

Be healthy

EATERY

scroll for the menu



superfood sourdough



Avo Caprese Sourdough

\$8.5 | fresh mozzarella, cherry tomatoes, arugula, creamy avocado mash, served on toasted sourdough

395kcal | 16g protein

Superfood Sourdough

\$10 | creamy goat cheese, fig, fresh avo, pomegranate, arugula, cranberry, sundried tomatoes served on toasted sourdough

405kcal | 16g protein

Everyday Turkey Sandwich

\$9 | smoked turkey, melted mozzarella, lettuce, tomato, pickles, honey mustard in toasted whole grain baguette

420kcal | 25g protein

Salmon & Eggs

\$9 | high protein mix of salmon & eggs served with chia toast topped with chopped green onions

420kcal | 29g protein

Avo & Eggs

\$8 | served on sourdough

400kcal | 16g protein

Be-light Knefeh

\$6.5

320kcal | 12g protein

Wholesome Pancakes

\$8.5 | topped with fresh fruits, coconut, cinnamon, served with light maple syrup or light chocolate syrup

430kcal | 16g protein

Something Sweet

\$3 | dessert of the day

Toasted Kaak

Turkey & Cheese

\$7 | classic kaake toasted with smoked turkey & light mozzarella cheese

490kcal | 32g protein

Melted Mixed Cheese

\$6.5 | classic kaake toasted with a mix of light cheeses

490kcal | 21g protein

Build Your Own Yogurt

Dreamy Yogurt Bowls

\$7 | build your perfect bowl with nourishing bases & vibrant toppings

335kcal | 12g protein

swap your base for oatmeal

\$3 | add protein scoop 120kcal | 23g protein

toppings | strawberry, mango, blueberry, kiwi, banana, peanut butter, coconut, granola, chocolate chips, mixed seeds

drizzle | honey or maple syrup



chicken quesadillas

Bites to Share

Chicken Quesadillas

\$9.5 | 370kcal | 25g protein

Dynamite Shrimps

\$10 | 270kcal | 16g protein

Crispy Chicken Strips

\$10 | 500kcal | 38g protein

Waffle Fries Bowl

\$7 | 525kcal | 4g protein



Salads

Hearty Freekeh

\$9 | freekeh, mixed greens, goji berry, cucumber, chopped tomato, sweet corn, sundried tomato, cranberry, walnuts, strawberry, sunflower seeds, pomegranate & sweet balsamic dressing

390kcal | 10g protein

Wild Field Salad

\$12.5 | goat cheese in cranberry and hazelnut, avo, goji berry, caramelized walnuts, freekeh, mixed greens, sundried tomato, fig, & balsamic dressing

660kcal | 21g protein

Sweet Chili Salmon

\$17 | grilled salmon, sweet potato, avo, arugula, lettuce, edamame, cucumber, carrots, cashews & sweet chili sauce

580kcal | 51g protein

Be-sweet Chicken Salad

\$11 | grilled chicken, whole grain pasta, dates, cranberry, cherry tomato, cucumber, mushrooms, lettuce, walnuts, topped with parmesan, sunflower & chia seeds & our sweet balsamic dressing

450kcal | 26g protein

Classic Caesar

\$10.5 | grilled chicken, lettuce, rocca, walnuts, cucumber, fresh mushroom topped with parmesan, chia croutons, & B's classic dressing

470kcal | 25g protein

Protein Power Salad

\$11 | grilled chicken, smoked turkey & cheese rolls, egg, sweet corn, lettuce, cherry tomato, cucumber, olives & lemon mustard dressing

550kcal | 48g protein

Mexican Chicken Bowl

\$11 | grilled chicken, black beans, fresh avo, lettuce, cherry tomatoes, corn, light mozzarella cheese, crisp tortilla chips & light spicy mexican sauce

420kcal | 36g protein

Thai Peanut Salad

\$10.5 | grilled chicken, fresh avo, radish, edamame, shredded carrots, ginger, red cabbage, chopped lettuce, kale & rocca topped with peanuts, green onions & Thai peanut sauce

410kcal | 33g protein

Be-spicy Shrimp Salad

\$11.5 | crispy dynamite shrimp, mango, fresh avo, mixed greens, cucumber, carrots, red cabbage, green onions, topped with sesame seeds & B's spicy sauce

