini . currants . radicchio . kale . romaine . pomegranate . sunflower seed . hemp seed . apple . spiced chickpea . creamy lemon-tahini	\$12.50	
Add Extras? + blackened salmon + crispy chicken ★▲ + grilled chicken + salt & pepper shrimp + grass-fed steak*	\$8.00 \$6.00 \$6.00 \$6.95 \$8.00	

BONE BROTH

Bone Broth chicken bone broth . himalayan salt optional : ginger . turmeric . cayenne . pepper + butter . mct oil	\$4.25 \$1.75
Coconut Curry Lime Broth coconut milk . mct oil . curry spice . lime juice . himalayan salt	\$5.50

MARKET PLATES

Crispy Chicken Thighs crispy chicken thighs . lemon beurre blanc ● . creamy mashed potato ● . sautéed broccolini	\$20.95
Turmeric-Crusted Cauliflower Steak (v) (vg) ■ turmeric-pistachio crust ■ . caper-raisin purée . chickpea-cauliflower hummus . fresno chili relish	\$15.95
Thai Red Curry (vf) zucchini . carrots . pineapple . marble potatoes . red chili . ginger . lemongrass . coconut milk . turmeric choose : shrimp or chicken + sub grass-fed steak* + jasmine white rice + veggie rice	\$18.95 \$2.00 \$2.00 \$3.00
Fish Tacos cassava flour tortillas . crispy black drum ★▲ . orange-sesame slaw . cilantro . pickled onion . lime . chipotle aioli* ▲ + serranos	\$13.95 \$0.50

Picnik Cobb chopped chicken tenders ▲★ . radicchio . kale . romaine . cherry tomatoes . crispy bacon . avocado . blue cheese . hard-boiled egg . green goddess caesar*▲	\$18.95
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SWEET TREATS

Blondie Ice Cream Sandwich ● ■ ▲ world's best blondie . grass-fed vanilla ice cream . chocolate chip	\$7.25
Fresh Fruit Bowl (vf) house-choice fruit . orange-honey . mint	\$5.95

 **PICNIKAUSTIN**

QUESTIONS? RESTRICTIONS? MODIFICATIONS? JUST ASK.

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