



Brunch Mood

B - LIGHT KNEFEH

\$6

350 Kcal | 12g protein

BUTTER-MILK PANCAKES

\$7

served with light maple syrup

495 Kcal | 16g protein

CHOCO CHIPS PANCAKES

\$8

served with light chocolate syrup

590 Kcal | 16g protein

SALMON LOVE

\$15

Smoked salmon, fresh avocado, cream cheese, and zesty lemon slices on toasted sourdough.

425kcal | 26g protein

SALMON & EGGS

\$9

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

420 kcal | 28g protein

SUNNY SIDE BAGEL

\$7

Eggs, light mozzarella, fresh avo served on wholegrain bagel

ADD: salmon \$4

440 kcal | 16g protein

AVO & EGGS FLATBREAD

\$7

served on sourdough

400 kcal | 16g protein

Glow Bowls

Build your perfect bowl with nourishing bases and vibrant toppings.

Wholesome, playful, and made just for you.

ADD: protein scoop (120kcal | 23g protein) \$3

DREAMY YOGURT BOWLS

\$7

335 kcal | 12g protein

COCOA INFUSED OATMEAL

\$6

385 kcal | 10g protein

Toasted Kaak

TURKEY & CHEESE

\$6

classic kaake toasted with turkey & light mozzarella cheese

490 kcal | 32g protein

MELTED MIXED CHEESE

\$6

classic kaake toasted with a mix of light cheeses

490 kcal | 21g protein



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

Drizzle: honey or maple syrup



TROPICAL FETA BERRY

Bites to Share

SUN-KISSED FRUIT BOWL \$8

190 Kcal

HALLOUMI WATERMELON \$7

240 kcal | 12g protein

RAINBOW CRAB ROLLS \$8

Crab, shredded carrots, red cabbage, cucumber in a rice paper roll

130 kcal | 7g protein

CHICKEN QUESADILLAS \$8

370 kcal | 25g protein

BEEF QUESADILLAS \$9.5

395 kcal | 23g protein

DYNAMITE SHRIMPS \$9

270 kcal | 16g protein

CRISPY CHICKEN STRIPS \$9

500 kcal | 38g protein

WAFFLE FRIES BOWL \$6

525 kcal | 4g protein

Salads

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

TROPICAL FETA BERRY SALAD \$9

Sesame feta, mixed greens, rocca, fresh avo, blueberry, coconut slices, pecans, sunflower seeds served with balsamic dressing

395kcal | 14g 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

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

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

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

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

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

Sandwiches

Complete your plate with a fresh side: crisp salad (\$2), golden baby potatoes (\$4), or signature waffle fries (\$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

490 kcal | 21g 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

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

HEALTHY SHAWARMA SANDWICH

\$6

Shawarma chicken breast, lettuce, pickles, garlic sauce in a whole grain baguette

400kcal | 27g 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 | 35g protein



Main dishes

From vibrant bowls to creamy classics, each dish is crafted for balance and feel-good flavor.

LIGHT MUSHROOM CHICKEN

\$9

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

410 kcal | 32g protein

CASHEW CHICKEN BOWL

\$12

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

630 kcal | 37g protein

Shrimp + \$3

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

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

LOW CAL FAJITA BOWL

\$11

Fajita chicken, rice, sweet corn, black beans, grilled peppers, onions, fresh avo, salsa, sour cream topped with light cheese mix
- replace rice with tortilla bread

400 kcal | 35g protein

ROSEMARY SALMON

\$17

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

615 kcal | 39g protein

TERIYAKI SALMON BOWL

\$17

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

650 kcal | 42g protein

SUMMER MANGO SALMON

\$17

Glazed salmon, mango salsa, red onion, red pepper, fresh avo, edamame & togarashi sprinkled on rice

630 kcal | 42g protein

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

590 kcal | 38g protein

Chargrilled Burgers

Complete your plate with a fresh side: crisp salad (\$2), golden baby potatoes (\$4), or signature waffle fries (\$3).

