

HELLO, SUNSHINE.

REAL FOOD . GOOD VIBES . SUPERFOODS . 100% GLUTEN, CORN, SOY + PEANUT FREE .

At Picnik, we scour the earth searching for the best ingredients with the highest integrity. That is why our menu integrates unique, health focused ingredients such as grass-fed butter, grass-fed whey and traditional wood-fired maple syrup. We are 100% committed to making the most exciting and nutrient-dense beverages on the market. With just one sip, you'll get a taste for what Picnik is all about: dynamic notes, intentional practices and a boldness that sets us apart. **Let the sunshine in, y'all!**

SPECIALTY DRINKS

cashew nut milk, coconut milk or collagen protein available upon request

	12oz	16oz
CAPPUCCINO 12 or 16oz hot or iced 171-272 CAL coffee . butter . mct oil . whey protein add-on : maple 75 CAL	\$5.50	\$6.75 + \$0.75
HOUSE CHAI 12 or 16oz hot or iced 264-271 CAL herbal rooibos tea . butter . mct oil . vanilla . cardamom . ginger . ashwaghandha . cinnamon . maple syrup . whey protein add-on : coffee 1-2 CAL	\$5.25	\$5.75 + \$1.00
VANILLA LATTE 12 or 16oz hot or iced 250-253 CAL coffee . butter . mct oil . vanilla . maple syrup . whey protein	\$7.00	\$7.50
MOCHA LATTE 12 or 16oz hot or iced 368-370 CAL coffee . butter . mct oil . raw cacao . maple syrup . whey protein	\$7.25	\$7.75
SUNSHINE MILK 12oz iced 202 CAL coconut milk . mct oil . turmeric . cinnamon . ginger . black pepper . cayenne . maple syrup	\$5.50	
GOLDEN MILK MATCHA 12 or 16oz hot or iced 266-273 CAL matcha green tea . butter . mct oil . turmeric . black pepper . cardamom . cayenne . cinnamon . maple syrup . whey protein	\$7.25	\$7.75
MAYAN MOCHA 12 or 16oz hot or iced 421-440 CAL coffee . butter . mct oil . raw cacao . mesquite . lucuma . maca . ashwaghandha . cordyceps mushroom . cayenne . cinnamon . stevia . maple syrup . whey protein	\$7.50	\$8.00
MATCHA LATTE 12oz hot 206 CAL coconut milk . mct oil . ceremonial matcha . maple syrup	\$6.50	
HOT APPLE CIDER VINEGAR TONIC 12oz hot 187 CAL apple cider vinegar . turmeric . cinnamon . ginger . black pepper . cayenne . raw honey	\$3.25	

SMOOTHIES

*all smoothies made with a coconut + whey protein powder
dairy-free protein or collagen protein available upon request*

GREEN MOJITO 24oz 336 CAL cold-pressed green juice . green grapes . broccoli . spinach . banana . peach . english cucumber . mint . lime . protein . hemp seeds	\$12.00
CARROT CAKE 24oz 248 CAL raw coconut water . butternut squash . banana . carrot . ginger . cinnamon . nutmeg . protein	\$10.00
DARK & STORMY 24oz 250 CAL raw coconut water . banana . cherry . strawberry . wild blueberries . kale . lime . chaga . protein	\$10.00
BLUEBERRY COBBLER 16oz 429 CAL wild blueberries . banana . date . gluten-free oats . cinnamon . nutmeg . blueberry rooibos . protein	\$10.00
ALMOND CACAO 12oz 452 CAL raw coconut water . banana . date . raw cacao . almond butter . cacao nibs . protein	\$10.00
COCO LOVE 12oz 221 CAL raw coconut water . banana . protein	\$8.00

ICED TEA + COFFEE

BLUEBERRY ROOIBOS 0 CAL	\$3.75
PICNIK PALMER 50 CAL house iced tea . raw honey limeade	\$4.75
COFFEE 1-2 CAL add-on : maple 75 CAL	\$2.25 \$2.75 \$0.75

ADD-IN'S

MOON DUST 3 CAL brain . beauty . power . spirit . dream	\$1.00
FOUR SIGMATIC 5 CAL reishi . cordyceps . chaga . lion's mane	\$2.50

♥ SMOOTHIE BOWLS? 244 CAL

blueberries . raspberries . sprouted oat
granola . coconut . nibs . hemp seeds
+ \$3.50

2000 CALORIES A DAY IS USED FOR GENERAL NUTRITION ADVICE, BUT CALORIE NEEDS MAY VARY.
ADDITIONAL NUTRITION INFORMATION IS AVAILABLE UPON REQUEST.