

# JB RIVERS

• EST. 1994 •



## THE REAL DEAL MEDITERRANEAN EXPRESS

### SPICY FISH CAKES

With lemongrass, coriander & sesame seeds, panfried & served with teriyaki mayonnaise & baby leaf salad

### QUICHE

Freshly baked served with balsamic dressed salad - speak to your waitron about the filling of the day

### JB'S CAPRESE SALAD (SERVED WITH TOASTED CIABATTA)

Fiore di Latte Mozzarella, cherry tomatoes, roasted peppers, olives, grilled Italian artichokes, avocado\*, basil pesto, olive oil & wild rocket

WITH BLACKENED CHICKEN — ADD

## BANTING

(PROF. NOAKES)

### OMELETTE

Egg white omelette filled with bacon, creamed spinach & oven roasted romanita tomatoes

### CAULIMASH, SLICED AVO, CHERRY TOMATOES, GRILLED HALLOUMI FINGER & FRESH ROCKET

WITH:

**OPTION 1:** Chicken livers in a napolitana rosemary sauce

**OPTION 2:** Homemade meatballs in a chunky tomato ragu

## BAKERY

### MUFFINS

freshly baked - daily

plain

preserves, mature cheddar & cinnamon sugar

mascarpone

new flavours daily - ask your waitron

### CROISSANTS

plain or chocolate

with butter, preserves & grated cheese

with bacon, brie, caramelized onion, rocket & roasted romanita tomatoes

with sautéed chicken livers in a tomato herb ragu & mozzarella

with scrambled egg, bacon & roasted rosemary baby tomatoes



# BREAKFAST

SERVED UNTIL 12:30

BREAD CHOICES:  
FARM WHITE,  
FARM BROWN,  
RYE & LOW G.I.

**TWO EGGS** with toast, preserves and butter

## SAVOURY MINCE

2 Eggs, savoury mince, grated cheese & jalapeños served with toast, preserves and butter

**ROYAL TREAT** with toast, preserves and butter

2 Eggs, bacon / macon, beef luganiga sausage, grilled balsamic tomato, potato rosti & sautéed mushrooms

**EGGS BENEDICT** on toasted brioche

Poached eggs on creamed spinach, smoked hickory ham & asparagus\* with a hollandaise sauce  
Add Smoked Salmon 80g

**MEDITERRANEAN** with toast, preserves and butter

2 Eggs, grilled halloumi, herb roasted vine tomatoes, grilled Spanish chorizo, fresh avocado\*, calamata olives & wild rocket

## JB'S WRAP

Creamy scrambled eggs, Cajun chicken, marinated sun-dried tomatoes, basil pesto & parmesan shavings in a soft tortilla wrap with tomato salsa

## BREAKFAST FILLET TORNEADO

Pan-fried beef fillet, served on a homemade rosti, with crispy bacon / macon & tomato compote, topped with hollandaise sauce & a fried egg

## GRILLED OAK SMOKED KIPPERS

Pan-fried kipper fillets, served on a creamed spinach & egg fritata with herb roasted baby tomatoes, steamed asparagus\* & a JB's lemon butter sauce

## OVEN ROASTED CHICKEN LIVERS

In a tomato, roast pepper, fresh rosemary & basil ragu served with toasted brioche & soft fried egg

## PLAIN FRENCH TOAST

Soaked and pan-fried in an egg, cinnamon & treacle sugar batter  
with maple syrup, cinnamon sugar mascarpone  
with bacon / macon, grated cheese & sticky syrup

## ANCHOVY TOAST

Served with sliced tomato, cucumber & olives



## BUILD YOUR BREKKIE



One Egg

Bacon

Macon

Beef sausage

Savoury Mince

Grilled Tomato

Sautéed Mushrooms

Baked Beans

Potato Rostis

Lentil Ragù

Oak Smoked Kipper

Sliced Avo



## OMELETTES & SCRAMBLES



SERVED ALL DAY WITH TOAST AND PRESERVES

PLAIN OR EGG WHITE AVAILABLE

### BASIC OMELETTE

### BASIC SCRAMBLED EGGS

with 1 filling

with 2 fillings

with 3 fillings

with 4 fillings

with 5 fillings

per additional filling

## OPTIONAL FILLINGS

**VEG:** Tomato, onion, caramelized onion, spring onion, spinach, roasted peppers, jalapeños, gherkins, basil pesto, avocado\*, fresh asparagus\*, napolitana, sun-dried tomato, olives, mushrooms