HOT HONEY BURGER \$9

Glazed grilled chicken, melted cheddar cheese, caramelized onions and red cabbage, baby arugula, hot honey mustard sauce in light brioche bun

480 kcal | 33g 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

B'S TRUFFLE BURGER \$11

Grilled lean beef, melted mozzarella & parmesan cheese, baby arugula, caramelized onions, sundried tomatoes, sautéed mushrooms & special truffle sauce in a light brioche bun

540 kcal | 36g 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



PASTA

HAWAIIAN CHICKEN \$10

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

680 kcal | 37g protein

CREAMY PENNE \$8

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

450 kcal | 9g protein

DREAMY ROSE \$8

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

400 kcal | 9g protein

SIDE ORDERS

GRILLED CHICKEN ADD-ON \$4

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

185 kcal | 23g protein

CREAMY PENNE \$5

or rosé or red sauce pasta

BABY POTATOES \$4

WAFFLE FRIES \$3

MIXED GREEN SALAD \$2



Coffee & more

| | |
|-------------------|-------|
| ESPRESSO | \$2 |
| LATTE | \$3 |
| MATCHA | \$6 |
| SPARKLING WATER | \$2.5 |
| SOFT DRINK | \$2 |
| ICE TEA PEACH | \$4 |
| ORANGE JUICE | \$4 |
| LEMONADE | \$4 |
| MINTED LEMONADE | \$5.5 |
| MINTED STRAWBERRY | \$6 |

Smoothies

| | |
|---|-----|
| SWEET DREAM | \$7 |
| A blend of banana, apple, strawberry, roasted almonds, light yogurt, milk & honey | |
| 320 kcal 10g protein | |
| TROPICAL BLEND | \$9 |
| Mango, peach, pineapple, kiwi, honey | |
| 240 kcal | |
| MELO MANGO | \$8 |
| Melon, mango & orange juice | |
| 240 kcal | |

Something Sweet

| | |
|---------------------------|-----|
| LOTUS DREAM | \$7 |
| 370 kcal 6g protein | |
| SKINNY CHEESECAKE | \$6 |
| 320 kcal 6g protein | |
| DESSERT OF THE DAY | \$3 |

Protein Shakes

Choice of milk: skimmed or lactose-free.

| | |
|---|-----|
| GO BASIC | \$5 |
| One scoop vanilla/chocolate whey with water | |
| 113 kcal 26g protein | |
| ADD: milk of your choice \$2 | |
| ADD: fresh fruits \$2 | |
| STRAWBERRY SUNRISE SHAKE | \$7 |
| One scoop vanilla whey, banana, strawberries & milk | |
| 310 kcal 33g protein | |
| OATMEAL ALMOND SHAKE | \$7 |
| One scoop vanilla whey, cinnamon, almonds, oats, milk & honey | |
| 350 kcal 36g protein | |
| CHOCO-PEANUT POWER SHAKE | \$7 |
| One scoop chocolate whey, peanut butter, banana & milk | |
| 330kcal 35g protein | |
| ICE COFFEE SHAKE | \$7 |
| One scoop chocolate or vanilla, coffee, milk & ice | |
| 200 kcal 30g protein | |
| CINNAMON ROLL SHAKE | \$8 |
| One scoop vanilla, banana, vanilla syrup, yogurt, cinnamon & milk | |
| 385 kcal 34g protein | |
| BERRY ALMOND BLAST | \$7 |
| One scoop vanilla, mix of colorful berries, almonds, honey & milk | |
| 280 kcal 33g protein | |
| BLUEBERRY CHEESECAKE | \$8 |
| One scoop vanilla, blueberries, yogurt & milk | |
| 355 kcal 38g protein | |

Cocktails

QUEENS PASSION \$8

Fusion of vodka, passion fruit, zesty orange, and fresh lemon juice

PINK SPRITZ \$8

Vibrant mix of vodka, watermelon, and cranberry, cut with fresh rosemary for a refreshing aromatic finish.

APEROL SPRITZ \$9

A classic mix of Aperol, Prosecco, and soda water

MIMOSA SPARKLE \$9 | \$65

A classic blend of fresh orange juice and sparkling Prosecco

CUBA LIBRE \$9

Rich gold rum perfectly paired with refreshing Diet Coke

Whiskey

J & B \$7 | \$40

JAMESON \$7 | \$40

BLACK LABEL \$8 | \$60

Vodka

STOLI RED \$7 | \$40

STOLI GOLD \$8 | \$50

GREY GOOSE \$10 | \$100

Spirits

CARMINA GIN \$8 | \$50

JOSE CUERO SILVER TEQUILA \$7 | \$40

JOSE CUERO GOLD TEQUILA \$8 | \$50

Beer

ALMAZA ROSE \$5

ALMAZA \$4

ALMAZA LIGHT \$4

MEXICAN BEER \$6

Wine

KSARA BLANC DE BLANC \$7 | \$30

KSARA SUNSET \$7 | \$30

ASTORIA PROSECCO \$7 | \$40



B.healthyeatery
Bodybalance1b