

WRAPS

ON ITS OWN + 1 SIDE + 2 SIDES
£5.95 £8.95 £11.95

FOR ALL WRAPS CHOOSE BETWEEN GRILLED CHICKEN, FALAFEL, GRILLED HALLOUMI, BBQ JACKFRUIT OR QUINOA PATTY AS YOUR FILLING.

CLASSIC

CHOOSE FILLING ABOVE
HOUMOUS, MANGO CHUTNEY, LETTUCE, CUCUMBER, TOMATO, PICKLED CABBAGE, TAHINI & CHILLI SAUCE.

SPICY CHICKPEA

CHOOSE FILLING ABOVE
HOUMOUS, MIXED LEAF, CHICKPEAS, PEPPERS, OLIVES, MINT YOGHURT & SRIRACHA.

HEAVEN

CHOOSE FILLING ABOVE
HOUMOUS, LETTUCE, GIANT COUS COUS, PINEAPPLE, PICKLED CABBAGE, CUCUMBER, MINT YOGHURT & CHILLI.

FLAMIN CHIPOTLE

CHOOSE FILLING ABOVE
HOUMOUS, LETTUCE, SALSA, PEPPERS, JALAPENOS & CHIPOTLE.

SALT & PEPPER

CHOOSE FILLING ABOVE
HOUMOUS, LETTUCE, TOMATO, GRILLED PEPPERS, ONIONS, SALT & PEPPER SEASONING & PERI MAYO.

PLAIN JANE

£4.95 / £7.95 / £10.95
CHOOSE FILLING ABOVE
COMES WITH HOUMOUS, 3 FILLINGS & ANY SAUCE.
FILLING OPTIONS: LETTUCE, MIXED LEAF, TOMATO, CUCUMBER, ONION, PEPPERS, COUS COUS, CHICKPEAS, PICKLED CABBAGE, OLIVES & JALAPENOS.

LOWEST
CALORIE
WRAP

SALAD BOWLS

THE ORIGINAL

£9.95
CHOOSE UP TO TWO FILLINGS
GRILLED CHICKEN, FALAFEL, GRILLED HALLOUMI OR JACKFRUIT AS YOUR FILLING.
COMES WITH HOUMOUS, GAIN T COUS COUS, PICKLED CABBAGE, TOMATO, CUCUMBER, MIXED LEAF, LETTUCE, DIJON MUSTARD DRESSING, BALSAMIC GLAZE & TAHINI.

CHICKPEA & RED PEPPER

£9.95
CHOOSE UP TO TWO FILLINGS
GRILLED CHICKEN, FALAFEL, GRILLED HALLOUMI OR JACKFRUIT AS YOUR FILLING.
COMES WITH HOUMOUS, CHICKPEAS, PEPPERS, OLIVES, GOATS CHEESE, MIXED LEAF, LETTUCE, GINGER GARLIC CHILLI DRESSING, BALSAMIC GLAZE & TAHINI.

RAINBOW

£9.95
CHOOSE UP TO TWO FILLINGS
GRILLED CHICKEN, FALAFEL, GRILLED HALLOUMI OR JACKFRUIT AS YOUR FILLING. HOUMOUS, BEETROOT, GIANT COUS COUS, CHICKPEAS, PICKLED CABBAGE, TOMATO, OLIVES, JALAPENOS, PINEAPPLE, MIXED LEAF, LETTUCE, DIJON MUSTARD DRESSING, SRIRACHA & PERI MAYO.

UPGRADE TO
GRILLED SALMON
£3.50

PLEASE ASK TO SEE OUR VEGAN AND GLUTEN-FREE MENU

FLIP ME
FOR MORE

SPICY PICNIC FAVOURITE MOST POPULAR NEW

WARM BOWLS

BURRITO BOWL

£9.95
CHOOSE BETWEEN GRILLED CHICKEN, FALAFEL, GRILLED HALLOUMI, BBQ JACKFRUIT, QUINOA PATTY OR SRAMBLED TOFU AS YOUR FILLING.
COMES WITH CRISPY POTATO CUBES, MEXICAN RICE, GUACAMOLE, LETTUCE, TOMATO, CUCUMBER, JALAPENOS & CHIPOTLE.

