

## Pizzas

Banting cauliflower pizza base **add R22**

<b>Classic Focaccia</b> Olive oil, herbs & fresh garlic	<b>62</b>	<b>Texas Chicken</b> Mozzarella, tomato base, BBQ chicken breast strips, pineapple & red onion	<b>105</b>
<b>Focaccia Bianca</b> Mozzarella, garlic & olive oil	<b>86</b>	<b>Salami</b> Mozzarella, tomato base, Italian salami & avo*	<b>107</b>
<b>Margherita</b> Mozzarella, tomato base & fresh basil	<b>85</b>	<b>Three's Company</b> Mozzarella, tomato base, bacon, feta & olives	<b>99</b>
<b>Four Seasons</b> Mozzarella, tomato base, artichokes, mushrooms, ham & olives	<b>106</b>	<b>Chicken Prego</b> Breast strips, mozzarella, prego sauce & caramelised onion	<b>107</b>
<b>The Blues</b> No cheese! Tomato base, grilled brinjal, roasted red & yellow peppers, fresh rocket, mushrooms & olives	<b>102</b>		
<b>Sweet &amp; Stinky</b> Mozzarella, tomato base, blue cheese, bacon, spicy tomato ginger relish & avo*	<b>118</b>		
<b>Spicy Beef</b> Mozzarella, tomato base, saucy beef strips, red onion, olives & mushrooms	<i>With rump</i> <b>135</b> <i>With fillet</i> <b>146</b>		
<b>Sweet Chicken</b> Mozzarella, tomato base, sweet chilli chicken breast strips, feta, peppadews & avo*	<b>113</b>		

**Stir Fry**  
Thai-style with fresh chilli, garlic, ginger, roasted cashews, sprouts, carrots, baby marrow, patty pans, button mushrooms & yellow rice

*Veg* **104** *Beef Fillet* **143** *Chicken Fillet* **121**

## Pastas

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

<b>Napoletana</b>	<b>82</b>	<b>Tuna Pea</b> Tuna chunks, garden peas, red onion & red peppers in a napoletana sauce with mild chilli, garlic & a hint of cream	<b>122</b>
<b>Bolognaise</b>	<b>102</b>	<b>Ozzy's</b> Rump strips, olives, sun-dried tomatoes, balsamic, napoletana sauce & cream	<b>124</b>
<b>Pesto</b> Herbs, olive oil, pine nuts, walnuts, almonds & garlic	<b>88</b>	<b>Costa's Chicken Rice</b> Chicken fillet strips, peri-peri, napoletana sauce & short grain brown rice	<i>With fillet</i> <b>143</b> <b>107</b>
<b>Lasagna</b> Homemade beef lasagna	<b>106</b>	<b>Hot Pot Penne Bake</b> Chicken breast strips, mushrooms, bolognaise, feta, cream, pesto, mozzarella & parmesan cheese	<b>120</b>
<b>Fitzgerald's</b> Chicken breast, fresh onion, sun-dried tomatoes, jalapeños napoletana sauce & cream	<b>114</b>	<b>Mambo Pasta</b> Beef fillet strips, mushrooms, garlic, parmesan & sweet cherry tomato with cream & fresh rocket	<b>143</b>
<b>Salmon</b> Salmon, cream, rocket, napoletana sauce & chilli	<b>141</b>		
<b>Black Mushroom</b> Mushrooms, cream, pesto, napoletana sauce & parmesan cheese	<b>117</b>		

## Key

**(b)** = Banting Friendly

★ = Beach Body Eating

**Highlighted**  
New item on the menu

## Hot Beverages

<b>French press coffee</b>	<b>24</b>	<b>Rooibos cappuccino</b>	<b>30</b>
<b>Filter coffee</b>	<b>24</b>	<b>Herbal teas</b>	<b>24</b>
<b>Espresso</b>	<b>20</b>	<b>Five Roses</b>	<b>23</b>
<b>Double espresso</b>	<b>25</b>	<b>Rooibos</b>	<b>23</b>
<b>Cortado</b>	<b>17</b>	<b>Hot chocolate</b>	<b>30</b>
<b>Traditional cappuccino</b>	<b>23</b>	<b>Sugar-free hot chocolate</b>	<b>37</b>
<b>Large cappuccino</b>	<b>28</b>	<b>Milo / Horlicks</b>	<b>24</b>
<b>Americano</b>	<b>23</b>	<b>Chococino</b>	<b>30</b>
<b>Café latte</b>	<b>26</b>	<b>Spiced chai</b>	<b>28</b>