**DAIRY:** Aged cheddar, mozzarella, Danish feta, brie, emmenthaler, halloumi, Grana Padano

**MEAT:** Ham, bacon, macon, Cajun chicken, chorizo, savoury mince

## SALMON SCRAMBLE OR OMELETTE

Smoked salmon (80g), spring onion and capers, served with roasted cherry tomatoes and chunky cottage cheese

# HEALTHY BREAKFASTS

## FRESH HAND CUT FRUIT SALAD

with yoghurt & honey OR cream OR ice-cream ADD R13

## GRANOLA, FRESH FRUIT & YOGHURT

Granola, fresh fruit salad, roasted nuts, honey & Greek yoghurt

## GRANOLA & YOGHURT

Granola, roasted nuts, honey & Greek yoghurt

## PAWPAW

Sliced, served with Greek yoghurt, roasted almond flakes & honey

## HOT STEAMED BREAKFAST OATS

Served with banana, berries & honey

## QUINOA COCKTAIL

Layers of quinoa, granola, double thick Greek yoghurt & a wild berry compote

# TOASTIES & TRAMEZZINIS

## TOASTIES SERVED WITH FRIES

BREAD CHOICES: FARM WHITE, FARM BROWN, RYE & LOW G.I.

### CHEESE

### CHEESE & TOMATO

### BACON, BRIE & AVOCADO MASH

### HAM, CHEESE & TOMATO

### MOZZARELLA, TOMATO & PESTO

### CHICKEN MAYO

### TUNA MAYO

### CREATE YOUR OWN PLUS EXTRA FILLINGS

## TRAMEZZINIS

### BASIC MOZZARELLA

### BACON & AVOCADO MASH

### TOMATO, ARTICHOKE, PESTO & OLIVES

### CHICKEN MAYO

### PROSCIUTTO, MOZZARELLA, ITALIAN ARTICHOKE & MARINATED SUN-DRIED TOMATOES

### GRILLED STEAK STRIPS, ROCKET, BASIL PESTO, CARAMELIZED ONION, MARINATED SUN-DRIED TOMATO, & PARMESAN SHAVINGS

### CREATE YOUR OWN BASIC MOZZARELLA PLUS EXTRA FILLINGS

## OPTIONAL FILLINGS

Tomato, onion, caramelized onion, spring onion, spinach, roasted peppers, jalapeños, gherkins, basil pesto

Avocado mash, fresh asparagus\*, sun-dried tomato, olives, mushrooms, aged cheddar, mozzarella, Danish feta, brie, emmenthaler, halloumi, ham

Bacon, macon, marinated artichokes, Cajun chicken, chorizo, savoury mince  
Smoked salmon (80g), prosciutto (70g)

## CHOOSE YOUR SIDES

FRENCH FRIES

PARMESAN, AVO & BALSAMIC ROCKET SALAD

COLESLAW

TRY OUR  
NEWEST  
MUST HAVE  
ITEMS

# SANDWICH BAR

## LA MED

Grilled halloumi with mixed lettuce, tomato, mashed avocado\*, roasted butternut, peppers in a pannini with a hummus, lime & yoghurt dressing served with a rocket parmesan salad

## SALMON BAGEL

Smoked salmon, avocado\*, low fat cream cheese, caperberries, tomato, onion with a honey, lime & dill dressing on a toasted bagel served with fries

## HOT PASTRAMI

Lean pastrami, sliced emmentaler cheese, Dijon mustard, tomato, gherkin, sauerkraut & mixed lettuce on rye bread served with potato salad

## JB'S STEAK SUB

200g mature sirloin steak, in a buttered baguette with lettuce, grilled tomato, onion and dijon mustard served with fries

## MEATBALL SUB

Homemade beef meat balls in a tomato ragu, served in a fresh baguette with grilled onions, tomato, gratinated with creamy Fior di Latte Mozzarella, drizzled with basil pesto & served with fries

## JB'S PREGO

Pan-fried fillet steak OR chicken breasts in a light creamy peri-peri sauce with grilled onions & fresh tomato on a Portuguese roll served with fries

