

Pizzas

Banting cauliflower pizza base **add R20**

Classic Focaccia Olive oil, herbs & fresh garlic	57	Texas Chicken Mozzarella, tomato base, BBQ chicken breast strips, pineapple & red onion	97
Focaccia Bianca Mozzarella, garlic & olive oil	79	Salami Mozzarella, tomato base, Italian salami & avo*	99
Margherita Mozzarella, tomato base & fresh basil	78	Three's Company Mozzarella, tomato base, bacon, feta & olives	92
Four Seasons Mozzarella, tomato base, artichokes, mushrooms, ham & olives	97	Chicken Prego Breast strips, mozzarella, prego sauce & caramelised onion	99
The Blues No cheese! Tomato base, grilled brinjal, roasted red & yellow peppers, fresh rocket, mushrooms & olives	94		
Sweet & Stinky Mozzarella, tomato base, blue cheese, bacon, spicy tomato ginger relish & avo*	109		
Spicy Beef Mozzarella, tomato base, saucy beef strips, red onion, olives & mushrooms	<i>With rump</i> 125 <i>With fillet</i> 135		
Sweet Chicken Mozzarella, tomato base, sweet chilli chicken breast strips, feta, peppadews & avo*	105		
		Basic pizza (tomato base & mozzarella)	47
		Add your choice of toppings:	
		Tomato / onion / fresh peppers / pineapple / roasted peppers / grilled brinjal / basil / fresh rocket	15
		Artichokes / avo* / olives / jalapeños / peppadews / sun-dried tomato / mushroom	20
		Feta / cheddar / mozzarella / parmesan shavings	23
		Salami / ham / bacon / macon / Cajun chicken breasts / saucy chicken breast strips	35
		Smoked salmon	49

Extra Toppings

Stir Fry Thai-style with fresh chilli, garlic, ginger, roasted cashews, sprouts, carrots, baby marrow, patty pans, button mushrooms & yellow rice	
	<i>Veg</i> 96 <i>Beef Fillet</i> 132 <i>Chicken Fillet</i> 112

Pastas

Spaghetti / penne / short grain brown rice / quinoa / zucchini noodles ★

Napoletana	76	Tuna Pea Tuna chunks, garden peas, red onion & red peppers in a napoletana sauce with mild chili, garlic & a hint of cream	113
Bolognaise	96	Ozzy's Rump strips, olives, sun-dried tomatoes, balsamic, napoletana sauce & cream	115
Pesto Herbs, olive oil, pine nuts, walnuts, almonds & garlic	82		<i>With fillet</i> 132
Lasagna Homemade beef lasagna	97		
Fitzgerald's Chicken breast, fresh onion, sun-dried tomatoes, jalapeños napoletana sauce & cream	106	Costa's Chicken Rice Chicken fillet strips, peri-peri, napoletana sauce & short grain brown rice	99
Salmon Salmon, cream, rocket, napoletana sauce & chili	130	Hot Pot Penne Bake Chicken breast strips, mushrooms, bolognaise, feta, cream, pesto, mozzarella & parmesan cheese	111
Black Mushroom Mushrooms, cream, pesto, napoletana sauce & parmesan cheese	109	Mambo Pasta Beef fillet strips, mushrooms, garlic, parmesan & sweet cherry tomato with cream & fresh rocket	132

Key

(b) = Banting Friendly

★ = Beach Body Eating

Highlighted
New item on the menu

Hot Beverages

French press coffee	23	Rooibos cappuccino	28
Filter coffee	23	Herbal teas	23
Espresso	19	Five Roses	22
Double espresso	24	Rooibos	22
Cortado	16	Hot chocolate	28
Traditional cappuccino	22	Sugar-free hot chocolate	35
Large cappuccino	26	Milo / Horlicks	23
Americano	22	Chococino	28
Café latte	25	Spiced chai	26