THE SKINNY BURRITO BOWL

£10.95
CHOOSE BETWEEN GRILLED CHICKEN, FALAFEL, GRILLED HALLOUMI, BBQ JACKFRUIT, QUINOA PATTY OR SRAMBLED TOFU AS YOUR FILLING.
COMES WITH MINTY MIXED BEANS, GRATED CARROT, GUACAMOLE, PEPPERS, ONIONS, MEXICAN RICE, LETTUCE, FRESH SALSA, JALAPENOS & TURMERIC CHILLI MAYO.

POWER BOWL

£10.95
CHOOSE YOUR FILLING: GRILLED CHICKEN, FALAFEL, GRILLED HALLOUMI, BBQ JACKFRUIT, QUINOA PATTY, SRAMBLED TOFU OR GRILLED SALMON +£3.00 AS YOUR FILLING.
CHOOSE BETWEEN MEXICAN RICE OR CORIANDER RICE.
COMES WITH AVOCADO, TENDERSTEM BROCCOLI, PICKLED CABBAGE, CHICKPEAS, TOMATO, CUCUMBER, MIXED LEAF, HOUMOUS & CHIPOTLE.

SUPERFOOD STIR FRY

£11.95
CHOOSE YOUR FILLING: GRILLED CHICKEN, FALAFEL, GRILLED HALLOUMI, BBQ JACKFRUIT, SRAMBLED TOFU, QUINOA PATTY OR GRILLED SALMON +£3 AS YOUR FILLING.
COMES WITH RICE NOODLES, SUGAR SNAP PEAS, TENDERSTEM BROCCOLI, PEPPERS, CABBAGE, BEANSPORUTS, AVOCADO, CHICKPEAS, SESAME SEEDS, CHIA SEEDS, IN A THAI GREEN CURRY & SWEET SRIRACHA DRESSING.

LOWEST
CALORIE
DISH

POKE BOWL

£11.95
CHOOSE YOUR FILLING: SMOKED SALMON +£2, GRILLED CHICKEN, FALAFEL BBQ JACKFRUIT, SRAMBLED TOFU, QUINOA PATTY OR GRILLED SALMON +£3 AS YOUR FILLING.
COMES WITH CORIANDER LIME RICE, PICKLED CABBAGE, GRATTED CARROT, AVOCADO, CHICKPEAS, PINEAPPLE, MIXED LEAF, FRESH SALSA, CRISPY ONIONS, GINGER GARLIC CHILLI DRESSING & TURMERIC CHILLI MAYO.

SHREDFAST BOWL

£11.95
CHOOSE YOUR FILLING: GRILLED CHICKEN, FALAFEL, GRILLED HALLOUMI, BBQ JACKFRUIT, SCRAMBLED TOFU, QUINOA PATTY OR GRILLED SALMON +£3 AS YOUR FILLING.
CHOOSE BETWEEN HIGH CARB OR NO CARB.
(NO CARB OPTION COMES WITH EXTRA KALE & SUGAR SNAP PEAS)
CHOOSE YOUR CARBS: SPECIAL PASTA, BROWN CORRIANDER RICE OR MEXICAN RICE.
COMES WITH AVOCADO, BROCCOLI, GRILLED SPINACH, KALE, PINEAPPLE, BEETROOT & GINGER GARLIC CHILLI DRESSING.

SALT & PEPPER PERI PASTA BOWL

£10.95
CHOOSE YOUR FILLING: SUNDRIED TOMATO & TENDERSTEM BROCCOLI, GRILLED CHICKEN OR HALLOUMI.
COMES WITH PERI MAYO, SALT & PEPPER SEASONING, FUSILLI PASTA, PEPPERS, ONIONS, LETTUCE, TOMATO & CUCUMBER.