## CAJUN CHICKEN TREAT

Blackened Cajun chicken breasts, avocado mash, Danish feta, tomato, caramelized onion, mixed lettuce & a lemon parsley mayo dressing in a pannini served with fries

# SALADS

BIGGER APPETITE?  
BOOST YOUR SALAD



## CAESAR

Baby gem lettuce tossed in a homemade creamy Caesar dressing with bacon bits, croutons, Grana Padano, tomato, cucumber & boiled egg  
with imported anchovy  
with rosemary chicken breast

## HALLOUMI

Bed of mixed lettuce topped with grilled halloumi, tomato wedges, roasted peppers, Italian artichokes, cucumber, avocado\*, olives, roasted butternut & grilled corn with a yoghurt hummus dressing

## THAI

Mixed greens, baby spinach, shredded cabbage, sugar snaps, roasted baby tomatoes, button mushroom & toasted cashew nuts tossed in a lime, soya & ginger vinaigrette topped with crispy fried potato sticks, coriander leaves & sesame seeds

with chicken  
with prawns

## ROAST VEGETABLE & GOATS CHEESE

Roasted Mediterranean vegetables, mixed lettuce, rocket, herb roasted cherry tomatoes, artichokes, asparagus\*, sweet corn, crumbed goat's cheese & a creamed cheese crostini drizzled with a pesto dressing

## CHICKEN CAPRESE

with toasted ciabatta  
Fiore di Latte Mozzarella, cherry tomatoes, roasted peppers, olives, grilled Italian artichoke, avocado\*, basil pesto, olive oil & wild rocket  
with blackened chicken

## CREOLE CHICKEN

Chicken strips caramelized in balsamic and sweet soya with avocado\*, herb roasted cherry tomato, cucumber, butternut, mixed lettuce, spinach & crumbled Danish feta

## CAJUN CHICKEN

Blackened Cajun style chicken breasts, mixed lettuce and rocket, fresh pawpaw, roasted almonds, Danish feta, caramelised Spanish onions, deepfried courgette & avocado\* with a lemon parsley mayo dressing

## SALMON

Smoked salmon with fresh avocado\*, cherry tomatoes, cucumber, marinated beetroot, roasted mixed seeds, steamed asparagus\*, low fat chunky cottage cheese, mixed greens with a honey lime and dill vinaigrette

## TUNA NICOISE

Chunky tuna, new potatoes, steamed green beans, tomato, red onion, sweet corn, carrots, asparagus\*, boiled egg, anchovy, caperberries & olives on mixed greens with a honey lime and dill vinaigrette

## QUINOA (SUPER FOOD)

Roasted butternut, olives, butter beans, wild rocket, sunflower seeds, roasted bell peppers, boiled egg & avocado\* with a creamy hummus, lime & honey dressing

# JB'S OLD FAVOURITES

## NATCHOS

Crispy homemade tortilla chips drizzled with cilantro sauce & gratinated with a sweet & spicy tomato jalapeño salsa, mozzarella, aged cheddar & chunky cottage cheese served with homemade guacamole & crème fraîche  
with Cajun chicken

## FAJITA

Chicken strips fried in a spicy tomato, coriander & jalapeño salsa served in two soft flour tortilla wraps with homemade guacamole, grated cheese & sour cream

## BIFTEKI

Mediterranean char-grilled meatballs basted with lemon & rosemary olive oil, with fresh rocket, lemon yoghurt & creamy hummus served with fries

## STRIFRIES

Crisp seasonal vegetables tossed in the wok with a sweet & spicy Indonesian soya sauce with coriander, topped with roasted nuts & sesame seeds, served with fragrant basmati rice

Vegetable  
Chicken

COLOUR KEY: VEGETARIAN ITEMS

NEW - MUST HAVE

MACON WILL INCUR A SURCHARGE

NO CHEQUES ACCEPTED

\* = SUBJECT TO AVAILABILITY

# PASTA

PASTA CHOICES:  
LINGUINE, PENNE & TAGLIATELLE

HALF

FULL

## TOMATO, BASIL, OLIVES & GRANA PADANO

Light & fresh on your choice of pasta

## HOMEMADE BEEF RAGU

Lean ground beef bolognese in a thick tomato sauce

## PESTO GENOVESE

Fresh basil pesto, steamed asparagus\* & green beans in a mascarpone sauce topped with parmesan shavings