## Cold Beverages

<b>Freshly Squeezed</b> Choose from seasonal fruits & veg	<b>41</b>	<b>Appetizer / Grapetizer</b>	<b>29</b>
<b>Fruit Juice</b> Mango / guava / cranberry / fruit cocktail / mandarin	<b>32</b>	<b>Cordials</b> Lime / Passion Fruit / Kola Tonic	<b>10</b>
<b>Mineral Water</b> Sparkling / still	<i>500ml</i> <b>23</b> <i>1 litre</i> <b>40</b>	<b>San Benedetto Iced Tea</b> Peach / lemon	<b>34</b>
<b>Soft drinks / Local Iced Teas</b>	<b>24</b>	<b>Wheatgrass Shooter</b>	<b>28</b>
		<b>Freezo</b>	<b>42</b>
		<b>Toffee Coffee Freezo</b>	<b>42</b>

## Desserts

<b>Chocolate Brownies</b> With chocolate sauce & homemade ice cream	<b>81</b>	<b>Sahara Smoothie</b> Yoghurt, honey, nuts, banana, dates & ice	<b>63</b>
<b>Artisan Ice Cream</b> <i>(per scoop)</i> Pistachio / Chocolate / Hazelnut / Coffee	<b>27</b>	<b>Berry Smoothie</b> Berries, dried cranberries, banana, yoghurt & ice	<b>75</b>
<b>JB's Sundae</b> Chocolate / vanilla ice cream with brownie chunks, crushed Oreo & caramel sauce topped with caramel popcorn & cream fluff	<b>77</b>		
<b>Homemade Cakes</b> Ask your waiter for daily specialty cakes & treats	<b>SQ</b>	<b>Lean Machine</b> Pure whey protein isolate, low GI chocolate powder & fibre blended with ice	<b>58</b>
<b>Nutella Waffles</b> With vanilla ice cream, Nutella & caramel popcorn drizzled with caramel sauce	<b>84</b>	<i>With 180° oil</i> <b>76</b> <i>With banana</i> <b>68</b> <i>With peanut butter</i> <b>72</b>	<b>78</b>
<b>Crème Brûlée</b> Vanilla custard topped with caramelised sugar	<b>48</b>	<b>Peanut Blast</b> Banana, chocolate, peanut butter, honey & vanilla whey protein	<b>78</b>

## Shakes

<b>Designer Shakes</b> Ferrero Rocher / Crunchie / Peppermint Crisp / Oreo / chocolate brownie / salted caramel / peanut butter	<b>65</b>	<b>Lemon / Apple / Berry / Mango</b>	<b>40</b>
<b>Regular Shakes</b> Vanilla / chocolate / strawberry / banana-honey	<b>48</b>		

