

SALADS

SPINACH SALAD

With mushrooms, avocado, red onion, palm hearts, panela cheese, tomato, and crispy bacon.

QUINOA SALAD

Mixed greens, quinoa, peppers, black olives, red onion, avocado, cherry tomatoes, cucumber, and peanuts, with yogurt and mint dressing.

BRIO SALAD

With artichoke hearts, baby corn, asparagus, mixed lettuces, palm hearts, tomatoes, almonds, and chicken breast.

BALANCE SALAD

Baby spinach, arugula, orange, grilled chicken, Parmesan cheese, green apple, cashews, cranberries, and honey-mustard vinaigrette.

TUNA SALAD

Prepared with tuna, celery, onion, and mayonnaise, served with mixed lettuces.

FRUIT SALAD

SANDWICHES

GREEK CHICKEN

Multigrain bread, tzatziki, roasted bell peppers, black olives, red onion, tomato, spinach, and grilled chicken with oregano.

BALANCE CLUB CROISSANT

With ham, turkey ham, Gouda cheese, bacon, tomato, lettuce, and mayonnaise.

VEGETARIAN

With spinach, baby corn, alfalfa sprouts, mayonnaise, palm hearts, cucumber, panela cheese, and carrot.

TURKEY AND CRANBERRY

With turkey ham, tomato, mayonnaise, avocado, cranberry jelly, and lettuce.

ROAST BEEF

With roast beef slices, tomato, mayonnaise, lettuce, and Gouda cheese.

CHICKEN FOCACCIA

With spinach, tomato, chicken breast, bell peppers, Mozzarella cheese, and pesto.

WRAPS

VEGETARIAN

With spinach, baby corn, alfalfa sprouts, mayonnaise, palm hearts, cucumber, panela cheese, and carrot.

BLT

With bacon, lettuce, and tomato.

HAM AND CHEESE

With turkey ham and Gouda cheese.

CHICKEN

With spinach, tomato, chicken breast, lettuce, and Gouda cheese.

EGGS AND BACON WRAP

Filled with scrambled eggs and bacon.

DESSERTS

ICE CREAM

BAGEL

With cream cheese and jam.

SHAKES

FORTE

Skim milk, banana, papaya, oatmeal, almonds, and honey.

BRIO

Skim milk, amaranth, honey, pecans, almonds, and banana.

COCOA POWER

Milk, banana, cocoa powder, almonds, and honey.

COOL WAVE

Bananas, soy milk, orange juice, carrot juice, nonfat yogurt, mango, and chia seeds.

MILKSHAKE

SMOOTHIES

RELAX

Orange, pineapple, and papaya.

ENERGY

Orange, strawberries, and almonds.

TROPICAL

Orange, guava, shredded coconut, and pineapple.

PURIFIC

Orange, alfalfa sprouts, pineapple, celery, and cactus paddle.

CITRUS FRESH

Orange juice, cucumber, green apple, and lemon.

GOOD KARMA

Pineapple juice, strawberries, orange sherbet, bananas, and Greek yogurt.

MANGO ZEN

Mango, passion fruit sherbet, pineapple, and orange juice.

HOT BEVERAGES

REGULAR COFFE

DECAFFEINATED COFFE

MOCHACCINO

ESPRESSO

CAPPUCCINO

CARAMEL MACCHIATO TEA (ASSORTED FLAVORS)

FLAVOR SHOT

COLD BEVERAGES

FRAPPUCCINO

CARAMEL FRAPPÉ

MOCHA FRAPPÉ

WATER

EVIAN

PERRIER

MINERAL CANADA DRY

PELLEGRINO

E-PURA

OTHERS

SODAS

BOTTLED JUICES

YOGURT

GATORADE