

≡ SIMPLY SMOOTHIES ≡

All-Natural & Delicious BLENDS

20 oz **\$7.50**

STRAWBERRY CLASSIC

Strawberries & Banana with more Strawberries

MANGO TANGO

Mangoes, Pineapple & Strawberries with Banana

GREEN GIANT

Pineapple, Coconut, Spinach, Kale & Lemon with Banana

PIÑA COLADA

Pineapple & Coconut with Banana

≡ ICED REFRESHERS ≡

Fruit Juice & Green Coffee Extract

20oz **\$4.50**

DRAGON FRUIT LYCHEE

WATERMELON CUCUMBER MINT

WILDBERRY HIBISCUS

STRAWBERRY ACAI

≡ SIMPLY PROTEIN ≡

Unique PROTEIN BLENDS

20 oz **\$7.95**

STRAWBERRY SLAM

*Strawberries, Banana & more Strawberries
with 20 g Vanilla Whey Protein*

MANGO BERRY BURST

*Mangoes, Pineapple, Strawberries, more Mangoes & Banana
with 20 g Vanilla Whey Protein*

JAVA JOLT

*Choice of Liquid, Organic Coffee & Organic Chocolate
with 20g Vanilla Whey Protein*

HAWAIIAN HARVEST

Pineapple, Coconut & Banana with 20g Vanilla Whey Protein

MANGO CRUSHER

Mangoes, Pineapple, Strawberries & Banana with 20g Vanilla Whey Protein

I LOVE VEGGIES

*Pineapple, Coconut, Spinach, Kale, Avocado, Lemon & Banana
with 20g Vanilla Whey Protein*

PEANUT BUTTER CUP (or LITE)

*Choice of Liquid, Organic Chocolate & Peanut Butter (PB Lite)
with 20g (10 g) Chocolate & 20g (10 g) Vanilla Whey Protein*

BANANA NUT BLAST (or LITE)

*Choice of Liquid, Banana & Peanut Butter (PB Lite)
with 40g (20g) Vanilla Whey Protein*



Prices subject to change



233 S 33rd St • Philadelphia, PA 19104

215-573-6020

bekascatering.com

Credit cards accepted





**BREAKFAST
= SANDWICHES =**

EGG & CHEESE *(Bagel)*..... \$3.95
ADD SAUSAGE, BACON OR HAM \$4.95

= BAGELS =

CREAM CHEESE..... \$3.50
BUTTER..... \$3.50

= HOAGIES =

HAM & CHEESE..... \$8.95
ITALIAN *(Ham, Capicola, Salami & Provolone)* \$8.95
TUNA..... \$8.95
TURKEY & CHEESE..... \$8.95
MIXED CHEESE \$8.95
CHICKEN SALAD..... \$8.95
EGG SALAD \$8.95
B.L.T..... \$8.95

**SANDWICHES
= ON TOAST =**

(White, Wheat, Rye)

CHICKEN SALAD..... \$7.95
TUNA..... \$7.95
EGG SALAD \$7.95
B.L.T..... \$7.95

**BEKA'S
@ Franklin Field**



= ICED COFFEE =

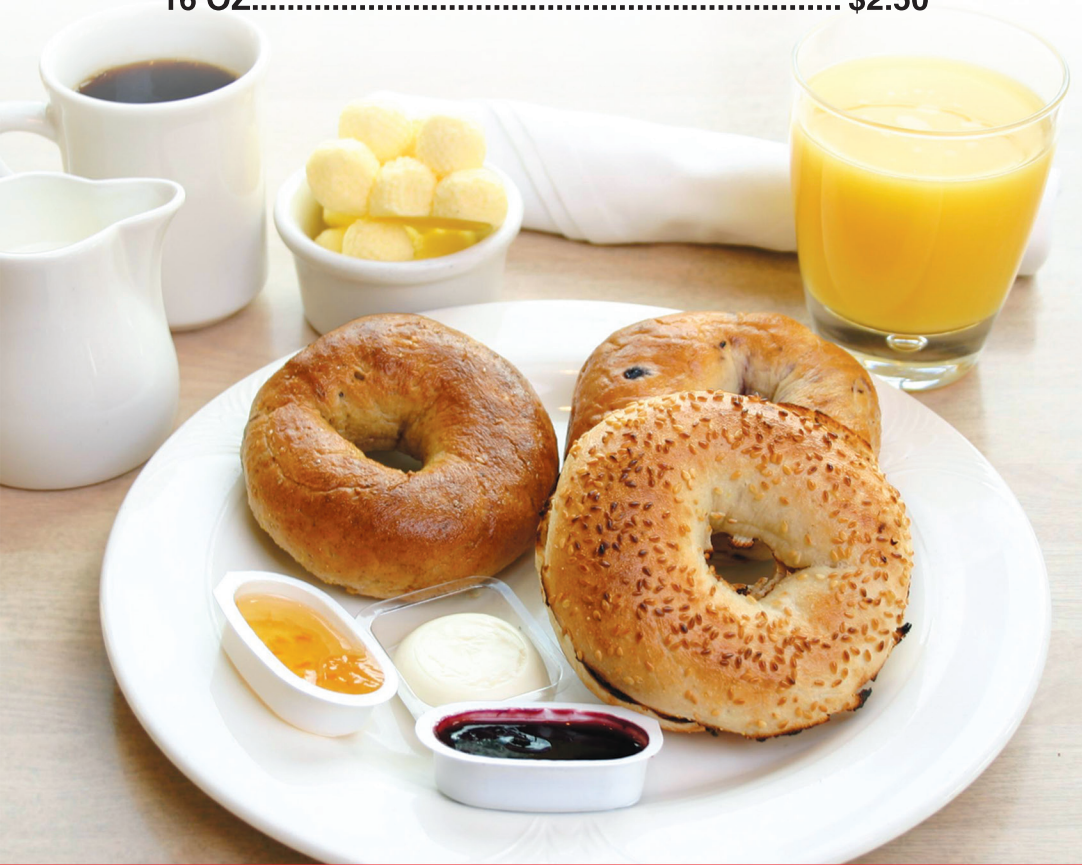
24 OZ. \$3.50

= HOT COFFEE =

16 OZ..... \$2.50

= HOT TEA =

16 OZ..... \$2.50



= HOT SANDWICHES =

MEATBALL PARM..... \$8.95
ROAST BEEF PROVOLONE..... \$8.95
ROAST PORK X-SHARP PROVOLONE..... \$8.95
PORK ITALIAN \$8.95
X-Sharp Provolone, Spinach
CHICKEN SUPREME \$8.95
Roasted Peppers, Spinach & Sharp.
VEGGIE SUPREME \$8.95
Eggplant, Roasted Peppers & Spinach with Sharp
CHICKEN CUTLET \$8.95
CHICKEN PARM..... \$8.95
EGGPLANT PARM \$8.95
GRILLED CHICKEN \$8.95
BUFFALO CHICKEN \$8.95

= WRAPS =

** White or Whole Wheat **

CHICKEN CAESAR \$7.95
TURKEY CLUB..... \$8.95
HONEY MUSTARD CHICKEN..... \$8.50
BACON CHICKEN RANCH \$8.50
B.L.T..... \$7.50
VEGGIE SUPREME *oven Baked* \$8.50
CHICKEN SUPREME *oven Baked* \$8.50
BUFFALO CHICKEN *oven Baked* \$7.95