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JB's Corner

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www.jbscorner.co.za

## Breakfast

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

<b>Oatmeal</b> <i>Made with milk or water, served with cinnamon, brown sugar &amp; raisins</i>	<b>43</b>	<b>Eggs &amp; More</b> Eggs served scrambled / poached / fried Egg whites only available	
<i>Made with cream, served with fresh banana &amp; strawberries</i>	<b>60</b>	<b>Eggs &amp; Toast</b>	<b>41</b>
<b>Smoothie Bowl</b> Mango, spinach, coconut, berries & granadilla iced smoothie topped with fresh banana, strawberry, flaked almonds, crumbled halva & honey	<b>81</b>	<i>With cheese</i>	<b>47</b>
<b>Seasonal Fruit Salad &amp; Greek Yoghurt</b>	<b>77</b>	<i>With crispy bacon</i>	<b>54</b>
<i>With honey-roasted muesli</i>	<b>83</b>	<i>With avo* / mushrooms</i>	<b>49</b>
<i>With grain-free nut granola</i>	<b>92</b>	<b>Mini Breakfast</b> 1 Egg, bacon, sausage, grilled tomato & toast	<b>49</b>
<b>Paw Paw Boat</b> ★ With grain free granola, chia seeds & fresh lemon juice. Served with Greek yoghurt aside	<b>92</b>	<b>Full Breakfast</b> Eggs, beans, mushrooms, grilled tomato, sausage, bacon, chips & toast	<b>95</b>
<b>French Toast</b> Homemade brioche topped with grilled banana & maple syrup dusted with cinnamon	<b>79</b>	<b>Livers &amp; Eggs</b> Grilled chicken livers with eggs, grilled onion, chips & toasted ciabatta. Served with peri-peri aside	<b>86</b>
<i>With bacon</i>	<b>97</b>	<b>Eggs Benedict</b> English muffin, poached eggs, smoked hickory ham, hollandaise sauce & chives	<b>87</b>
<i>With Nutella</i>	<b>93</b>	<b>Banting Bowl (b)</b> Fried egg on a black mushroom with creamed spinach, caramelised onion, roasted rosa tomato & parmesan shavings	<b>86</b>
<b>Bircher Muesli</b> Rolled oats soaked in milk, yoghurt, apple juice, cinnamon, spices & raisins	<b>69</b>	<b>Bacon Spear (b)</b> Asparagus* topped with 2 poached eggs, bacon, red onion, herb mayo & parmesan shavings	<b>99</b>
<b>Breakfast Mince</b> Toast, mince, fried eggs, avo* & grilled onion	<b>91</b>	<b>Salmon Scramble</b> Smoked salmon, capers, red onion, chives, sour cream & toast	<b>118</b>
<b>Omelettes</b> Served with toast		<b>Eggs Norwegian</b> English muffin, poached eggs, wilted spinach, smoked salmon, chives, hollandaise	<b>108</b>
<b>Small Omelette</b>	<b>38</b>	<b>Lentil Bowl</b> Lentils, sautéed with tomato salsa, fresh basil, crumbed feta & loaded with two poached eggs & served with ciabatta toast	<b>87</b>
<b>Large Omelette</b>	<b>48</b>	<b>Avocado Toast</b> Smashed avo*, hummus, feta, parmesan, soft poached eggs, chili flakes & Maldon salt	<b>78</b>
<b>Available fillings:</b> <i>For omelettes &amp; scrambles only</i>		<b>Quinoa Banter</b> Colourful quinoa grain, sautéed with sun-dried tomatoes, spinach, sweetcorn, avo* and tomato salsa topped with two fried eggs	<b>81</b>
Rosa tomato / onion / napoletana sauce / fresh rocket / basil / olives / cheddar / mozzarella / sun-dried tomatoes / spring onion / mushroom	<b>17</b>	<b>Breakfast Roll (on Portugese bun)</b> Scrambled egg, avocado, Sriracha mayo & cheddar	<b>70</b>
Fresh asparagus* / avo* / parmesan cheese / artichokes / bacon / macon / ham / salami / goat's cheese / bell peppers / peppadews	<b>24</b>	<b>Stevie G</b> Large burger patty, 2 poached eggs, avo*, napoletana & red onion (optional)	<b>71</b>
<b>The Blondie</b> Egg whites, napoletana, avo*, mushrooms, sundried tomatoes	<b>85/95</b>		
<i>With grilled chicken</i>	<b>95/107</b>		
<b>Free range egg</b>	<b>11</b>		
<b>French fries</b>	<b>22</b>		
<b>Baked beans</b>	<b>22</b>		
<b>100g Beef patty</b>	<b>28</b>		
<b>Beef sausage / Bacon / Macon</b>	<b>35</b>		
<b>Mini steak (sirloin)</b>	<b>51</b>		