Cold Beverages

Freshly Squeezed Choose from seasonal fruits & veg	39	Appetizer / Grapetizer	27
Fruit Juice Mango / guava / cranberry / fruit cocktail / mandarin	30	Cordials Lime / Passion Fruit / Kola Tonic	9
Mineral Water Sparkling / still	<i>500ml</i> 22 <i>1 litre</i> 38	San Benedetto Iced Tea Peach / lemon	32
		Wheatgrass Shooter	26
		Freezo	40
Soft drinks / Local Iced Teas	23	Toffee Coffee Freezo	40

Desserts

Chocolate Brownies With chocolate sauce & homemade ice cream	75	Sahara Smoothie Yoghurt, honey, nuts, banana, dates & ice	58
Artisan Ice Cream <i>(per scoop)</i> Pistachio / Chocolate / Hazelnut / Coffee	25	Berry Smoothie Berries, dried cranberries, banana, yoghurt & ice	69
JB's Sundae Chocolate / vanilla ice cream with brownie chunks, crushed Oreo & caramel sauce topped with caramel popcorn & cream fluff	71		
Homemade Cakes Ask your waiter for daily specialty cakes & treats	SQ	Lean Machine Pure whey protein isolate, low GI chocolate powder & fibre blended with ice	54
Nutella Waffles With vanilla ice cream, Nutella & caramel popcorn drizzled with caramel sauce	78	<i>With 180° oil</i> 70 <i>With banana</i> 64 <i>With peanut butter</i> 67	73
Crème Brûlée Vanilla custard topped with caramelised sugar	45	Peanut Blast Banana, chocolate, peanut butter, honey & vanilla whey protein	

Shakes

Designer Shakes Ferrero Rocher / Crunchie / Peppermint Crisp / Oreo / chocolate brownie / salted caramel / peanut butter	60	Lemon / Apple / Berry / Mango	37
Regular Shakes Vanilla / chocolate / strawberry / banana-honey	44		

Find us online:

 JB's Corner

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www.jbscorner.co.za

Breakfast

Toast options: low GI wholewheat / white / brown / 60% rye / gluten-free loaf

Oatmeal <i>Made with milk or water, served with cinnamon, brown sugar & raisins</i>	40	Eggs & More Eggs served scrambled / poached / fried Egg whites only available	
<i>Made with cream, served with fresh banana & strawberries</i>	55	Eggs & Toast	38
Smoothie Bowl Mango, spinach, coconut, berries & granadilla iced smoothie topped with fresh banana, strawberry, flaked almonds, crumbled halva & honey	75	<i>With cheese</i>	44
		<i>With crispy bacon</i>	49
Seasonal Fruit Salad & Greek Yoghurt	71	<i>With avo* / mushrooms</i>	46
<i>With honey-roasted muesli</i>	77	Mini Breakfast 1 Egg, bacon, sausage, grilled tomato & toast	46
<i>With grain-free nut granola</i>	86	Full Breakfast Eggs, beans, mushrooms, grilled tomato, sausage, bacon, chips & toast	89
Paw Paw Boat ★ With grain free granola, chia seeds & fresh lemon juice. Served with Greek yoghurt aside	86	Livers & Eggs Grilled chicken livers with eggs, grilled onion, chips & toasted ciabatta. Served with peri-peri aside	81
French Toast Homemade brioche topped with grilled banana & maple syrup dusted with cinnamon	73	Eggs Benedict English muffin, poached eggs, smoked hickory ham, hollandaise sauce & chives	82
	<i>With bacon</i> 91 <i>With Nutella</i> 87	Banting Bowl (b) Fried egg on a black mushroom with creamed spinach, caramelised onion, roasted rosa tomato & parmesan shavings	81
Bircher Muesli Rolled oats soaked in milk, yoghurt, apple juice, cinnamon, spices & raisins	65	Bacon Spear (b) Asparagus* topped with 2 poached eggs, bacon, red onion, herb mayo & parmesan shavings	92
Breakfast Mince Toast, mince, fried eggs, avo* & grilled onion	85	Salmon Scramble Smoked salmon, capers, red onion, chives, sour cream & toast	109
Omelettes Served with toast		Eggs Norwegian English muffin, poached eggs, wilted spinach, smoked salmon, chives, hollandaise	95
Small Omelette	35	Lentil Bowl Lentils, sautéed with tomato salsa, fresh basil, crumbed feta & loaded with two poached eggs & served with ciabatta toast	79
Large Omelette	45	Avocado Toast Smashed avo*, hummus, feta, parmesan, soft poached eggs, chili flakes & Maldon salt	72
Available fillings: <i>For omelettes & scrambles only</i>		Quinoa Banter Colourful quinoa grain, sautéed with sun-dried tomatoes, spinach, sweetcorn, avo* and tomato salsa topped with two fried eggs	75
Rosa tomato / onion / napoletana sauce / fresh rocket / basil / olives / cheddar / mozzarella / sun-dried tomatoes / spring onion / mushroom	15	Quinoa Banter Colourful quinoa grain, sautéed with sun-dried tomatoes, spinach, sweetcorn, avo* and tomato salsa topped with two fried eggs	75
Fresh asparagus* / avo* / parmesan cheese / artichokes / bacon / macon / ham / salami / goat's cheese / bell peppers / peppadews	22	Brioche Breakfast Roll Scrambled egg, avocado, Sriracha mayo & cheddar	65
The Blondie Egg whites, napoletana, avo*, mushrooms, sundried tomatoes	79/89	Stevie G Large burger patty, 2 poached eggs, avo*, napoletana & red onion (optional)	65
<i>With grilled chicken</i>	89/99		
Free range egg	9		
French fries	20		
Baked beans	20		
100g Beef patty	26		
Beef sausage / Bacon / Macon	32		
Mini steak (sirloin)	48		



