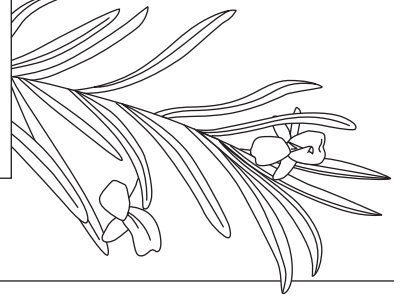


PICNIK

KITCHEN COCKTAILS COFFEE



SPECIAL DIETS

BREAKFAST

BACON SCRAMBLE 8
egg . sugar-free bacon . salsa verde

STARTERS

ⓧ **GUACAMOLE + CRUDITÉS 15**
smashed avocado . jalapeno . garlic . chipotle
EVOO . lime . cilantro . seasonal crudités

"LOADED" SMASHED PALEO POTATOES 13
yukons . cashew queso . no sugar bacon
+ **grilled chicken 8** + **avocado 4**

***SPECIAL BRUSSELS SPROUTS 12**
crispy brussels . sugar-free bacon

SIDES

+ grass-fed skirt steak° 12	+ sugar-free bacon 5
+ sustainable salmon° 10	+ crispy potatoes 6
+ chicken 8	+ sweet potatoes 6
+ egg° 3	+ *avocado 4

MAIN PLATES

ⓧ **CHOPPED SALAD 16**
greens . seasonal vegetable . arugula . goat cheese . balsamic vinaigrette

SPECIAL 2 TACO PLATE 19
fish° . chicken°

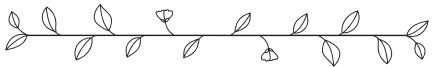
cabbage . pineapple . sugar-free bacon
avocado . cilantro . lime . served on tortillas
+ **make it a bowl - served on sweet potatoes**

PALEO HARVEST HASH 18

chopped bacon . onion . goji berry . sweet potato
shaved brussel . seasonal vegetables . pecan . poached egg

SUPER PALEO PLATE 29

sustainable salmon 29° regenerative chicken thighs 25°
grass-fed wagyu skirt 31
crispy potatoes . seasonal veg . basil pesto



ADDITIONS

+ grass-fed steak (TX)° 12
+ *sustainable salmon° 10
+ *chicken (sautéed) 8

PROTEINS

+ 'em on anything!

+ grass-fed steak° 12 + chicken 8
+ sustainable salmon° 10 + organic tofu 6



COFFEE + TEA

mil-king whole milk . elmhurst oat milk

PICNIK BLEND COFFEE 4.5
picnik custom blend greater goods roasting

ESPRESSO* 3.5
picnik custom blend greater goods roasting

AMERICANO* 5.5
espresso . water

**COCONUT + COLLAGEN
CAPPUCCINO**
6.75 / 7.5

coconut milk . MCT . grass-fed collagen

MATCHA 7 / 7.5
ceremonial matcha . coconut milk . MCT

COLLAGEN BONE BROTH

**REGENERATIVE CHICKEN
BONE BROTH 5.75 / 7**

BUTTER BONES 7.5 / 8.75

COCONUT CURRY LIME 7.5 / 8.75
+ spice bomb 1

ZERO-PROOF

PRESSED JUICE | GREENS 9

spinach . cucumber . celery . kale . parsley . apple . lemon . ginger

PRESSED JUICE | REFRESHING CITRUS 9

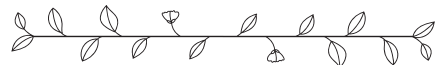
cucumber . pineapple . coconut water . lemon . aloe vera

PRESSED JUICE | ORANGE TURMERIC 9

orange . turmeric . black pepper . apple . lemon

WELLNESS SHOT 5

ginger . lemon . cayenne



+ADAPTOGENS

+ 'em on anything!

+ reishi [relaxation] 3 + lion's mane [focus] 3
+ sharp [energy] 3 + Moon Dust 3.5 + CBD 3.5

ALLERGEN GUIDE



THOUGHTFULLY SOURCED BETTER-FOR-YOU INGREDIENTS

RedBird Farms cage free chicken . Siete cassava tortilla, almond tortilla and almond flour tortilla chips . Vital Farms eggs . TrueHarvest Farms greens
Tillamook sharp cheddar . Grass-fed beef . Sustainable salmon . Greener Pastures chicken thighs . First press avocado oil . Force of Nature regenerative bison°

All items and drinks on this menu are

**GLUTEN, GRAINS, REFINED SUGAR, MAPLE SYRUP, HONEY,
LEGUMES, DAIRY + SOY AND SEED OIL FREE**

*Consuming raw or undercooked meats, poultry, dairy or eggs may increase your risk of foodborne illness. *Unavailable during brunch.