475kcal | 22g protein

Crazy Crab Salad

\$10 | crazy crab mix, noodles, sweet corn, edamame, fresh avo, chopped lettuce, shredded carrots, red cabbage & sesame soy dressing

450kcal | 15g protein



sweet chili salmon

Main Dishes

Light Mushroom Chicken

\$9.5 | marinated grilled chicken in light mushroom sauce served with side of chargrilled vegetables

410kcal | 37g protein

Cashew Chicken Bowl

\$13.5 | marinated chicken in light cream sauce with a side of rice topped with roasted cashews

630kcal | 44g protein

\$3 | add shrimp

Creamy Chicken Broccoli

\$13.5 | marinated chicken, carrots, broccoli, mushroom, zucchini, with a light cream sauce with a side of rice topped with sesame seeds & chia seeds

610kcal | 44g protein

Asian Chicken Edamame

\$12.5 | grilled chicken, shredded carrots, red cabbage, cucumber, edamame, fresh avo, sweet corn, crushed peanuts, ginger, rice & sesame soy dressing

550kcal | 42g protein

\$3 | add shrimp

Low Cal Fajita Bowl

\$12 | fajita chicken, sweet corn, black beans, light cheese, grilled peppers, onions, fresh avo, salsa, sour cream & rice

400kcal | 42g protein

replace rice with tortilla bread

Balanced Teriyaki Bowl

\$13.5 | grilled lean beef, red onion, shredded carrots, red cabbage, broccoli, mushrooms, ginger, green onions & togarashi rice served with our sesame teriyaki sauce

520kcal | 38g protein

Rosemary Salmon

\$17.5 | grilled salmon, mixed vegetables & baby potatoes served with creamy rosemary sauce

615kcal | 39g protein

Teriyaki Salmon

\$18 | grilled salmon, fresh avo, mango, edamame, strawberry, cucumber, served on rice with our sesame teriyaki sauce

650kcal | 42g protein

Sweet n' Sour Shrimp

\$14.5 | pan-fried shrimp, grilled pineapple, sweet pepper, onion & roasted cashew served on rice with a light tangy sauce

550kcal | 36g protein

Chicken & Greens

\$12 | marinated grilled chicken, baby potato, hummus & green salad

570kcal | 49g protein

Sandwiches

Complete your plate with a fresh side:

\$3 | crispy salad

\$4 | baby potatoes

\$4 | signature waffle fries

Energy Avo Ciabatta

\$10 | grilled chicken, arugula, avo, pickles, tomato, light aioli sauce in multi-seed ciabatta

530kcal | 36g protein

Caramelized Steak Sando

\$13.5 | grilled lean steak, arugula, mozzarella, caramelized onion, mushroom, parmesan, light aioli in toasted sourdough

630kcal | 57g protein

Spicy Chicken Melt

\$10.5 | marinated grilled chicken, melted mozzarella, cheddar, lettuce, jalapeños, tomato & spicy honey mustard in toasted sourdough

560kcal | 46g protein

B's Chicken Sando

\$9 | grilled chicken, light mozzarella cheese, lettuce, pickles, tomato, light aioli sauce in whole grain baguette

490kcal | 28g protein

Light Chicken Club

\$8.5 | grilled chicken, smoked turkey, melted light mozzarella, iceberg, tomato, pickles, light aioli sauce served in chia toast

400kcal | 39g protein

Mexican Chicken Wrap

\$9.5 | marinated grilled chicken, melted cheddar & mozzarella cheese, grilled onion & pepper, sour cream in tortilla wrap

525kcal | 39g protein

Classic Philly Melt

\$11 | marinated steak, grilled onions, peppers, mushrooms, corn, light mozzarella cheese, on a layer of Philly cheese in whole grain baguette

510kcal | 35g protein

Crunchy BBQ Wrap

\$9.5 | crisp chicken tenders, mozzarella, cheddar cheese, lettuce, pickles, in bbq aioli in tortilla wrap

600kcal | 39g protein



caramelized steak sando

Chargrilled Burgers

Complete your plate with a fresh side:

\$3 | crispy salad

\$4 | baby potatoes

\$4 | signature waffle fries

Swiss Mushroom

\$12 | beef

\$11 | chicken

grilled beef or chicken, light creamy mushroom sauce, melted swiss & mozzarella, caramelized onions, arugula & aioli sauce, in light brioche bun

