

# HELLO, SUNSHINE.

REAL FOOD . GOOD VIBES . SUPERFOODS . COFFEE . SMOOTHIES . PALEO . VEGAN FRIENDLY

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

	12oz	16oz
<b>CAPPUCCINO</b> 90-270 CAL coffee . butter . mct oil . whey protein <b>add-on</b> : maple 80 CAL	\$5.75	\$6.50
	+\$0.75	
<b>HOUSE CHAI</b> 210-340 CAL herbal rooibos tea . butter . mct oil . vanilla . cardamom . ginger . ashwaghandha . cinnamon . maple syrup . whey protein <b>add-on</b> : coffee 0 CAL	\$5.50	\$6.00
	+\$1.00	
<b>VANILLA LATTE</b> 210-330 CAL coffee . butter . mct oil . vanilla . maple syrup . whey protein	\$7.00	\$7.50
<b>MOCHA LATTE</b> 330-450 CAL coffee . butter . mct oil . raw cacao . maple syrup . whey protein	\$7.50	\$8.00
<b>SUNSHINE MILK</b> 180-230 CAL coconut milk . mct oil . turmeric . cinnamon . ginger . black pepper . cayenne . maple syrup	\$5.50	\$6.00
<b>GOLDEN MILK MATCHA</b> 220-340 CAL matcha green tea . butter . mct oil . turmeric . black pepper . ginger . cayenne . cinnamon . cardamom . maple syrup . whey protein	\$7.25	\$7.75
<b>MAYAN MOCHA</b> 340-470 CAL coffee . butter . mct oil . raw cacao . mesquite . lucuma . maca . ashwaghandha . cordyceps mushroom . cayenne . cinnamon . stevia . maple syrup . whey protein	\$7.75	\$8.25
<b>MATCHA LATTE</b> 210-220 CAL coconut milk . mct oil . ceremonial matcha . maple syrup <i>cashew nut milk, coconut milk or collagen protein available upon request</i>	\$6.50	\$7.00

## COFFEE & TEA

<b>COFFEE</b> 12 - 16oz 0 CAL	\$2.25 - \$2.75
<b>HOT TEA</b> 12oz 0 CAL picnik breakfast blend . earl grey . desert blend . jasmine green	\$2.75
<b>ICED TEA</b> 24oz 0 CAL blueberry rooibos	\$3.75
<b>PICNIK PALMER</b> 24oz 110 CAL house iced tea . raw honey limeaide	\$4.75

## AVOCADO TOAST

	half	full
<b>AVOCADO TOAST</b> 290-580 CAL gluten-free bread . pesto . smashed avocado . tomato . pink himalayan salt . chili flake . hemp seeds	\$7.00	\$13.50

## SMOOTHIES

	24oz
<b>GREEN MOJITO</b> 310 CAL cold-pressed green juice . green grapes . broccoli . spinach . banana . mango . english cucumber . fresh mint . raw honey limeaide . protein	\$12.00
<b>DARK + STORMY</b> 270 CAL raw coconut water . banana . cherry . wild blueberries . strawberry . kale . lime . protein	\$10.00
<b>BLUEBERRY COBBLER</b> 390 CAL wild blueberries . banana . date . gluten-free oats . cinnamon . nutmeg . coconut water . protein	\$10.00
<b>ALMOND CACAO</b> 490 CAL raw coconut water . banana . date . raw cacao . almond butter . cacao nibs . protein <b>all smoothies made with a coconut + whey protein powder dairy-free protein or collagen protein available upon request</b>	\$10.00

## OATMEAL

<b>OATMEAL</b> 150-225 CAL oats . maple syrup <b>choice:</b> apple cider (v) or chocolate maca bee pollen	\$5.00
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## ADD-IN'S

<b>MOON DUST</b> 10 CAL brain . beauty . power . spirit . dream	\$1.00
<b>FOUR SIGMATIC</b> 5 CAL reishi . cordyceps . chaga . lion's mane	\$2.50

**OUR ♥ COMMITMENT:** Something not right? Tell us and we will fix it. We want you to leave happy every time.

QUESTIONS? RESTRICTIONS? MODIFICATIONS? JUST ASK. ALL BEVERAGES CAN BE MODIFIED TO BE VEGAN UPON REQUEST.

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