PESTO PASTA BOWL

£10.95
CHOOSE YOUR FILLING: SUNDRIED TOMATO & TENDERSTEM BROCCOLI, GRILLED CHICKEN OR GRILLED HALLOUMI.
COMES WITH BASIL PESTO, FUSILLI PASTA, MIXED LEAF, TOMATO, CUCUMBER, BEETROOT & HOUMOUS.

PICNIC SPECIAL PASTA BOWL

£10.95
CHOOSE YOUR FILLING: SUNDRIED TOMATO & TENDERSTEM BROCCOLI, GRILLED CHICKEN OR GRILLED HALLOUMI.
COMES WITH PICNICS SPECIAL PASTA SAUCE, CREAMY CONSISTENCY MADE WITH CHILLI & TURMERIC, FUSILLI PASTA, PEPPERS, ONIONS, MIXED LEAF, TOMATO, CUCUMBER & HOUMOUS.

KATSU CURRY

£9.95
CHOOSE YOUR FILLING: SUGAR SNAP PEAS & BROCCOLI, CHICKEN +£1, QUINOA +£1 OR GRILLED SALMON +£3.
COMES WITH KATSU CURRY, BROWN CORIANDER RICE, PICKLED CABBAGE, GRATED CARROT, CUCUMBER, CRISPY ONIONS & SPRING ONION.

BIT ON THE SIDE

KHOBEZ WRAP & HOUMOUS £3.50
HOME MADE CHIPS £3.50
SALT & PEPPER CHIPS £3.65
SWEET POTATO FRIES £3.95 / 50p extra in deal
TENDERSTEM BROCCOLI, SUGAR SNAP PEAS & KALE £3.95
CORN ON THE COB IN PERI MAYO £3.50
MEXICAN SPICED RICE £3.50
BROWN CORIANDER LIME RICE £3.50
FALAFEL & HOUMOUS £3.50
PICNIC SIDE SALAD & HOUMOUS £3.50
HALLOUMI & HOUMOUS £3.95 / 50p extra in deal

BURGERS

ON ITS OWN + 1 SIDE + 2 SIDES
£7.50 £10.50 £13.50

SOUTHWEST

CHOOSE BETWEEN GRILLED CHICKEN OR QUINOA PATTY
COMES WITH GRILLED CHEESE, CHIPOTLE, LETTUCE, TOMATO, ONION & HOUMOUS.

BBQ JACKFRUIT

CHOOSE BETWEEN GRILLED CHICKEN OR QUINOA PATTY
COMES WIT BBQ JACKFRUIT, PICKLED CABBAGE, MINT YOGHURT & MIXED LEAF.

BBQ HALLOUMI

CHOOSE BETWEEN GRILLED CHICKEN OR QUINOA PATTY
COMES WITH BBQ SAUCE, GAUCAMOLE, HALLOUMI, ONION, TOMATO, MIXED LEAF & HOUMOUS.

THE PERI MAYO

ON ITS OWN + 1 SIDE + 2 SIDE
£6.50 £9.50 £12.50
CHOOSE BETWEEN GRILLED CHICKEN OR QUINOA PATTY
COMES WITH PERI MAYO, ONION, TOMATO, LETTUCE & HOUMOUS.

BURRITOS

ON ITS OWN + 1 SIDE + 2 SIDES
£8.50 £11.50 £14.50

THE OG BURRITO

CHOOSE BETWEEN: CHICKEN, HALLOUMI, BBQ JACKFRUIT, QUINOA PATTY AS YOUR FILLING.
COMES WITH GAUCAMOLE, MEXICAN RICE, CRISPY POTATO CUBES, JALAPENOS, TOMATO, LETTUCE & CHIPOTLE.

