

































STEP 1 : INSIDE

Select any recipe!

- Health Nut**   **8.99**
245/16/11/16
romaine, tomatoes, carrots, rainbow veggie blend, black olives, sunflower seeds, pepper jack, honey dijon
- Spicy Black Bean Burger**  **9.99**
346/18/18/32
black bean patty, spinach, tomatoes, onions, vegan chipotle mayo
- Mediterranean**  **9.99**
318/22/24/7
grilled chicken, feta, tomatoes, black olives, basil pesto
- Wild Alaskan Salmon**  **10.99**
361/21/35/10
wild salmon filet, parmesan, onions, tomatoes, spinach, chipotle vinaigrette
- California**  **9.99**
190/6/23/14
grilled chicken, provolone, tomatoes, romaine, honey dijon
- Baja**  **9.99**
383/28/27/10
ham, turkey, bacon, pepper jack, tomatoes, black olives, romaine, ranch
- Terlingua**  **8.99**
247/16/18/7
smoked turkey, pepper jack, tomatoes, romaine, chipotle mayo
- Greek**  **9.99**
254/14/21/11
grilled chicken, feta, tomatoes, black olives, romaine, vinaigrette
- Quesadilla**  **9.99**
347/24/24/8
grilled chicken, pepper jack, onions, bell peppers, tomatoes, chipotle mayo
- Spicy Club**  **9.99**
301/21/19/9
black forest ham, mesquite smoked turkey, bacon, pepper jack, tomatoes, onions, spinach, chipotle mayo
- Tuna Nut**  **8.99**
234/24/20/5
tuna salad with apples & pecans, provolone, tomatoes, romaine, sunflower seeds, vinaigrette
- Pecan Chicken**  **10.99**
377/26/28/12
grilled chicken, parmesan cheese, tomatoes, chopped pecans, romaine, raspberry vinaigrette
- Caesar**  **8.99**
194/9/22/8
grilled chicken, parmesan, tomatoes, romaine, caesar

















STEP 2 : OUTSIDE

Choose how you want it!

- Salad**  
11/7/6/8
spinach or romaine
- Quinoa Bowl**  
150/3/7/26
- Wrap**
whole wheat - 300/8/8/49 
jalapeño tortilla - 310/9/7/50 
spinach - 310/7/9/51 
gluten free - 320/7/8/60  
- Melt**
whole wheat - 300/8/8/49 
jalapeño tortilla - 310/9/7/50 
spinach - 310/7/9/51 
gluten free - 320/7/8/60  
- Sandwich**
200/1/8/42
honey whole wheat 
italian rosemary 
- Extras**
- Add Tofu**  **1.99**
139/11/9/3
- Add Black Bean Patty**  **2.99**
190/7/16/22
- Add Meat** **1.99**
150/3/7/26
grilled chicken, mesquite smoked turkey, black forest ham, tuna salad
- Add Salmon** **3.99**
233/14/25/0
- Add Bacon** **.99**
30/2/2/1
- Add Spinach** **.99**
14/0/2/2
- Add Avocado** **1.79**
120/11/2/6
- Add Pecans** **1.79**
90/10/2/2
- Add Sunflower Seeds** **.79**
62/5/2/2

STEP 3 : ON-THE-SIDE

Pick any side!

- Chips & Salsa**  
130/5/2/20
- Hemp Heart Queso**  
206/11/5/23
*Contains Nuts
- Hummus & Pita** 
139/5/6/19
- Hummus & Veggies**  
112/3/5/16
- Quinoa Tabouli**  
94/4/3/13
- Whole Grain Pasta Salad**  
240/10/8/30
- Fresh Cut Fruit**  
37/0/0/9
- Veggies & Ranch**  
190/14/4/20
- Coconut Curry Stew** 
289/22/6/20

COOKIES

All cookies are vegan and organic

- Lemon Poppyseed**  **2.99**
230/6/3/41
- Double Chocolate Decadence**  **2.99**
220/7/3/39
- Colossal Chocolate Chip**  **2.99**
230/7/3/40
- Oatmeal, Walnut & Raisin**  **2.99**
230/8/4/37
- Gluten Free Chocolate**   **2.99**
240/10/3/39
- Gluten Free Lemon**   **2.99**
230/7/3/40

SMOOTHIES

Healthy and refreshing!