## JB'S ALFREDO

Sautéed Porcini mushrooms & bacon in a mascarpone salsa with white wine, fresh garlic, sage & truffle oil

## CHICKEN MASCARPONE

Chicken strips sautéed with mushrooms, sun-dried tomatoes, pesto, tomato salsa & mascarpone topped with feta

## FILLET

Fillet strips, red onions, Calamata olives, baby tomatoes & Italian artichokes in a tomato & basil pesto sauce

## SEAFOOD

Medley of fresh fish, calamari & prawns in a white wine, dill, tomato & fresh cream sauce with a dash of Pernod Ricard

# BURGERS & FRIES



CHOICE OF 200g BEEF PATTY OR TWO SUCCULENT CHICKEN BREASTS,  
FLAME GRILLED AND SERVED ON A TOASTED BUN

## BEEF SLIDERS

Three mini burgers: BBQ, cheese and mushroom

## BBQ

## AGED CHEDDAR & CARAMELIZED ONION

## BACON, EGG & CHEESE

## BACON & AVO

## MUSHROOM

## JB'S NOSTALGIA

no basting  
Pickles, red onions, Dijon mustard mayo, wild rocket, tomato and lettuce

DOUBLE UP YOUR BURGER: ADD

# FROM THE BUTCHER



ALL OUR BEEF IS AGED FOR A MINIMUM OF 21 DAYS AND IS HALAAL

## 200G STEAK, EGG & CHIPS

## FILLET & FRIES

250g tender fillet of beef grilled with:  
JB's BBQ OR Blackened OR Rosemary and lemon marinade

## T-BONE & FRIES

500g aged then marinated with:  
JB's BBQ OR Rosemary and lemon marinade

## SIRLOIN & FRIES

250g lean mature sirloin, grilled with JB's BBQ

## LAMB CHOPS & FRIES

Four marinated succulent cutlets, char-grilled, with:  
JB's BBQ OR Rosemary and lemon marinade

## LAMB SHANK

Braised in a white wine, rosemary tomato jus served  
with roasted veg and a butternut & sage mash

## RACK OF LOIN RIBS (BRM) & FRIES

Char-grilled sticky BBQ pork ribs (500g)

ADD: WILD MUSHROOM, PEPPER, BBQ OR 4 CHEESE SAUCE



CAULIMASH  
SPICY LENTIL RAGU  
CREAMY BUTTERNUT,  
POTATO & SAGE MASH  
BAKED POTATO

BAKED SWEET POTATO  
CREAMED SPINACH  
ROASTED VEGETABLES  
PARMESAN, AVO &  
BALSAMIC ROCKET SALAD

# CHICKEN

## CURRY

Mild and fragrant chicken curry served with basmati rice, sambals, tortilla & poppadum

## KEBABS

Cubed chicken breasts, peppers & onion kebabs in a Apricot, Indonesian soya and coriander marinade served with French fries OR salad

## SCHNITZEL

Two tender breasts coated in fresh bread crumbs, parmesan & sage served on a bed of pesto & tomato linguine with a lemon butter sauce

## MOROCCAN

Chicken breasts served on butternut & sage mash with steamed spinach & a sweet & spicy Moroccan salsa, topped with Danish feta

## ROSEMARY CHICKEN

Grilled chicken breasts, rosemary & lemon OR blackened, served with baked sweet potato & roasted veg

2 Breasts

3 Breasts

# SEAFOOD

## SALMON

prepared medium, please specify if otherwise  
Grilled Scottish salmon coated in a lemon butter sauce served with creamy butternut mashed potatoes & roasted vegetables

## OLD FASHIONED FISH & CHIPS

Hake coated in beer batter, served with mushy peas, French fries & tartar sauce

## CALAMARI

Calamari tubes, grilled with a lemon & herb sauce, served with Basmati rice & roasted vegetables

# HOT COFFEE

BOTTOMLESS FILTER COFFEE two cups only

AMERICANO

DECAFFEINATED AMERICANO

CAPPUCCINO

CAPPUCCINO PICCOLO

RED CAPPUCCINO

ESPRESSO

DOUBLE ESPRESSO

ESPRESSO MACCHIATO

CAFÉ AU LAIT

**LAVAZZA**  
ITALY'S FAVOURITE COFFEE

# TEA

FIVE ROSES

ROOIBOS

THE FIVE ROSES COLLECTION

# WARM COMFORTS

HOT CHOCOLATE & FLAKE

COCO MOCHA NUT & FLAKE

HAZELNUT HOT CHOCOLATE & FLAKE

HORLICKS & FLAKE

CHAI TEA

MILO & FLAKE

# SERVED COLD

ICED COFFEE

Lavazza espresso blended with full cream vanilla ice-cream

FREEZOCHINO (original Cappuccine 98% fat free)