THE SKINNY BURRITO

ON ITS OWN + 1 SIDE + 2 SIDES
£8.70 £11.70 £14.70

CHOOSE BETWEEN: CHICKEN, HALLOUMI, BBQ JACKFRUIT, QUINOA PATTY OR TOFU AS YOUR FILLING.
COMES WITH MINTY MIXED BEANS, GRATED CARROT, GUACAMOLE, PEPPERS, ONIONS, MEXICAN RICE, LETTUCE, TOMATO, CUCUMBER, JALAPENOS & TURMERIC CHILLI MAYO.

FULL PICNIC DEAL

WRAP OPTION £13.50 BURGER OPTION £14.50 BURRITO OPTION £14.95

ANY WRAP/BURGER/BURRITO + SIDE + DESSERT + DRINK

+50p SWEET FRIES +£1 CHEESE CAKE +£1 COOKIE DOUGH BROWNIE
+£2.50 JUICE/SHAKE

LOADED FRIES

WITH HOME MADE CHIPS £7.50
OR SWEET POTATO FRIES £8.50

THE GREEK

FETA, KALE, CUCUMBER, TOMATO, MINT YOGHURT & CHILLI.

THE ITALIAN

SPINACH, SUNDRIED TOMATOES, GOATS CHEESE, BALSAMIC GLAZE
& SESAME SEEDS.

SRIRACHA HALLOUMI

GRILLED HALLOUMI, OLIVES, HOUMOUS, RED SALT & SRIRACHA.

TRUFFLE PARMESAN FRIES

TRUFFLE OIL, PARMESAN, GARLIC AIOLI MAYO & PARSLEY.

KATSU FRIES

KATSU CURRY, SPRING ONION, SESAME SEEDS, CRISPY ONION.
ADD CHICKEN TENDERS + £2.50

KIDS MEAL DEAL

RICE OR PASTA POT + APPLE JUICE £5.50 OR ON ITS OWN £4

RICE POT WITH CHOICE OF CHICKEN, HALLOUMI OR FALAFEL
PLAIN PASTA POT WITH CHOICE OF CHICKEN, HALLOUMI OR FALAFEL

WRAP OR BURGER + SIDE £6.50

FULL MEAL DEAL £9.50
WRAP OR BURGER + SIDE + ICE CREAM + DRINK

CHOICE OF FALAFEL, HALLOUMI OR CHICKEN WRAP
WITH LETTUCE AND CHOICE OF SAUCE.

OR CHOICE OF VEGGIE BURGER OR CHICKEN TENDER
BURGER WITH LETTUCE AND CHOICE OF SAUCE.

CHOOSE YOUR SIDE: CHIPS, SIDE SALAD OR CORN ON THE COB.

CHOOSE YOUR DRINK: APPLE JUICE, WATER OR ANY CANS.

CHOOSE YOUR ICE CREAM: VANILLA OR CHOCOLATE

EXTRAS

FALAFEL £2/ HALLOUMI £2/ CHICKEN £2.50 / AVOCADO £2/
QUINOA PATTY £2.50 / JACKFRUIT £2/ OLIVES 60p/
JALAPENOS 60p/ PINEAPPLE 60p/ CHICKPEAS 60p/
SUNDRIED TOMATOES 80p / BROCOLLI £2/ GRILLED
CHEESE £1/ GOATS CHEESE £1.50 / FETA £1.50

SAUCES

50p

CHIPOTLE **VG**/ PERI MAYO **VE** / MAYO **VE**/ BBQ SAUCE **VE** /
TURMERIC MAYO **VE** / CHILLI **VE** / SRIRACHA **VE** / MANGO
CHUTNEY **VE**/ SWEET CHILLI **VE**/ MINT YOGHURT **VG**/
TAHINI **V** / HOUMOUS **V** £1

LUNCH DEALS

AVAILABLE MON - FRI 11.30 AM - 3PM
PASTA & RICE BOXES PAST 3PM IS A £1.50 SURCHARGE



ANY WRAP
£5.50



PASTA BOX
RICE BOX
£7.00

RICE BOX

CHOOSE YOUR FILLING: FALAFEL,
HALLOUMI, CHICKEN, JACKFRUIT, QUINOA
PATTY, SMOKED SALMON +£2 OR GRILLED
SALMON +£3.