Health Nut Smoothie 🌱🌱 6.99

256/1/3/64
blueberries, raspberries, strawberries, banana, matcha, spinach, honey

Matcha Peachy 🌱🌱 5.99

238/0/3/58
peaches, banana, matcha, honey

Elvis 🌱🌱 4.99

493/19/30/58
peanut butter, banana, milk, chocolate whey protein, honey

"The Tommy" 🌱🌱 4.99

428/19/30/40
peanut butter, strawberry, milk, chocolate whey protein, honey

Strawberry Banana 🌱🌱 4.99

254/1/2/66
strawberries, banana, honey

Orange Strawberry 🌱🌱 4.99

240/0/3/61
strawberries, banana, mandarin orange, honey

Strawberry Peach 🌱🌱 4.99

219/0/3/53
strawberries, peaches, honey

Mixed Berry 🌱🌱 4.99

235/1/2/60
blueberries, raspberries, strawberries, banana, honey

Mango Peach 🌱🌱 4.99

245/1/3/62
mangos, peaches, banana, honey

Strawberry Blueberry 🌱🌱 4.99

251/1/2/64
strawberries, blueberries, banana, honey

Raspberry Banana 🌱🌱 4.99

186/0/1/54
raspberries, banana, honey

Health Boosts

Whey Protein - 120/1/20/9 🌱 1.99

Greek Yogurt - 80/5/2/8 🌱 1.49

Spinach - 7/0/1/1 🌱 .99

Peanut Butter - 190/16/7/8 🌱 .99

Matcha - 17/0/0/4 🌱 1.99

Hemp Hearts - 120/10/7/1 🌱 1.99

Plant Protein - 150/4/21/17 🌱 1.99

Collagen - 80/0/20/0 1.99

DRINKS

What's a meal without a drink?

Sparkling Water 1.99

Bottled Water 1.99 / 2.49

Hot Tea 2.49 / 2.99

Small Batch Iced Tea 2.49 / 2.99

Coffee Drinks

Almond and oat milk available on request

Americano 🌱🌱 1.99 / 2.99

3/0/0/0

Cappuccino 🌱🌱 3.29 / 4.49

97-133/4-5/6-8/9-12

Latte 🌱🌱 3.29 / 4.49

128-164/5-6/8-10/12-15

Tumeric Honey Latte 🌱🌱 3.29 / 4.49

140-181/4/6-7/20-28

Vanilla Latte 🌱🌱 3.79 / 4.99

194-262/4/6-7/33-46

Caramel Latte 🌱🌱 3.79 / 4.99

217-298/4-5/6-7/38-54

Mocha Latte 🌱🌱 3.79 / 4.99

255-331/5-6/7-9/48-63

Honey Latte 🌱🌱 3.99 / 4.99

140-181/4/6-7/20-28

Matcha Latte 🌱🌱 3.99 / 4.99

195-277/5-8/8-12/28-38

Macchiato 🌱🌱 3.29 / 4.49

241-321/4-5/6-7/44-60

Caramel Macchiato 🌱🌱 3.99 / 4.99

217-298/4-5/6-7/20-54

Cortado 🌱🌱 3.29

36/1/2/3

Steamers

186-294/4-6/6-10/32-50

Lavender Vanilla 2.49 / 3.49

Dulce de Leche 2.49 / 3.49

Butterscotch 2.49 / 3.49



bee healthy
C A F E

CAFE MENU

—
722 N Broadway
OKC, OK 73102
(on 7th Street)
—
405-900-5552

See More Online!

The Breakfast Menu and Kids Menu is available on our website or in store at beehealthycfe.com/menu



🌱 vegan 🌱 vegetarian 🌱 gluten free **Nutrition:** calories/fats/protein/carbs

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