



HEALTHY

EATERY



high protein greek
yogurt bowls with
4 toppings of your
choice



DREAMY YOGURT BOWLS

BRUNCH MENU



Toppings: strawberry, mango, blueberry, kiwi, banana, peanut butter, coconut, granola, chocolate chips, mixed seeds

Drizzle: honey or maple syrup

Add - on: protein scoop | \$3
120kcal | 23g protein

RISE & SHINE

B-LIGHT KNEFEH | \$6

350 kcal | 12g protein

FIT BANANA SPLIT | \$6

230 kcal | 7g protein

SALMON & EGGS | \$9

High protein mix of salmon & eggs served with chia toast topped with chopped green onions

420 kcal | 28g protein

AVO & EGGS FLATBREAD | \$7

served on sourdough

400 kcal | 16g protein

SUNNY SIDE BAGEL | \$7

Eggs, light mozzarella, fresh avo served on wholegrain bagel
add: salmon \$4

440 kcal | 16g protein

DREAMY GREEK YOGURT | \$7

with your choice of 4 toppings

335 kcal | 12g protein

COCOA INFUSED OATMEAL | \$6

with your choice of 4 toppings

385 kcal | 10g protein

TOASTED KAAKE

TURKEY & CHEESE | \$ 6

classic kaaake toasted with turkey & light mozzarella cheese

490 kcal | 32g protein

MELTED MIXED CHEESE | \$ 6

classic kaaake toasted with a mix of light cheeses

490 kcal | 21g protein



BITES TO SHARE

CHICKEN QUESADILLAS | \$8

370 kcal | 25g protein

DYNAMITE SHRIMP | \$9

270 kcal | 16g protein

CRISPY CHICKEN STRIPS | \$9

500 kcal | 38g protein

WAFFLE FRIES BOWL | \$6

525 kcal | 4g protein

LUNCH & DINNER

b. satisfied



scroll through our delicious healthy
lunch options: salads, platters,
burgers & more.

FRESH SALADS



PROTEIN POWER SALAD | \$11

Grilled chicken, smoked turkey & cheese rolls, egg, sweet corn, lettuce, cherry tomato, cucumber, olives & lemon mustard dressing

550 kcal | 45g protein

MEXICAN CHICKEN BOWL | \$10

Marinated grilled chicken, black beans, fresh avo, lettuce, cherry tomatoes, corn, light mozzarella cheese & crisp tortilla chips served with light spicy mexican sauce

420 kcal | 36g protein

HEARTY FREEKEH | \$8

Freekeh, mixed greens, chopped tomato, cucumber, sweet corn, sundried tomato, cranberry, walnuts, strawberry, sunflower seeds, pomegranate & sweet balsamic dressing

390kcal | 10g protein

B-SPICY SHRIMP SALAD | \$11

Crispy dynamite shrimp, mixed greens, fresh avo, edamame, cucumber, carrots, red cabbage, mango, green onions, topped with sesame seeds served with B's spicy sauce

475kcal | 20g protein

B THE CAESAR | \$10

Grilled chicken, lettuce, rocca, walnuts, cucumber, fresh mushroom topped with parmesan, chia croutons, and B's classic dressing

470 kcal | 25g protein

CRAZY CRAB SALAD | \$10

Crazy crab mix, noodles, sweet corn, edamame, fresh avo, chopped lettuce, shredded carrots, red cabbage served with sesame soy dressing

450 kcal | 15g protein

B-SWEET CHICKEN SALAD | \$10

Grilled chicken, whole grain pasta, dates, cranberries, cherry tomato, cucumber, mushrooms, lettuce, walnuts, topped with parmesan, sunflower & chia seeds served with our sweet balsamic dressing

450 kcal | 25g protein

THAI PEANUT SALAD | \$10

Grilled chicken, fresh avo, edamame, shredded carrots, radish, red cabbage, ginger, chopped lettuce, kale & rocca topped with peanuts and green onions served with our Thai peanut sauce

410 kcal | 33g protein

MAINS MAINS MAINS MAINS MAINS

creamy chicken broccoli
cooked homestyle, high in
protein and only 610 kcal



MAIN DISHES



LIGHT MUSHROOM CHICKEN | \$9

Marinated grilled chicken in light mushroom sauce served with side of chargrilled vegetables

410 kcal | 32g protein

ROSEMARY SALMON | \$17

Grilled salmon, mixed vegetables & baby potatoes served with creamy rosemary sauce

615kcal | 39g protein

ASIAN CHICKEN EDAMAME | \$11

Grilled chicken, red cabbage, shredded carrots, cucumber, edamame, fresh avo, sweet corn, crushed peanuts, ginger & rice served with sesame soy dressing

550 kcal | 36g protein
Shrimp + \$3

TERIYAKI SALMON BOWL | \$16

Grilled salmon, fresh avo, edamame, mango, strawberries, cucumber, on rice served with our sesame teriyaki sauce