Nibbles

Halloumi Fingers Fried or grilled served with JB's sweet chilli dipping sauce	69	Sweet Potato Dippers Crispy sweet potato crisps served with hummus & tzatziki	78
Angry Wings BBQ / Hot & spicy chicken wings served with celery & carrot sticks. Creamy blue cheese dip served aside	78	JB's Nachos Cheddar, mozzarella, sour cream, guacamole, salsa & jalapeños	75/95
Chicken Livers Pan fried with peri-peri, cream & tomato with toasted ciabatta	79	<i>With chicken breast strips & parmesan cheese</i>	85/110

Toasties & Tramezzinis

	Toasty	Tramezzini		
Mozzarella	35	38		
Mozzarella & Tomato	43	47		
Ham, Mozzarella & Tomato	71	75		
Bacon & Mozzarella	63	67		
Chicken Mayo	68	72		
Cajun Chicken & Peppadews	73	77		
Sticky Chicken, Avo*, Sun-Dried Tomatoes & Feta	78	86		
			Slaw R15	Fries R20

			Create your own by selecting from the pizza toppings extras	

Gourmet Sandwiches

Bread options: low GI wholewheat / white / brown / 60% rye / gluten-free loaf

Gone Fishing Tuna chunks, olives, cucumber, spring onion & a hint of mayo served on a ciabatta, drizzled with olive oil & fresh lemon juice	99	Beef on Rye Hot beef slices with sauekraut & mustard mayo. Served with potato salad	105
Chicken Avo Club on Rye Rosemary-grilled breast, mozzarella, avo*, tomato, crispy brinjal & a hint of herb mayo served on a bed of crisp lettuce	99	Schnitzel Sarmie Chicken schnitzel on ciabatta, with tomato, avo*, fresh rocket, lemon mayo & drizzled with a tangy vinaigrette	103
<i>With bacon</i>	111	Prego Roll Pan-fried with JB's prego basting & dressed in a creamy peri-peri mayo. Served with fries	99
Halloumi Club on Ciabatta Fried/grilled halloumi, roasted bell peppers, avo*, crispy brinjal, tomato & a hint of herb mayo served on a bed of crisp lettuce	101	<i>With chicken breast</i>	99
		<i>With fillet</i>	109
		Fillet on French Beef fillet butterflied & grilled in JB's BBQ basting. Served with fries	109

