

## LOADED FRIES

WITH HOMEMADE CHIPS £7.50  
OR SWEET POTATO FRIES £8.50

### THE GREEK

Feta, Olives, Cucumber, Tomato, Mint Yoghurt & Chilli.

### SRIRACHA HALLOUMI

Grilled Halloumi, Olives, Houmous, Red Salt & Sriracha.

### KATSU FRIES

Katsu curry, spring onion, sesame seeds, crispy onion.  
Add chicken tenders + £2.50

### SALT & PEPPER

Grilled Peppers, Onions, Salt & Pepper Sesoning Sriracha.  
Add Sweet Sriracha Sauce Pot + £1.50

## KIDS MEAL DEAL

### RICE OR PASTA POT £4.00

Add apple juice £1.50  
Rice pot with choice of Chicken, Halloumi or Falafel or Plain Pasta  
Pot with a choice of Chicken, Halloumi or Falafel.

### WRAP + SIDE £6.50

Add Ice Cream & Drink £3.00  
Falafel, Halloumi or Chicken Wrap with Lettuce and  
choice of sauce.

### BURGER + SIDE £6.50

add Ice Cream & Drink £3.00  
Chicken tender or Veggie Burger with Lettuce and choice of sauce.

**KIDS SIDES:** Chips / Side Salad / Corn On The Cob

**KIDS DRINKS:** Apple Juice / Water / Any Cans

**ICE CREAM:** Vanilla

## EXTRAS

Falafel £2 / Halloumi £2 / Chicken £2.50 / Avocado £2 / Jalapenos 50p  
Veggie Patty £2.50 / Grilled Salmon £4 / Olives 50p / Pineapple 60p  
Chickpeas 50p / Grilled Cheese £1 / Goats Cheese £1.50 /  
Sundried Tomatoes £1.50 / Gherkins 50p / Broccoli £2 / Feta £1.50 /  
Teriyaki Mushrooms £2 / Onions 60p / Crispy Onions 50p

## SAUCES

50p

Chipotle / Peri Mayo / Mayo / Bbq Sauce / Turmeric Mayo / Chilli /  
Sriracha / Mango Chutney / Sweet Chilli / Sweet Sriracha / Garlic Mayo /  
Mint Yoghurt / Tahini / Houmous £1 / Katsu Curry Pot £2.50 /  
Sweet Sriracha Pot £1.50

## LUNCH DEALS

Take away / In store only

MON - FRI 12 PM - 3PM

Pasta & Rice boxes After 3PM is a  
£1.50 surcharge



### ANY WRAP FOR £5.50

Add a drink?

Canned drink £7 Hot drink £8 Juice £10 Shake £10.50



### RICE OR PASTA BOX FOR £8.50

Add a drink?

Canned drink £10 Hot drink £11 Juice £13 Shake £13.50

### RICE BOX (Select you filling, rice & sauce below)

**FILLING:** Falafel / Halloumi / Chicken /Teriyaki mushroom / Pea Protein  
Patty / Grilled Salmon +£3 /

**SAUCE:** Chipotle / Peri Mayo / Chilli / Sweet Chilli / Mint Yoghurt / Mayo /  
Tahini / Turmeric Mayo / Bbq / Sriracha / Chilli Garlic Ginger Dressing

**RICE:** Mexican Or Brown Coriander Rice  
Comes With Lettuce, Tomato, Cucumber, Pickled Cabbage  
& Houmous

### PASTA BOX (Select you filling & pasta sauce below)

**FILLING:** Chicken / Halloumi / Falafel / Sundired tomatoes & broccoli /  
Grilled Salmon +£3

**SAUCE:** Basil Pesto\* / Salt & Pepper Peri / Special Sauce

Comes with Lettuce, Tomatoes, Cucumber And Houmous

\*pesto box comes with extra beetroot



# PICNIC



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www.picnic-uk.com

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## FRESH PRESSED JUICE 16oz £5.45

Apple Carrot Ginger  
Watermelon Apple Lime  
Cucumber Apple Celery

## SMOOTHIE SHAKES & PROTEIN SHAKES

### SMOOTHIE SHAKES 16 OZ £5.95

Mango, Pineapple, Banana & Oat Milk

Mixed Berries, Banana & Oat Milk

Matcha, Banana, Vanilla Syrup & Oat Milk

(Lower the Cals? Ask for water instead of milk)

### PROTEIN RSHAKES 16 OZ £6.45

Coffee, Vanilla Protein, Banana & Oat Milk

Chocolate Protein, Banana & Oat Milk

White Choc Raspberry Protein, Banana & Oat Milk

Cookies & Cream Protein, Banana & Dairy Milk

Banana Protein, Honey, Banana & Dairy Milk

Peanut Butter, Vanilla Protein, Honey, Oats, Banana & Oat Milk

### EXTRAS

Collagen £1.50

Creatine £1.25

Protein shot £2

Ginger £1

### Milk Options

Dairy Milk, Oat Milk,  
Coconut Milk.

