Be healthy
EATERY

scroll for the menu

feta & honey

Brunch

Sunrise Salmon

$10 | scrambled eggs & salmon, creamy feta on toasted sourdough & fresh green onions

450kcal | 33g protein

Rise & Avo

$8 | eggs, creamy feta & fresh avo served on sourdough

430kcal | 20g protein

Avo Caprese Sourdough

$9 | 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, sundried tomatoes served on toasted sourdough

405kcal | 16g protein

Be's Turkey Melt

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

420kcal | 25g protein

Be-light Knefeh

$7

320kcal | 12g protein

Wholesome Pancakes

$9 | topped with fresh fruits, coconut, cinnamon, served with light maple syrup or light chocolate syrup

430kcal | 16g protein

Seasonal Fruit Bowl

$9

food menu

Toasted Kaak

Turkey & Cheese

$7.5 | classic kaake toasted with smoked turkey & light mozzarella cheese

490kcal | 32g protein

Feta & Honey

$7.5 | classic kaake toasted with feta, light mozzarella cheese & drizzled honey

520kcal | 20g protein

Melted Mixed Cheese

$7 | classic kaake toasted with a mix of light cheeses

490kcal | 21g protein

Build Your Own Yogurt

Dreamy Yogurt Bowls

$8 | 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

Chia Crush

$8 | creamy mix of chia & greek yogurt topped with mango, chocolate chips & coconut

290kcal | 11g protein

food menu

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

$8 | 525kcal | 4g protein

food menu

Salads

Mango Crunch

$11.5 | grilled chicken, quinoa, mango, mixed greens, red cabbage, carrot, roasted peanut, sesame, served with Thai peanut sauce

430kcal | 36g protein

Protein Power

$11.5 | grilled chicken, smoked turkey & cheese rolls, egg, sweet corn, lettuce, cherry tomato, cucumber, olives & lemon mustard dressing

550kcal | 48g protein

Creamy Pesto

$12.5 | pesto chicken, whole grain pasta, fresh avo, sundried tomato, mozarella cheese, mixed greens, toasted almond & creamy yogurt pesto dressing

595kcal | 42g protein

Mexican Chicken

$11.5 | grilled chicken, black beans, fresh avo, lettuce, cherry tomatoes, corn, light mozzarella cheese, crisp tortilla & light spicy mexican sauce

420kcal | 38g protein

Wild Field

$13.5 | goat cheese in cranberry and hazelnut, avo, goji berries, caramelized walnuts, freekeh, mixed greens, sundried tomato, fig, & balsamic dressing

660kcal | 21g protein

Hearty Freekeh

$10.5 | freekeh, mixed greens, cucumber, chopped tomato, sweet corn, sundried tomato, cranberry, walnuts, strawberry, sunflower seeds, pomegranate & sweet balsamic dressing

390kcal | 10g protein

Be-sweet Chicken

$11.5 | grilled chicken, whole grain pasta, dates, cranberry, cherry tomato, cucumber, mushrooms, lettuce, walnuts, topped with parmesan, sunflower & chia seeds & sweet balsamic dressing

450kcal | 26g protein

Be-spicy Shrimp

$12.5 | crispy dynamite shrimp, mango, fresh avo, edamame, mixed greens, cucumber, carrots, red cabbage, green onions, topped with sesame seeds & B's spicy sauce

475kcal | 22g protein

Classic Caesar

$11 | grilled chicken, lettuce, rocca, walnuts, cucumber, fresh mushroom topped with parmesan, chia croutons, & light caesar dressing

470kcal | 30g protein

Crazy Crab

$11 | crazy crab mix, noodles, sweet corn, edamame, fresh avo, chopped lettuce, shredded carrots, red cabbage & sesame soy dressing

450kcal | 15g protein

creamy coconut curry

food menu

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

$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

490kcal | 42g protein

replace rice with tortilla bread

Balanced Teriyaki

$14 | 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

$18.5 | grilled salmon, mixed vegetables & baby potatoes served with creamy rosemary sauce

615kcal | 39g protein

Teriyaki Salmon

$18.5 | 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
$2 | upgrade to sourdough baguette

Energy Avo Ciabatta

$10.5 | grilled chicken, arugula, avo, pickles, tomato, light aioli sauce in multi-seed ciabatta
530kcal | 36g protein

Caramelized Steak Sando

$14 | grilled lean steak, arugula, mozzarella, caramelized onion, mushroom, parmesan, light aioli in toasted sourdough
630kcal | 57g protein

Spicy Chicken Melt

$11 | marinated grilled chicken, melted mozzarella, cheddar, lettuce, jalapeños, tomato & spicy honey mustard in toasted sourdough
560kcal | 46g protein