## Nibbles

<b>Halloumi Fingers</b> Fried or grilled served with JB's sweet chilli dipping sauce	<b>75</b>	<b>Sweet Potato Dippers</b> Crispy sweet potato crisps served with hummus & tzatziki	<b>84</b>
<b>Angry Wings</b> BBQ / Hot & spicy chicken wings served with celery & carrot sticks. Creamy blue cheese dip served aside	<b>84</b>	<b>JB's Nachos</b> Cheddar, mozzarella, sour cream, guacamole, salsa & jalapeños <i>With chicken breast strips &amp; parmesan cheese</i>	<b>81/103</b> <b>92/119</b>
<b>Chicken Livers</b> Pan fried with peri-peri, cream & tomato with toasted ciabatta	<b>85</b>		

## Toasties & Tramezzinis

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

	Toasty	Tramezzini	
<b>Mozzarella</b>	<b>38</b>	<b>43</b>	
<b>Mozzarella &amp; Tomato</b>	<b>46</b>	<b>51</b>	
<b>Ham, Mozzarella &amp; Tomato</b>	<b>77</b>	<b>82</b>	<b>Slaw R17</b> <b>Fries R22</b>
<b>Bacon &amp; Mozzarella</b>	<b>68</b>	<b>73</b>	
<b>Chicken Mayo</b>	<b>72</b>	<b>77</b>	
<b>Cajun Chicken &amp; Peppadews</b>	<b>79</b>	<b>84</b>	
<b>Sticky Chicken, Avo*, Sun-Dried Tomatoes &amp; Feta</b>	<b>84</b>	<b>92</b>	Create your own by selecting from the pizza toppings extras

## Gourmet Sandwiches

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

<b>Gone Fishing</b> Tuna chunks, olives, cucumber, spring onion & a hint of mayo served on a ciabatta, drizzled with olive oil & fresh lemon juice	<b>107</b>	<b>Beef on Rye</b> Hot beef slices with sauekraut & mustard mayo. Served with potato salad	<b>113</b>
<b>Chicken Avo Club on Rye</b> Rosemary-grilled breast, mozzarella, avo*, tomato, crispy brinjal & a hint of herb mayo served on a bed of crisp lettuce <i>With bacon</i>	<b>107</b> <b>120</b>	<b>Schnitzel Sarmie</b> Chicken schnitzel on ciabatta, with tomato, avo*, fresh rocket, lemon mayo & drizzled with a tangy vinaigrette	<b>111</b>
<b>Halloumi Club on Ciabatta</b> Fried/grilled halloumi, roasted bell peppers, avo*, crispy brinjal, tomato & a hint of herb mayo served on a bed of crisp lettuce	<b>109</b>	<b>Prego Roll</b> Pan-fried with JB's prego basting & dressed in a creamy peri-peri mayo. Served with fries <i>With chicken breast</i>	<b>107</b> <b>117</b>
		<b>Fillet on French</b> Beef fillet butterflied & grilled in JB's BBQ basting. Served with fries	<b>117</b>

## JB's Beach Body Eating

Low fat, low carbs ★

<b>Spicy Tuna Ragù</b> Tuna chunks in napoletana sauce, spring onion & fresh chilli with brown rice / quinoa	<b>107</b>	<b>Beefy Rice</b> Grilled fillet strips, sundried tomatoes, olives, napoletana sauce & basil tossed with brown rice	<b>139</b>
<b>Chicken &amp; Mushroom Ragù</b> Grilled breast, mushrooms, fresh chilli in napoletana sauce with quinoa / zucchini noodles	<b>107</b>	<b>Iron Meatball Bake (b)</b> Baked meatballs, steamed spinach, grilled mushrooms & napoletana sauce	<b>104</b>
<b>Rad Brad (b)</b> 1 Chicken breast, 1 burger patty with JB's BBQ basting / plain grilled. Served with sliced tomato & avo*	<b>104</b>	<b>Brown Rice Chicken Salad</b> Short grain brown rice, avo*, broccoli & chopped flame-grilled chicken breast	<b>104</b>
<b>Tarri's Tato</b> Sweet potato filled with chicken breast strips, napoletana sauce, sun-dried tomatoes & jalapeños	<b>107</b>		