650kcal | 42g protein

CASHEW CHICKEN BOWL | \$12

Marinated chicken in light cream sauce with a side of rice topped with cashews

630kcal | 37g protein
Shrimp + \$3

TROPICAL POKE BOWL | \$16

Fresh salmon, crab, fresh avo, edamame, mango, strawberries, radish, baby arugula, red cabbage on rice served with our spicy poke sauce

590kcal | 38g protein

LOW CAL FAJITA BOWL | \$11

Fajita chicken, sweet corn, black beans & rice mix, grilled peppers, onions, diced tomatoes, fresh guac, salsa, topped with light cheese mix
- replace rice with tortilla bread

400kcal | 35g protein

CREAMY CHICKEN BROCCOLI | \$12

Marinated grilled chicken, broccoli, carrots, mushroom, zucchini, in light cream sauce, topped with sesame seeds, chia seeds served with rice

610 kcal | 37g protein



TOO CLOSE?

KEEP SCROLLING

TO GET A BETTER LOOK AT
OUR SANDWICHES & BURGERS





SANDWICHES &...

SANDWICHES

add side salad for \$2
baby potatoes \$4
waffle fries for \$3

ENERGY AVO CIABATTA | \$9

Grilled chicken, baby arugula, avo, pickles, tomato, light mayo sauce in multi-seed ciabatta

530 kcal | 36g protein

B'S CHICKEN SANDWICH | \$8

Grilled chicken, light mozzarella cheese, lettuce, pickles, tomato, light aioli sauce in whole grain baguette

480 kcal | 30g protein

LIGHT CHICKEN CLUB | \$8

Grilled chicken, melted light mozzarella, turkey, iceberg, tomato, pickles & light aioli sauce served in whole grain toast

400 kcal | 35g protein

CLASSIC PHILLY MELT | \$10

Marinated steak, grilled onions, peppers, mushrooms, corn, light mozzarella cheese, on a layer of philly cheese in whole grain baguette

510 kcal | 33g protein

MEXICAN CHICKEN WRAP | \$8

Marinated grilled chicken, melted cheddar & mozzarella cheese, grilled onion & pepper, sour cream, served in chia seed wrap

525 kcal | 35g protein



BUR GERS

CHARGRILLED BURGERS

add side salad for \$2
baby potatoes \$4
waffle fries for \$3

TRUFFLE BRIE BURGER | \$12

Grilled lean beef, brie cheese, melted mozzarella, baby arugula, sautéed mushrooms, onions & sundried tomatoes in truffle mayo sauce in a whole grain bun

570 kcal | 36g protein

CLASSIC B | \$8

Grilled lean beef or chicken, melted mozzarella, cheddar cheese, pickles, fresh tomato, lettuce & light aioli sauce in a whole grain bun

490 kcal | 33g protein

BEEF | \$9

MEXICAN CRUNCH | \$10

Marinated grilled chicken, crisp chips, fresh avo, tomato, B's Mexican sauce in a whole grain bun

590 kcal | 34g protein

SPICY SRIRACHA BURGER | \$8

Charcoal grilled chicken, melted mozzarella, lettuce, tomato, jalapeño, and spicy mayo in a whole grain bun

520 kcal | 34g protein

DOUBLE CHEESE BURGER | \$13

Double chicken or beef, melted mozzarella, cheddar cheese, fresh onions, pickles, tomato, lettuce & light homestyle sauce

720 kcal | 60g protein

BEEF | \$ 14

PASTAS & SIDES

PASTAS

DREAMY ROSÉ | \$8

Penne in a mix of light cream & red sauce topped with parmesan cheese

400 kcal | 9g protein

CREAMY PENNE | \$8

B's popular pasta in light cream sauce & fresh herbs

450 kcal | 9g protein

HAWAIIAN CHICKEN BOWL | \$10

Marinated grilled chicken, baby carrots, green beans, penne pasta in a sweet & creamy sauce, topped with grilled pineapple

680 kcal | 37g protein



SIDE ORDERS

CREAMY PENNE | \$5

or rosé or red sauce pasta

GRILLED CHICKEN ADD-ON | \$4

185 kcal | 23g protein

BABY POTATOES | \$4

WAFFLE FRIES | \$3

MIXED GREEN SALAD | \$2



CRAVING SOMETHING
SWEET?

SOMETHING SWEET

DARK CHOCO CRUNCH | \$2.5

250 kcal | 2g protein

ENERGY HALAWA BITES | \$3.5

170kcal | 3g protein

GUILTLESS BISCUIT AU CHOCO | \$3.5

285kcal | 3gprotein

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SMOOTHIES

SWEET DREAM | \$7

A blend of banana, apple, strawberry, roasted almonds, light yogurt, milk & honey

320 kcal | 10g protein

TROPICAL BLEND | \$8

Mango, peach, pineapple, kiwi & honey

240 kcal

MELO MANGO | \$7

Melon, mango & orange juice

240 kcal

COFFEE & MORE..

LATTE/ICED LATTE | \$3

ESPRESSO | \$2

B-STRONG PROTEIN SHAKE | \$5

Fresh fruits \$2

SPARKLING WATER | \$2.5

SOFT DRINK | \$2

MEXICAN BEER | \$6