



Brunch Mood

B - LIGHT KNEFEH

\$6

350 Kcal | 12g protein

CLASSIC FLUFFY 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

AVO & EGGS FLATBREAD

\$7

served on sourdough

400 kcal | 16g protein

SOMETHING SWEET

\$3

Dessert of the day

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

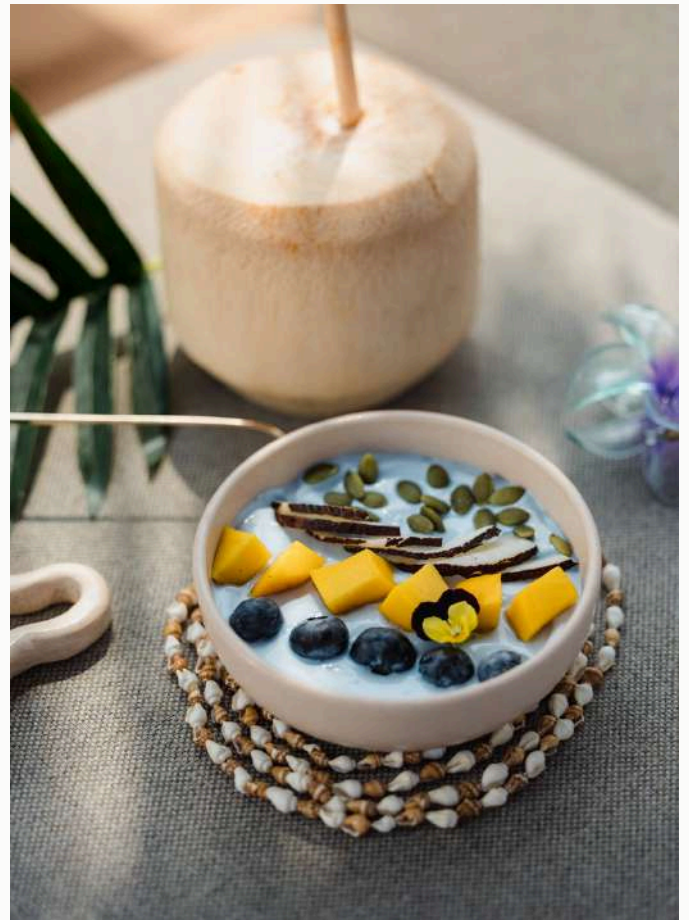
490 kcal | 32g protein

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



Bites to Share

SUN-KISSED FRUIT BOWL \$8

190 Kcal

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

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

390 kcal | 10g protein

RESET QUINOA BOWL \$10

Grilled chicken, quinoa, orange, cranberries, cashews, mushrooms, edamame, shredded carrots, cucumber, mixed greens served with our lemon mustard dressing

495 kcal | 48g 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

\$8

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

BALANCED TERIYAKI BOWL

\$12

Grilled lean beef, shredded carrots, cucumber, edamame, grilled mushrooms, ginger topped with green onions & togarashi sprinkled on rice served with our sesame teriyaki sauce

520 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

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

LEMONI PASTA \$8

Creamy zesty lemon sauce topped with parmesan

400 kcal | 8g protein

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
MINTED STRAWBERRY	\$5

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	

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