## Salads

	Starter	Main		Starter	Main
<b>Sunshine</b> Avo*, feta, baby lettuce, broccoli, red cabbage, sweetcorn, carrots & roasted cashews served with an Asian dressing aside	<b>59</b>	<b>86</b>	<b>Sesame Chicken</b> Caramelised sesame chicken breasts, feta cheese, roasted rosa tomato, basil, sweetcorn, broccoli, toasted sunflower seeds, almond flakes, crispy brinjal, cucumber, carrots & crisp lettuce	<b>76</b>	<b>103</b>
<b>The Mediterranean</b> 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	<b>70</b>	<b>97</b>	<b>Chicken Couscous</b> Grilled chicken breast, couscous, goat's cheese or feta cheese, crispy brinjal, roasted peppers, chickpeas, rosa tomato, cucumber & mixed green leaves	<b>76</b>	<b>103</b>
<b>Kin-wa Salad</b> 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	<b>70</b>	<b>97</b>	<b>Classic Tuna</b> Tuna chunks, boiled egg, sweetcorn, cannellini beans, olives, cucumber, red onion, carrots & mixed green leaves. Served with herb mayo aside	<b>NA</b>	<b>106</b>
<b>Forest</b> Balsamic roasted butternut fingers, feta, broccoli, olives, sweetcorn, crispy brinjal, toasted sunflower seeds, rosa tomato, sprouts, carrots, cucumber & mixed green leaves	<b>70</b>	<b>97</b>	<b>Chicken Caesar</b> Cajun breast, crispy bacon bits, parmesan shavings, anchovies, croutons, rosa tomato & crisp lettuce. Served with a creamy mayo dressing	<b>70</b>	<b>97</b>
<b>Chicken Cobb</b> Grilled breast, crispy bacon bits, blue cheese, avo*, rosa tomato, crisp lettuce, rocket & baby spinach	<b>76</b>	<b>103</b>	<b>Cajun Chicken</b> Slices of tender Cajun chicken, avo*, feta, tomato, bell peppers, carrots, cucumbers & mixed greens	<b>76</b>	<b>103</b>
<b>Halloumi</b> Fried or grilled halloumi, carrots, mixed nuts, toasted sunflower seeds, pumpkin seeds, bell peppers, crispy brinjal, tomato, sweetcorn, cucumber & mixed greens	<b>70</b>	<b>97</b>	<b>Bifteki</b> Mediterranean char-grilled meatballs, cos lettuce, rocket, red onion, sweet corn, red cabbage, sweet basil, roasted tomatoes, feta cheese & tahini vinaigrette	<b>81</b>	<b>108</b>
<b>Classic Salmon</b> Smoked salmon, cottage cheese, boiled egg, avo*, capers, red onion, rosa tomato, cucumber, carrots & mixed green leaves	<b>NA</b>	<b>126</b>			

### Add your choice of protein to the above salads:

<i>Add grilled Cajun / plain chicken breasts 200g</i>	<b>+33</b>
<i>Add tuna chunks 170g</i>	<b>+33</b>
<i>Add bifteki 160g</i>	<b>+33</b>
<i>Add beef fillet 180g</i>	<b>+48</b>
<i>Add smoked salmon 80g</i>	<b>+53</b>

## Kids

All served with a fruit juice

<b>Bambino Breakfast</b> Scrambled eggs & a small roll	<b>32</b>	<b>Baby Pizza</b> Small Margherita pizza	<b>56</b>
<b>Temper Tantrum</b> Small bolognese	<b>56</b>	<b>Winner Winner Chicken Dinner</b> Gold nugget strips served with fries	<b>56</b>

\*All items subject to availability. Kitchen uses nut ingredients.

Service charge not included. Changes to menu could result in a delay.

All extras & substitutions may incur an extra charge.

<b>Drive By:</b>	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

**chicken fillet** or **beef patty**

All our burgers are made with our famous homemade BBQ sauce. Each burger is topped with grilled onions, fresh lettuce and tomato.