500kcal | 33g protein

BBQ Melt

\$10 | beef

\$9 | chicken

grilled beef or chicken, light mozzarella, cheddar cheese, mushroom, arugula, pink onions & bbq aioli in wholegrain bun

490kcal | 33g protein

Classic B

\$9.5 | beef

\$8.5 | chicken

grilled beef or chicken, melted mozzarella, cheddar cheese, pickles, tomato, lettuce & light aioli sauce in wholegrain bun

490kcal | 33g protein

Hot Honey Burger

\$9.5 | glazed grilled chicken, melted cheddar cheese, caramelized onion, red cabbage, arugula, hot honey sauce in light brioche bun

480kcal | 33g protein

Mexican Crunch

\$10.5 | marinated grilled chicken, crisp chips, avo, tomato, B's Mexican sauce in a whole grain bun

590kcal | 34g protein

B's Truffle Burger

\$12 | grilled lean beef, melted mozzarella & parmesan cheese, arugula, caramelized onions, sundried tomato, sautéed mushroom & special truffle sauce in a light brioche bun

540kcal | 36g protein

Double Cheese Burger

\$14 | beef

\$13 | chicken

double chicken or beef, melted mozzarella, cheddar cheese, fresh onions, pickles, tomato, lettuce & light homestyle sauce in light brioche bun

720kcal | 60g protein



swiss mushroom

Pasta

Pasta Lemoni

\$11.5 | grilled chicken, asparagus, penne in creamy parmesan lemon sauce

640kcal | 45g protein

Lazy Peanut Noodles

\$11.5 | grilled chicken, baby carrots & asparagus in creamy peanut sauce with noodles

720kcal | 48g protein

Oven-baked Lasagna

\$13 | lean beef, layered with light rosé sauce, light mozzarella & parmesan

620kcal | 38g protein

Hawaiian Chicken

\$12 | grilled chicken, baby carrots, green beans, penne in a sweet & creamy sauce, topped with grilled pineapple

680kcal | 45g protein

Creamy Penne

\$8.5 | b's popular penne pasta in light cream sauce & fresh herbs

450kcal | 9g protein

Dreamy Rose

\$8.5 | penne in a mix of light cream & red sauce topped with parmesan cheese

400kcal | 9g protein

waffle fries



Grilled Chicken Add-on

\$5.5

Creamy Penne

\$6 | or rosé or red sauce pasta

Baby Potatoes

\$4

Waffle Fries

\$4

Mixed Green Salad

\$3

Sides

food menu

Smoothies

The Beauty Shake

\$9 | glow boosting strawberry, mango, greek yogurt, pink pitaya, honey & lactose-free milk

290kcal | 23g protein

Sweet Dream

\$7.5 | a blend of banana, apple, strawberry, roasted almonds, light yogurt, milk & honey

320kcal | 14g protein

Tropical Blend

\$9 | nourishing mango, peach, pineapple, kiwi & honey

240kcal

Date Me Smoothie

\$7.5 | banana, dates, peanut butter, dark chocolate, light maple & lactose-free milk

340kcal | 14g protein

Coffee & More

Espresso | \$2

Latte | \$3

Matcha | \$5

Soft Drink | \$2.5

Sparkling Water | \$2.5



Protein Shakes

Choice of milk
skimmed or **lactose-free**

Go Basic

\$6 | one scoop vanilla/chocolate whey with water

113kcal | 26g protein

\$2 | add milk of your choice

\$2 | add fresh fruits

Strawberry Daydream

\$7.5 | one scoop vanilla whey, peanut butter, strawberry & milk

340kcal | 36g protein

Almond Energy

\$7.5 | one scoop vanilla whey, cinnamon, almonds, oats, milk & honey

350kcal | 36g protein

PB Dream

\$7.5 | one scoop chocolate whey, peanut butter, banana & milk

330kcal | 35g protein

Espresso Energy

\$7.5 | one scoop chocolate or vanilla, coffee, milk & ice

200kcal | 30g protein

Cinnamon Roll Shake

\$8 | one scoop vanilla, vanilla syrup, yogurt, cinnamon & milk

315kcal | 34g protein

Berry Crush

\$7.5 | one scoop vanilla, mix of colorful berries, almonds, honey & milk

280kcal | 33g protein

Blueberry Cheesecake

\$8 | one scoop vanilla, blueberries, yogurt & milk

355kcal | 38g protein



cheers