

BETTER BENTOS 轻便当

TAKE AWAY AND DELIVERY 外卖

Prepackaged, delicious, whole-food and super-food based meals and snacks. Great flavours, healthy and convenient! Order now!

灵感源于全食物和超级食物的便当和零食，不仅美味、健康且便捷！赶快订购吧！



order now!
152 0194 1357
hello@betterbentos.com

下订单吧!
152 0194 1357

PICK UP LOCATIONS 我们的地址:
@Shaanxi lu 2nd floor Sprout Lifestyle
388 Shaanxi Rd. near Fuxing Zhong Rd.
@Fenglin lu Eco Village, 485 Fenglin Rd.
Building 13, Unit #101

@陕西南路388号2楼(靠近复兴中路)
@枫林路485号13号楼101单元



BENTOS 便当餐

01/ 48 ¥ (356 kcal// 11 g/ 42 g/ 4 g/23 g)*

Steamed Fish with Miso-Vinegar Sauce and Whole Grains
清蒸鱼配味噌醋味酱和全谷物糙米饭

02/ 48 ¥ (349 kcal// 14 g/ 44 g/ 6 g/ 12 g)*

Bunless Veggie Burger with Herbed Sweet Potatoes 素饼配烤甜薯

Our irresistible signature dish! Our veggie patties are bread-crumbs-free, and made with tofu, almonds, chickpea flour, sunflower seeds, brown rice and other whole grains. Delicious and nutritious

03/ 36 ¥ (353 kcal// 9 g / 53 g/ 9 g/ 16 g)*

Grilled Tofu with Mushroom & Leeks and Whole Grains 京葱蘑菇烤豆腐配全谷物糙米饭

04/ 38 ¥ (499 kcal// 17 g/ 72 g/13 g/16 g)*

Lentil-Tomato Bolognese with Whole Wheat Pasta 小扁豆番茄酱全麦意面

05/ 56 ¥ (451 kcal// 15 g/ 50 g/ 6 g/ 26 g)*

NPG Chicken Tikka Masala and Whole Grains
玛萨拉咖喱鸡配全谷物糙米饭 (使用的鸡肉选用无激素无抗生素绿色饲养鸡)

06/ 52 ¥ (477 kcal // 23 g/ 46 g/ 5 g/ 14 g)*

Hainan-Style NPG Chicken Breast with Ginger and Chive Sauce and Whole Grains
海南风味鸡配葱姜汁和全谷物糙米饭 (使用的鸡肉选用无激素无抗生素绿色饲养鸡)

07/ 52 ¥ (349 kcal/ 5 g/ 46 g/3 g/ 30 g)*

Korean BBQ Pork Tenderloin Salad and Whole Grains 韩式烤里脊蔬菜色拉配全谷物糙米饭

08/ 46 ¥ (365 kcal// 12.4 g/ 35 g/ 6 g/ 12 g)*

Trio of salads, Greens, Beans & Grains
沙拉三重奏 (生菜/杂豆/全谷物糙米)

SIDES 配菜和小食

09/ 25 ¥

Sous vide marinated NPG chicken breast
真空低温烹饪鸡胸肉

(140 kcal // 3 g/ 0 g/ 0 g/ 27 g)*

10/ 15 ¥

Grilled marinated tofu
腌制烤豆腐

(129 kcal// 6 g/ 11 g/ 3 g/ 9 g)*

11/ 30 ¥

Veggie patties with tofu mayonnaise 素饼配豆腐蘸酱

(218 kcal // 7 g/ 28 g/ 4 g/ 11 g)*

12/ 15 ¥

Mixed green salad with Peanut Dressing
混合蔬菜沙拉配花生酱

(91 kcal // 9 g/ 7 g/ 3 g/ 3 g)*

13/ 25 ¥

Herbed sweet potatoes
香料烤红薯

(131 kcal // 7 g/ 17 g/ 3 g/ 1 g)*

14/ 25 ¥

Bean salad
豆沙拉

(320kcal // 10g/ 20g/ 5g)*

* NUTRITIONAL INFORMATION
ENERGY 能量 // FAT 脂肪 / CARBOHYDRATE 碳水化合物 /
FIBER 膳食纤维 / PROTEIN 蛋白质

The calorie counts provided are for reference only and may vary slightly per snack item/bento. 所列热量值仅供参考，每份小食/便当的卡路里会有些许偏差。

SNACKS + SWEETS 小食和甜品

15/ 20 ¥

Rice balls, carrot and sesame (2 pieces)
全谷物胡萝卜芝麻饭团 (2个)

16/ 20 ¥

Rice balls, lotus root and chive (2 pieces)
全谷物香葱莲藕饭团 (2个)

17/ 25 ¥

Red pepper and cashew dip with vegetable sticks
蔬菜条加红椒腰果蘸酱

18/ 25 ¥

Tofu + cannellini dip with vegetable sticks
蔬菜条配豆腐白芸豆蘸酱

19/ 10 ¥

Raw chocolates 生机巧克力

20/ 8 ¥

Cookies, choice of banana oatmeal and almond fig 饼干, 可选口味 - 杏仁无花果, 燕麦香蕉

21/ 7 ¥

Raw energy balls, choice of cacao, lemon macadamia, peanut butter, chlorella matcha
生机能量球, 可选口味 - 可可, 柠檬夏威夷果, 花生酱, 小球藻抹茶

22/ 28 ¥

Nut protein bar 蛋白质坚果棒

23/ 28 ¥

Banana bread, wheat free
无麸质香蕉面包



Bento is a single-portion takeout or home-packed meal common in Japan. Our bentos are prepackaged every morning and are cool or at room temperature.

Bentos are traditionally eaten as is, but our packaging is microwave safe. Please reheat as needed.

便当是一种在日本非常盛行的, 自制或外卖的单人份外卖餐盒。我们的便当都是每天早上新鲜烹制的, 冷藏或常温保存于外卖点。传统的便当一般是冷食, 但是我们的环保包装也可以方便您进行加热

DRINKS 饮品

D1 / 28 ¥

Jova - Pear + Osmanthus + Snow Fungus
Drink 清灵雪梨汁 300 ml

D2/ 28¥

Jova - Almond Milk 呵护杏仁奶 300 ml

D3/ 28¥

Jova - Date + Goji Drink 新生五红水 300 ml

D4 / 15 ¥

Chaokoh - Coconut Water 俏果椰子水 330 ml

D5 / 15 ¥

Real Coco - Coconut Water 瑞欧椰子水 330 ml

D6 / 38¥

Farmhouse Juice - Iron Lungs 肺排毒果汁
500 ml pineapple, carrot, celery, cilantro, ginger
菠萝, 胡萝卜, 芹菜, 香菜, 生姜

D7 / 30 ¥

Farmhouse Juice - Spicy Lemonade 辛辣柠檬汁
500 ml calamansi, lime, lemon, ginger, cayenne pepper,
agave nectar 柑橘, 青柠, 柠檬, 生姜, 辣椒粉, 龙舌兰糖浆

Get free delivery and a small sweet treat free when you order 6 or more bentos before 10:30 am. Bentos must be delivered to the same address (within 5 km of our pick up locations).

早上 10:30 前订餐, 一次订购6份及以上便当送到同一地址, 可免去送餐费并获得一份精美甜品 (5公里以内)