JB's Beach Body Eating

Low fat, low carbs ★

Spicy Tuna Ragù Tuna chunks in napoletana sauce, spring onion & fresh chili with brown rice / quinoa	99	Beefy Rice Grilled fillet strips, sundried tomatoes, olives, napoletana sauce & basil tossed with brown rice	129
Chicken & Mushroom Ragù Grilled breast, mushrooms, fresh chili in napoletana sauce with quinoa / zucchini noodles	99	Iron Meatball Bake (b) Baked meatballs, steamed spinach, grilled mushrooms & napoletana sauce	96
Rad Brad (b) 1 Chicken breast, 1 burger patty with JB's BBQ basting / plain grilled. Served with sliced tomato & avo*	96	Brown Rice Chicken Salad Short grain brown rice, avo*, broccoli & chopped flame-grilled chicken breast	96
Tarri's Tato Sweet potato filled with chicken breast strips, napoletana sauce, sun-dried tomatoes & jalapeños	99	Lettuce Tacos Cos lettuce cups filled with spicy salmon tartar, spring onion, teriyaki sauce, spicy mayo & cashew nuts	95

Salads

	Starter	Main		
Sunshine Avo*, feta, baby lettuce, broccoli, red cabbage, sweetcorn, carrots & roasted cashews served with an Asian dressing aside	55	80	Sesame Chicken Caramelised sesame chicken breasts, feta cheese, roasted rosa tomato, basil, sweetcorn, broccoli, toasted sunflower seeds, almond flakes, crispy brinjal, cucumber, carrots & crisp lettuce	70 95
The Mediterranean Fried or grilled halloumi, chickpeas, heirloom tomato, cucumber, marinated mushrooms, crispy brinjal, zucchini, toasted sunflower seeds, carrots & crisp lettuce. Served with a yoghurt tahini dressing	65	90	Chicken Couscous Grilled chicken breast, couscous, goat's cheese or feta cheese, crispy brinjal, roasted peppers, chickpeas, rosa tomato, cucumber & mixed green leaves	70 95

Kin-wa Salad Quinoa, balsamic roasted butternut, feta, parmesan shavings, sweetcorn, rosa tomato, olives, basil, toasted pumpkin seeds, rocket & a hint of herb mayo. Drizzled with red wine vinegar & olive oil	65	90	Classic Tuna Tuna chunks, boiled egg, sweetcorn, cannellini beans, olives, cucumber, red onion, carrots & mixed green leaves. Served with herb mayo aside	NA 98
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Forest Balsamic roasted butternut fingers, feta, broccoli, olives, sweetcorn, crispy brinjal, toasted sunflower seeds, rosa tomato, sprouts, carrots, cucumber & mixed green leaves	65	90	Chicken Caesar Cajun breast, crispy bacon bits, parmesan shavings, anchovies, croutons, rosa tomato & crisp lettuce. Served with a creamy mayo dressing	65 90
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Chicken Cobb Grilled breast, crispy bacon bits, blue cheese, avo*, rosa tomato, crisp lettuce, rocket & baby spinach	70	95	Cajun Chicken Slices of tender Cajun chicken, avo*, feta, tomato, bell peppers, carrots, cucumbers & mixed greens	70 95
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Halloumi Fried or grilled halloumi, carrots, mixed nuts, toasted sunflower seeds, pumpkin seeds, bell peppers, crispy brinjal, tomato, sweetcorn, cucumber & mixed greens	65	90	Bifteki Mediterranean char-grilled meatballs, cos lettuce, rocket, red onion, sweet corn, red cabbage, sweet basil, roasted tomatoes, feta cheese & tahini vinaigrette	75 100
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Classic Salmon Smoked salmon, cottage cheese, boiled egg, avo*, capers, red onion, rosa tomato, cucumber, carrots & mixed green leaves	NA	117		
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Add your choice of protein to the above salads:				
	<i>Add grilled Cajun / plain chicken breasts 200g</i>	+30		
	<i>Add tuna chunks 170g</i>	+30		
	<i>Add bifteki 160g</i>	+30		
	<i>Add beef fillet 180g</i>	+45		
	<i>Add smoked salmon 80g</i>	+49		

Kids

All served with a fruit juice

Bambino Breakfast Scrambled eggs & a small roll	28	Baby Pizza Small Margherita pizza	51
Temper Tantrum Small bolognaise	51	Winner Winner Chicken Dinner Gold nugget strips served with fries	51

		<i>*All items subject to availability. Kitchen uses nut ingredients. Service charge not included. Changes to menu could result in a delay.</i>		
		All extras & substitutions may incur an extra charge.		

