



LIFE BALANCE DINNER 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.)

Sides

QUINOA AND 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.)

Entrees

add a side salad to any entree \$2.
106 calories, 8 g 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. \$17
(381 calories, 27g fat, 11g carb.)

GRILLED SALMON* ∞ | served with capers and two sides. \$22
(239 calories, 7g fat, 1g carb.)

SEARED AHI* | rare ahi with ginger sauce, cucumbers, onions and fried wontons, with wasabi and pico ginger dressing. Served with one side. \$14
(335 calories, 8g fat, 27g carb.)

BAKED BLACKENED TILAPIA ∞ | served with two sides. \$15
(253 calories, 12g fat, 8g carb.)

LB TACOS | Napa cabbage and pico ginger dressing wrapped in three whole wheat tortillas. Served with one side.

Grilled Chicken \$14 (525 calories, 16g fat, 64g carb.)

Shrimp \$16 (491 calories, 8g fat, 69g carb.)

Mahi Mahi \$14 (371 calories, 6g fat, 68g carb.)

CHICKEN GIARDINIERA MEDLEY ∞ | sliced chicken breast tossed with cauliflower, broccoli and giardiniera over smashed cauliflower with one side. \$14
(359 calories, 8g fat, 12g carb.)

MEDITERRANEAN SHRIMP SALAD ∞ | shrimp, cucumbers, fresh tomatoes, red bell peppers, kalamata olives and giardiniera topped with feta cheese. \$15
(308 calories, 16g fat, 17g 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.