## COLD DRINKS

Water £2.00

Orange San Pellegrino £2.00

Cawston Press Apple £2.00

Fanta Lemon £2.00

Coke £2.00

Diet Coke £2.00

Orange Juice £2.95

Iced Latte £4.50

Iced Americano £4

Iced Mocha £4.80

Iced Matcha £5.30

## HOT DRINKS

Espresso £2.85

Americano £3.50

Flate White £4

Latte £4

Cappuccino £4

Mocha £4.25

Matcha Latte £4.80

Hot Chocolate £3.80

Biscoff Hot Choc £4.25

English breakfast £2.80

Pure Green £2.80

Moroccan Mint £2.80

Lemon & Ginger £2.80

## ALCOHOLIC DRINKS

Birra Moretti 330ml £3.95

Kopparberg 330ml £3.95

### SYRUPS 50p

Vanilla

Caramel

Hazelnut

## TREATS

Biscoff Cheese Cake £4.50

Biscoff Choc Brownie £4.50

Baked Cookie Dough Tray - Ask For Flavours £4.50

Add Ice Cream +£1.00

Peanut Butter Balls £3.50 / Peanut Butter Jelly Balls £3.70 /

Peanut Butter Biscoff Balls £3.70



## WRAPS ON ITS OWN £6.45 +1 SIDE £9.45 / +2 SIDES £12.45

**CHOOSE ONE FILLING:** Grilled Chicken / Falafel / Halloumi / Teriyaki mushroom / Veggie Patty / Veggie Gyoza

### CLASSIC

Comes with Houmous, Mango Chutney, Lettuce, Cucumber, Tomato, Pickled Cabbage, Tahini & Chilli Sauce

### HEAVEN

Comes with Houmous, Lettuce, Giant Cous Cous, Pineapple, Pickled Cabbage, Cucumber, Mint Yoghurt & Chilli.

### FLAMIN CHIPOTLE

Comes with Houmous, Lettuce, Salsa, Peppers, Onions, Jalapenos & Chipotle.

### SALT & PEPPER LOWEST CALORIE WRAP

Comes with Houmous, Lettuce, Tomato, Grilled Peppers, Onions, Salt & Pepper Seasoning & Peri Mayo.

### KATSU

Comes with Lettuce, Katsu Curry, Pickled Cabbage, Pickled Onions, Gherkins, Spring Onion & Garlic Aioli Mayo.

### PLAIN JANE £5.45 / +1 SIDE £8.45 / +2 SIDES £11.45

Your choice of filling 3 salads & any sauce.

Salad: Lettuce, Tomato, Cucumber, Onion, Peppers, Pickled Onions, Gherkins, Cous Cous, Chickpeas, Pineapple, Turkey Bacon, Pickled Cabbage, Olives & Jalapenos.

### ITALIAN

Comes with Houmous, Romaine Lettuce, Olives, Sundried Tomato, Goats Cheese, Pesto, Balsamic Glaze.

### CAESAR

Comes on a Tortilla Wrap with parmesan, Romaine Lettuce, Turkey Bacon, Pickled Pink Eggs, Home Made Caesar Dressing & Crispy Onions.

## BURRITOS

**CHOOSE ONE FILLING:** Grilled Chicken / Halloumi / Teriyaki mushroom / Veggie Patty / Veggie Gyoza

### THE OG BURITTO

ON ITS OWN £9 +1 SIDE £12 / +2 SIDES £15  
Comes with Gaucamole, Mexican Rice, Crispy Potato Cubes, Jalapenos, Tomato, Lettuce & Chipotle.

### THE PICNIC BURITTO

ON ITS OWN £9.45 +1 SIDE £12.45 / +2 SIDES £15.45  
Guacamole, Turkey Bacon, Sweet Potato Fries, Pickled Onions, Brown Rice, Gherkins, Lettuce, Salsa, Jalapenos & Garlic Mayo.

## WARM BOWLS

**CHOOSE ONE FILLING:** Grilled Chicken / Falafel / Halloumi / Grilled Salmon +£3 / Veggie Gyoza / Teriyaki mushroom /

### BURRITO BOWL £11.95

Comes with Crispy Potato Cubes, Mexican Rice, Guacamole, Lettuce, Tomato, Cucumber, Jalapenos & Chipotle.

### POWER BOWL £12.95

Choice of: Mexican Rice or Sweet Potato Mash +£1.50  
Comes with Avocado, Broccoli, Pickled Cabbage, Chickpeas, Tomato, Cucumber, Lettuce, Houmous & Chipotle.

### SUPERFOOD STIR FRY £12.95

Comes with Rice Noodles, Sugar Snap Peas, Tenderstem, Peppers, Cabbage, Onions, Beansporuts, Avocado, Chickpeas, Sesame Seeds, Sweet Sriracha Dressing & Ginger Garlic Chilli Dressing.

### TERIYAKI STIR FRY £12.95 LOWEST CALORIE DISH

Comes with Rice Noodles, Sugar Snap Peas, Tenderstem, Peppers, Cabbage, Onions, Beansporuts, Pickled Onions, Spring Onion, Sesame Seeds, & Teriyaki Dressing.