Be's Chicken Sando

$9 | grilled chicken, light mozzarella cheese, lettuce, pickles, tomato, light aioli sauce in whole grain baguette
490kcal | 28g protein

Sweet Summer Sando

$11 | glazed grilled chicken, melted cheddar cheese, caramelized onion, red cabbage, arugula, sweet hot honey sauce in sourdough baguette
560kcal | 42g protein

Light Chicken Club

$10 | 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

$11.5 | marinated steak, grilled onions, peppers, mushrooms, corn, light mozzarella cheese, on a layer of philly cheese in whole grain baguette
510kcal | 35g protein

sweet summer sando

Chargrilled Burgers

Complete your plate with a fresh side:
$3 | crispy salad
$4 | baby potatoes
$4 | signature waffle fries

Summer Jam Burger

$11 | beef
$10 | chicken
lean beef or chicken, cranberry jam, turkey bacon, lollo rosso, melted light cheddar, caramalized onion, light aoili sauce served in brioche bun
610kcal | 40g 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 | 36g 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 | 36g protein

Hot Honey Burger

$10 | glazed grilled chicken, melted cheddar cheese, caramelized onion, red cabbage, arugula, hot honey sauce in light brioche bun
480kcal | 36g protein

Mexican Crunch

$10.5 | marinated grilled chicken, crisp chips, avo, tomato, B's Mexican sauce in a whole grain bun
590kcal | 36g protein

Be'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 | 63g protein

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 | 36g protein

summer jam

Pasta

Creamy Coconut Curry

$12 | grilled chicken, baby carrots, green beans, coconut slices in creamy curry sauce with noodles

670kcal | 47g protein

Pasta Lemoni

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

640kcal | 45g 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

Grilled Chicken Add-on
$5.5

Creamy Penne
$6 | or rosé or red sauce pasta

Baby Potatoes
$4

Waffle Fries
$5

Mixed Green Salad
$3

Sides

food menu

forks down
glasses up

drinks menu

Smoothies

The Beauty Shake

$10 | glow boosting strawberry, mango, greek yogurt, pink pitaya, honey & lactose-free milk

290kcal | 23g protein

Tropical Blend

$10 | nourishing mango, peach, pineapple, kiwi & honey

240kcal

Sweet Dream

$9.5 | a blend of banana, apple, strawberry, roasted almonds, light yogurt, milk & honey

320kcal | 14g protein

Date Me Smoothie

$8 | 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**

Orange Juice | **$5**

Lemonade | **$5**

Strawberry Lemonade | **$7**

drinks menu

Protein Shakes

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

Go Basic

$6.5 | vanilla or chocolate whey with water
113kcal | 26g protein

$2 | add milk of your choice
$2 | add fresh fruits

Strawberry Daydream

$8 | vanilla whey, peanut butter, strawberry & milk
340kcal | 36g protein

Almond Energy

$8 | vanilla whey, cinnamon, almonds, oats, milk & honey
350kcal | 36g protein

PB Dream

$8 | chocolate whey, peanut butter, banana & milk
330kcal | 35g protein

Espresso Energy

$8 | chocolate or vanilla whey, coffee, milk & ice
200kcal | 30g protein

Cinnamon Roll Shake

$8 | vanilla whey, sugar free vanilla syrup, yogurt, cinnamon & milk
315kcal | 34g protein

Berry Crush

$8 | vanilla whey, berry mix, almonds, honey & milk
280kcal | 33g protein

Blueberry Cheesecake

$8.5 | vanilla whey, blueberries, yogurt & milk
355kcal | 38g protein

Sip by the Pool

drinks menu

Queens Passion

$10 | Fusion of vodka, passion fruit, zesty orange, & fresh lemon juice

Pink Spritz

$10 | Fusion of vodka, watermelon, cranberry, & rosemary

Aperol Spritz

$11 | Aperol, prosecco & soda water

Gin Basil

$10 | Gin & fresh basil mix

Salty Sunset

$10 | Gin, grapefruit, & basil

Watermelon Dream

$10 | Gin, watermelon, mint, lemon & soda water

Whiskey Sour

$10 | Whiskey, orange & lemon juice

Wine

$8 | **$40** Ksara blanc du blanc

$8 | **$40** Ksara sunset

$8 | **$60** Prosecco

Vodka

$8 | **$45** Stoli red

$10 | **$60** Stoli gold

$13 | **$110** Grey goose

Served with your choice of mixer:
Orange juice • Cranberry • Soda • Sparkling water • Energy drink.

Whiskey

$8 | **$45** J & B

$8 | **$45** Jameson

Spirits

$9 | **$55** Carmina gin

$8 | **$45** Jose Cuero silver tequila

$10 | **$60** Jose Cuero gold tequila

Beer

$5 | Almaza

$5 | Almaza light

$7 | Mexican beer

cheers