

BALANCEBLEU

Menu for pickup/delivery on:
7/5/21

Gluten-Free
Vegetarian
Vegan
Whole Grain
Dairy-Free
Nut-Free
Heart Friendly



BALANCEBOWL

Loaded Taco Bowl +						X			X		X	X
Calories	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)							
465	27	16	55	9	353							

UNIQUE FLAVORS

Balsamic Chicken + Mediterranean Veggies									X		X	X
Lemon-Herb Couscous												
Calories	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)							
427	37	7	49	4	311							

COMFORT FOOD

BBQ Pork Chops + 6-Pepper Pasta Salad											X	X
Summer Slaw												
Calories	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)							
388	27	19	27	2	552							

ON THE GRILL

Marinated Grilled Chicken Breast (6oz) + Grilled Vegetables						X			X	X	X	X
BalanceRice												
Calories	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)							
398	44	6	37	4	203							

LOWER CARB

Black & Bleu Sirloin Salad + Balsamic Reduction						X					X	X
Calories	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)							
204	16	9	12	1	255							

SEA FARE

SEA FARE +												
Calories	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)							
0	0	0	0	0	0							

LIGHT & FRESH

Calories	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	12oz Signature Chicken Salads (4oz serving size)							
194	21	7	9	1	209	X						X	Tropical Chicken Salad
164	22	6	2	0	174	X					X	X	Classic Chicken Salad

4pm Monday:
Ordering opens at balancebleu.com/order

4pm Friday:
Ordering Closes

2-7pm Sunday:
Meal delivery to Lexington, Georgetown & Nicholasville

3-4pm Sunday:
Meal pickup at 428 Southland Drive

BALANCEBLEU
Meal Prep.
FIND YOUR BALANCE.

1-9 meals	
\$8 each	\$5 delivery
10+ meals	
\$7.5 each	FREE delivery

*bulk discounts available

No Order Minimums. No Subscription. No-Contact Delivery. Just BALANCE.