### POKE BOWL £13.95

Comes with Coriander Lime Rice, Pickled Cabbage, Pickled Onions, Avocado, Chickpeas, Pineapple, Lettuce, Fresh Salsa, Crispy Onions, Sesame Seeds, Ginger Garlic Chilli Dressing & Turmeric Chilli Mayo.

### SHREDFAST BOWL £13.95

Comes with Avocado, Broccoli, Spring greens, Pineapple, Beetroot, Sesame Seeds & Ginger Garlic Chilli Dressing.  
**CARBS:** Special Pasta / Brown Coriander Rice / Mexican Rice / Sweet Potato Mash +£1.50 **NO CARBS:** Extra Greens

### KATSU CURRY £12.95

Choose One filling: Chicken, Halloumi, Sugar Snap Peas & Broccoli, Teriyaki Mushroom Or Grilled Salmon +£3.  
Comes with katsu Curry, Brown Coriander Rice, Pickled Cabbage, Pickled Onions, Gherkins, Sesame Seeds, Crispy Onions & Spring Onion.

## PASTA BOWLS

**CHOOSE ONE FILLING:** Grilled Chicken / Halloumi / Sundried Tomato & Tenderstem Broccoli / Grilled Salmon +£3

### SALT & PEPPER PASTA BOWL £10.95

Comes with peri mayo, salt & pepper seasoning, fusilli pasta, peppers, onions, lettuce, tomato & cucumber.

### PESTO PASTA BOWL £10.95

Comes with Basil Pesto, Fusilli Pasta, Lettuce, Tomato, Cucumber, Beetroot & Houmous.

### PICNIC SPECIAL PASTA BOWL £10.95

Comes with Picnics special Pasta Sauce - Creamy Consistency made with Chilli & Turmeric, Fusilli Pasta, Peppers, Onions, Lettuce, Tomato, Cucumber & Houmous.

## BIT ON THE SIDE

Home Made Chips Reg £3.95 Lrg £4.95 / Salt & Pepper Chips Reg £4.25 Lrg £5.25  
Sweet Potato Fries Reg £4.25 Lrg £5.25 / Tenderstem & Sugar Snap Peas in Sweet Sriracha Dressing £4.25 / Peri Corn on the Cob £3.95 / Halloumi & Houmous £4.25 / Mexican Spiced Rice £3.95 Brown Coriander Rice £3.95 / Falafel & Houmous £4.25 / Spring Greens in Garlic Butter £4.25 / Side Salad & Houmous Reg £3.95 Lrg £5.45 / Sweet Potato Mash £4.50 / Salt & Pepper Corn Ribs £4.25 / 3 Grilled Chicken Tenders & Chipotle £4.45 /  
\*Sweet Fries, Halloumi Houmous, Sweet Mash & Grilled Chicken +50p In Deals\*

## BURGERS

**CHOOSE ONE FILLING:** Grilled Chicken / Veggie Patty

### SOUTHWEST £7.50 / +1 SIDE £10.50 / +2 SIDES £13.50

Grilled Cheese, Chipotle, Romaine Lettuce, Tomato, Onion & Houmous.

### THE PERI MAYO £6.50 / +1 SIDE £9.50 / +2 SIDES £12.50

Comes With Peri Mayo, Onion, Tomato, Romaine Lettuce & Houmous.

### PLAIN JOE £6.50 / +1 SIDE £9.50 / +2 SIDES £12.50

Your choice of filling 3 salads & any Two sauces.

**Salad:** Lettuce, Tomato, Onion, Pickled Onions, Gherkins, Turkey Bacon, Pickled Cabbage, Olives, Jalapenos, Pickled Egg, Pineapple, Cheese Slice.

**Extra:** Falafel £2 / Halloumi £2 / Chicken £2.50 / Avocado £2 Goats Cheese £1.50 / Sundried Tomatoes £1.50 / Feta £1.50 /

## SALAD BOWLS

Grilled Chicken / Falafel / Halloumi / Grilled Salmon +£3 / Teriyaki mushroom / Veggie Gyoza

### THE ORIGINAL £10.95 Pick two fillings

Your choice of fillings with Houmous, Gaint Cous Cous, Pickled Cabbage, Tomato, Cucumber, Lettuce, Dijon Mustard Dressing, Balsamic Glaze & Tahini.

### RAINBOW £10.95 Pick two fillings

Your choice of fillings with Houmous, Beetroot, Giant Cous Cous, Chickpeas, Pickled Cabbage, Tomato, Olives, Jalapenos, Pineapple, Lettuce, Dijon Mustard Dressing, Sriracha & Peri Mayo.

### CAESAR SALAD £12

Your choice of filling With Pickled Eggs, Parmesan, Romaine Lettuce, Home Made Crougals (Baked Bagel Croutons), Turkey Bacon, Home Made Caesar Dressing & Crispy Onions.

## THE FULL PICNIC DEAL

**Wrap £13.95 | Burger £14.45 | Burrito £15.45**  
**ANY WRAP/BURGER/BURRITO + SIDE + DESSERT + DRINK**

+50p Sweet Fries | +50p Halloumi side | +50p Sweet Mash | +50p Chicken  
+50p Cheese Cake | +50p Brownie | +£1 Cookie Dough  
+£2.50 Juice or Shake