Drive By:	Call us with your order & car description. Pull up outside & we'll deliver to your window.	Melrose Arch: 011 684 2999 Sandton: 011 784 1810
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Burgers & Bowls

Choose between **Old Fashioned** or **BBQ** | **chicken fillet** or **beef patty**

Old Fashioned = lettuce, tomato, fresh onion, pickles & mustard mayo
BBQ = grilled onion, lettuce, tomato & 1000 Island with BBQ basting

Bowls: Your patty on a bed of cauli-rice & salad (b)		Add R15			<small>*New pricing is burgers only, no sides</small>	
	Baby Wow	Wow		Baby Wow	Wow	
	100g	200g		100g	200g	
Straight up	45	55	Peri Peri	55	70	
Cheese Burger	50	65	Bacon & Avo	55	70	
Creamy Mushroom Burger / Pepper	55	70	Cheese, Bacon & Egg	60	75	
Bacon & Egg	55	70	Blue cheese, bacon & avo	60	75	
Bacon & Cheese	55	70	Mexican Salsa, guacamole, crumbled feta & fresh chili	65	80	
	The Sennet BBQ burger patties doubled up, topped with spicy tomato ginger relish & goat's cheese. Served with avo* aside	99	Petite Trio 3 Mini beef burgers: BBQ, cheese & bacon, creamy mushroom. Served with fries	89	Patty Melt Plate Two patties topped with soft melted cheddar cheese, lettuce, tomato, grilled onion, mayo & pickles	96

Grills

Includes your choice of one side serving

Bifteki Mediterranean char-grilled meatballs basted with olive oil & lemon juice. Hummus served aside	115	Mamma's Breasts Grilled chicken breasts with feta, olives & melted mozzarella	124
		The Drake Two grilled peri-peri chicken breasts served with yellow rice	92
Sirloin 250g Grilled with JB's BBQ basting	169	Hake & Chips Beer battered served with lemon & tartar sauce	110
T-bone 500g Grilled with JB's BBQ basting	185	Salmon Plain grilled or sweet teriyaki glaze served with baked sweet potato	5Q
New York Fillet Blackened / JB's BBQ basting / Char-grilled			

	<i>200g</i>	165		
	<i>300g</i>	190	Chicken Curry Fragrant masala spices, tomato, onion, tender chicken breast & coconut milk served with butter naan & all 'n all	110

Mediterranean Fillet Cubes Pan-fried in olive oil, butter, lemon 'n herb & parmesan				
	<i>With beef fillet</i>	190		
	<i>With chicken breast</i>	120		

Lamb Chops Grilled with salt & pepper / JB's BBQ basting	185	Baked potato / sweet potato	25
Ribs JB's BBQ basted succulent ribs		French fries	30
	<i>Beef</i>	Mash potato	30
	<i>Pork</i>	Short grain brown rice / yellow rice	30

Grilled Chicken Livers Mediterranean-style grilled chicken livers, oregano, fresh lemon, french fries & peri peri on the side	90	Steamed spinach / butternut mash	30
Chicken Schnitzel Crumbed breasts with cheese & mushroom sauce	114	Stir fry veg / creamed spinach	35
Nathan's Chicken Kebabs JB's BBQ chicken skewers. Served with peanut butter sauce	99	Little Greek salad	36

Grilled Chicken Breasts Lemon & Herb / JB's BBQ / Cajun / Peri-Peri				
	<i>2 Breasts</i>	92		
	<i>3 Breasts</i>	104		
			Mushroom / pepper / cheese / peri-peri / peanut butter	25

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