FRULLATO

FRESHLY RUEEZED JUICE

Orange, carrot, pineapple or apple  
with ginger in your juice

FRESH FRUIT JUICE

Ask your waitron for flavours of the day

WHEATGRASS SHOOTER

with apple juice

HOMEMADE LEMONADE

MIXED BERRY MOCKJITO

TONI GLASS ICED TEA

Kiwi, cucumber and mint  
Lemongrass, coconut and ginger  
Berry Baobab

ICED TEA (imported)

Lemon, peach

SODAS (imported)

Lemon, orange

MINERAL WATER

500ml Sparkling **OR** still  
1000ml Sparkling **OR** still

# MILKSHAKES SERVED WITH A FLAKE

BELGIAN CHOCOLATE

VANILLA

STRAWBERRY

FERRERO ROCHER (the real deal)

OREO

# GRANITAS FRESH FRUIT BLENDED WITH CRUSHED ICE

MANGO & FRESH MINT

MIXED BERRY

WATERMELON, LIME & BASIL

# KICK-ASS PROTEIN SHAKES

## SAHARA SMOOTHIE

Yoghurt, honey, nuts, bananas, dates and crushed ice  
add vanilla whey

## BERRY PROTEIN SHAKE

Berries, dried cranberries, banana, yoghurt, crushed ice and vanilla whey protein

## LEAN MACHINE

Pure whey protein isolate, low GI chocolate powder and fibre blended with ice  
add MCT (energy boosting) oil  
add banana  
add peanut butter  
add whey protein

## PEANUT BLAST

Banana, chocolate, peanut butter, honey, crushed ice and vanilla whey protein

# SWEET TEMPTATIONS

## CHOCOLATE SUNDAE

Vanilla ice-cream, caramel sauce, nuts and chocolate whispers

## CHOCOLATE BROWNIE

Topped with Lindt chocolate sauce, served with ice-cream OR cream

## DEATH BY CHOCOLATE

Decadent multi-layered chocolate cake topped with Lindt chocolate sauce

## WAFFLES

Freshly baked, served with maple syrup, crushed nuts and ice-cream OR cream

## ICE-CREAM

Belgian chocolate, vanilla OR strawberry

1 SCOOP

2 SCOOPS

3 SCOOPS

## CHOCOLATE SAUCE

## BAKED CHEESE CAKE

Served with a strawberry coulis

## CAKE SELECTION

Ask your waitron for the daily selection

# WINES



250ml CARAFE



750ml BOTTLE

## WHITE WINE

PROTEA SAUVIGNON BLANC

NOBLE HILL SAUVIGNON BLANC

BOUCHARD FINLAYSON SAUVIGNON BLANC

DMZ CHARDONNAY

GRAHAM BECK WATERSIDE WHITE UNOAKED CHARDONNAY

PECAN STREAM CHENIN BLANC

HAUTE CABRIÈRE CHARDONNAY / PINOT NOIR

BOSCHENDAL BLANC DE NOIR

TERRA DEL CAPO PINOT GRIGIO

## SEMI SWEET WINE

VILLERIA JASMINE

## RED WINE

PROTEA CABERNET SAUVIGNON

DARLING CELLARS SIX TONNER MERLOT

THELEMA MOUNTAIN RED

MORGENSTER MERLOT NU SERIES 1

HARTENBERG DOORKEEPER SHIRAZ

BEYERSKLOOF PINOTAGE

MONT DU TOIT LE COTEAUX CABERNET

PAUL CLUYER THE VILLAGE PINOT NOIR

ANTHONIJ RUPERT OPTIMA

## CHAMPAGNE / BUBBLY

MOËT & CHANDON NON-VINTAGE

375ml

MOËT & CHANDON NON-VINTAGE

750ml

PONGRACZ BRUT

GRAHAM BECK BRUT ROSE

JC LE ROUX LE DOMAINE

JC LE ROUX SAUVIGNON BLANC

187ml