



LIFE BALANCE LUNCH MENU

Appetizers

EDAMAME ∞ | served with a dash of sea salt \$7
(110 calories, 4g fat, 12g carb.)

SALMON CUCUMBER ROULADES ∞ salmon lox served over cucumbers filled with ricotta cheese and Greek yogurt, then drizzled with a Greek yogurt sauce. \$9
(216 calories, 11g fat, 8g carb.)

CHIPS & EGGAMOLE ∞ | JRS Farms (Lake Mills) fresh hard-boiled brown eggs mixed into our homemade guacamole served with black bean chips. \$7
(213 calories, 12g fat, 22g carb.)

Entrees

add a side salad to any entree \$2.
(106 calories, 8g fat, 8g carb.)

CHIPOTLE MUSHROOM TENDERLOIN*∞ | sliced tenderloin with mushrooms, red onions and a hint of chipotle, served over a bed of sauteed kale, served with one side. \$13 (381 calories, 27g fat, 11g carb.)

MEDITERRANEAN SHRIMP SALAD ∞ | shrimp, cucumbers, fresh tomatoes, red bell peppers, kalamata olives and giardiniera topped with feta cheese. \$13
(308 calories, 16g fat, 17g carb.)

SHRIMP & ARTICHOKE QUINOA BOWL ∞ | shrimp, artichoke hearts, tri-colored quinoa, grape tomatoes, garlic cloves, onions, basil leaves, baby spinach and fresh grated Parmesan cheese. \$10 (288 calories, 6g fat, 32g carb.)

GRILLED SALMON ∞ | served with capers and two sides. \$15 (239 calories, 7g fat, 1g carb.)

TURKEY GIARDINIERA BURGER* | lean and packed with flavor. Served with parmesan cheese, lettuce, tomato and onion on toasted whole wheat. Served with one side. \$9
(382 calories, 9g fat, 54g carb.)

LB TACOS | Napa cabbage and pico ginger dressing wrapped in two whole wheat tortillas. Served with one side.
• **Grilled Chicken** \$9 (346 calories, 11g fat, 42g carb.)
• **Shrimp** \$10 (325 calories, 5g fat, 46g carb.)
• **Mahi Mahi** \$9 (245 calories, 4g fat, 45g carb.)

• **CHICKEN GIARDINIERA MEDLEY** ∞ | sliced chicken breast tossed with cauliflower, broccoli and giardiniera over smashed cauliflower with 1 side. \$10
(285 calories, 5g fat, 12g carb.)

• **AHI TUNA WRAP***∞ | seared ahi tuna, a blend of kale, radicchio, brussel sprouts, broccolini stem, cauliflower hearts, carrots, golden beets and cashews tossed in an Asian ginger vinaigrette in a black bean wrap (no substitutions). Served with one side. \$10 (343 calories, 8g fat, 35g carb.)

• **BAKED BLACKENED TILAPIA** ∞ | served with two sides. \$12 (253 calories, 12g fat, 8g carb.)

• **CHICKEN BURRITO BOWL** | shredded chicken, salsa, black beans, corn, cilantro and pico de gallo over rice pilaf. \$8
(379 calories, 11g fat, 40g carb.)

Sides

QUINOA & CRANBERRIES ∞ | (86 calories, 1g fat, 16g carb.)

SLICED APPLES ∞ | (63 calories, trace fat, 16g carb.)

SMASHED CAULIFLOWER ∞ | (95 calories, 7g fat, 7g carb.)

BROCCOLINI ∞ | (33 calories, 8g fat, 6g carb.)

∞ Gluten Free. B&H does not have a gluten free kitchen. All of our menu items are made fresh, using only the highest quality ingredients. Extra care is taken to ensure the best possible accuracy of listed nutrition counts.

*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have a medical condition.