CHOOSE YOUR SAUCE:

CHIPOTLE, PERI MAYO, CHILLI, SWEET CHILLI,
MINT YOGHURT, MAYO, TAHINI,
TURMERIC MAYO, BBQ, SRIRACHA OR CHILLI
GARLIC GINGER DRESSING, .

CHOOSE YOUR RICE: MEXICAN OR
BROWN CORRIANDER LIME RICE.

COMES WITH MIXED LEAF, LETTUCE,
TOMATO, CUCUMBER, PICKLED
CABBAGE & HOUMOUS.

+ CANNED DRINK £7.00
HOT DRINK £8.00
JUICE / SHAKE £9.00 / £9.50

+ CANNED DRINK £8.50
HOT DRINK £9.50
JUICE / SHAKE £10.50 / £11

ASK TO SEE
JUICE & SHAKE
MENU

PASTA BOX

SERVED COLD

CHOOSE YOUR FILLING:

CHICKEN, HALLOUMI, FALAFEL OR GRILLED VEG.

CHOOSE YOUR PASTA SAUCE:

BASIL PESTO
SALT & PEPPER PERI ★
SPECIAL SAUCE

COMES WITH MIXED LEAF, LETTUCE,
TOMATOES, CUCUMBER AND HOUMOUS.

PESTO BOX COMES WITH EXTRA
BEETROOT.

SCAN ME
TO DOWNLOAD APP
INFO@PICNICLIVERPOOL.CO.UK



SCAN TO SEE
NUTRITIONAL
INFO



@SHRED.FAST

COLD DRINKS

WATER	£2.00
ORANGE SAN PELLEGRINO	£2.00
CAWSTON PRESS APPLE	£2.00
COKE	£2.00
DIET COKE	£2.00
ORANGE JUICE	£2.95
	(16oz)
ICED LATTE	£3.80
ICED AMERICANO	£3.80
ICED MOCHA	£4.00

ALCOHOLIC DRINKS

ESTRELLA 330ML	£3.25
REKORDERLIG 330ML (STRAWBERRY & LIME)	£3.45
GIN & GRAPEFRUIT 330ML	£4.75
GIN & CRANBERRY 330ML	£4.75
CORONA BOTTLE	£3.60
BLUE MOON BOTTLE	£3.65

HOT DRINKS

	REG (12oz)	LRG (16oz)
ESPRESSO	£2.00	
AMERICANO	£3.00	£3.20
FLAT WHITE 10oz	£3.40	
LATTE	£3.50	£3.80
CAPPUCCINO	£3.50	£3.80

MOCHA	£3.60	£3.95
HOT CHOCOLATE & CREAM	£3.60	£3.95
BISCOFF HOT CHOCOLATE	£3.90	£4.35
DOUBLE CHOC & TOASTED MARSHMALLOW	£3.90	£4.35

- TEAS -	£2.60
ENGLISH BREAKFAST	£2.60
PURE GREEN	£2.60
MOROCCAN MINT	£2.60
LEMON & GINGER	£2.60

- SYRUPS -	50p
CARAMEL	
HAZELNUT	
VANILLA	

- MILK OPTIONS -
DAIRY MILK
OAT MILK
COCONUT MILK

TREATS

COOKIE DOUGH BROWNIE	£4.50
BISCOFF CHEESE CAKE	£4.50
ADD ICE CREAM?	£1.00

PEANUT BUTTER BALLS	£3.00
PEANUT BUTTER JELLY BALLS	£3.50
PEANUT BUTTER BISCOFF BALLS	£3.50

PLEASE ASK A MEMBER OF STAFF FOR ANY
SPECIALS..