<b>Bowls:</b> Your patty on a bed of cauli-rice & salad (b)	<b>Add R15</b>			*New pricing is burgers only, no sides	
	<b>Baby Wow</b>	<b>Wow</b>		<b>Baby Wow</b>	<b>Wow</b>
	100g	200g		100g	200g
<b>BBQ Straight up</b>	<b>49</b>	<b>64</b>	<b>BBQ Peri Peri</b>	<b>60</b>	<b>75</b>
<b>BBQ Cheese Burger</b>	<b>55</b>	<b>70</b>	<b>BBQ Bacon &amp; Avo</b>	<b>60</b>	<b>75</b>
<b>BBQ Creamy Mushroom Burger / Pepper</b>	<b>60</b>	<b>75</b>	<b>BBQ Cheese, Bacon &amp; Egg</b>	<b>65</b>	<b>80</b>
<b>BBQ Bacon &amp; Egg</b>	<b>60</b>	<b>75</b>	<b>BBQ Blue cheese, bacon &amp; avo</b>	<b>65</b>	<b>80</b>
<b>BBQ Bacon &amp; Cheese</b>	<b>60</b>	<b>75</b>	<b>BBQ Mexican</b> Salsa, guacamole, crumbled feta & fresh chilli	<b>70</b>	<b>85</b>
	<b>The Sennett</b>	<b>107</b>	<b>Petite Trio</b>	<b>95</b>	<b>Patty Melt Plate</b>
	BBQ burger patties doubled up, topped with spicy tomato ginger relish & goat's cheese. Served with avo* aside		3 Mini beef burgers: BBQ, cheese & bacon, creamy mushroom. Served with fries		Two patties topped with soft melted cheddar cheese, lettuce, tomato, grilled onion, mayo & pickles

## Grills

Includes your choice of one side serving

<b>Bifteki</b> Mediterranean char-grilled meatballs basted with olive oil & lemon juice. Hummus served aside	<b>125</b>	<b>Mamma's Breasts</b> Grilled chicken breasts with feta, olives & melted mozzarella	<b>133</b>
		<b>The Drake</b> Two grilled peri-peri chicken breasts served with yellow rice	<b>99</b>
<b>Sirloin</b> 250g Grilled with JB's BBQ basting	<b>182</b>	<b>Hake &amp; Chips</b> Beer battered served with lemon & tartar sauce	<b>119</b>
<b>T-bone</b> 500g Grilled with JB's BBQ basting	<b>198</b>	<b>Salmon</b> Plain grilled or sweet teriyaki glaze served with baked sweet potato	<b>90</b>
<b>New York Fillet</b> Blackened / JB's BBQ basting / Char-grilled			
		<b>Chicken Curry</b> Fragrant masala spices, tomato, onion, tender chicken breast & coconut milk served with butter naan & all 'n all	<b>119</b>
<b>Mediterranean Fillet Cubes</b> Pan-fried in olive oil, butter, lemon 'n herb & parmesan <i>With beef fillet</i> <i>With chicken breast</i>	<b>205</b> <b>129</b>		
<b>Lamb Chops</b> Grilled with salt & pepper / JB's BBQ basting	<b>198</b>		
<b>Ribs</b> JB's BBQ basted succulent ribs	<i>Beef</i> <b>235</b> <i>Pork</i> <b>198</b>		
<b>Grilled Chicken Livers</b> Mediterranean-style grilled chicken livers, oregano, fresh lemon, french fries & peri peri on the side	<b>95</b>		
<b>Chicken Schnitzel</b> Crumbed breasts with cheese & mushroom sauce	<b>123</b>		
<b>Nathan's Chicken Kebabs</b> JB's BBQ chicken skewers. Served with peanut butter sauce	<b>107</b>		
<b>Grilled Chicken Breasts</b> Lemon & Herb / JB's BBQ / Cajun / Peri-Peri <i>2 Breasts</i> <i>3 Breasts</i>	<b>99</b> <b>112</b>		
		<b>Baked potato / sweet potato</b>	<b>27</b>
		<b>French fries</b>	<b>33</b>
		<b>Mash potato</b>	<b>33</b>
		<b>Short grain brown rice / yellow rice</b>	<b>33</b>
		<b>Steamed spinach / butternut mash</b>	<b>33</b>
		<b>Stir fry veg / creamed spinach</b>	<b>38</b>
		<b>Little Greek salad</b>	<b>39</b>
		<b>Sauces</b>	
		Mushroom / pepper / cheese / peri-peri / peanut butter	<b>27</b>

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