

## Hot Beverages\*

Add almond milk: R10

<b>French press coffee</b>	<b>27</b>	<b>Herbal teas</b>	<b>27</b>
<b>Filter coffee</b>	<b>27</b>	<b>Five Roses</b>	<b>25</b>
<b>Espresso</b>	<b>23</b>	<b>Rooibos</b>	<b>25</b>
<b>Double espresso</b>	<b>28</b>	<b>Hot chocolate</b>	<b>32</b>
<b>Traditional cappuccino</b>	<b>26</b>	<b>Sugar-free hot chocolate</b>	<b>39</b>
<b>Large cappuccino</b>	<b>31</b>	<b>Milo / Horlicks</b>	<b>26</b>
<b>Cortado</b>	<b>19</b>	<b>Chococino</b>	<b>32</b>
<b>Americano</b>	<b>26</b>	<b>Spiced chai</b>	<b>30</b>
<b>Café latte</b>	<b>29</b>	<b>S'mores Hottie</b>	<b>32</b>
<b>Rooibos cappuccino</b>	<b>33</b>		

## Cold Beverages

<b>Freshly Squeezed</b> Choose from seasonal fruits & veg	<b>44</b>	<b>Local Iced Teas</b> Lemon / peach	<b>25</b>
<b>Fruit Juice</b> Mango / guava / cranberry / fruit cocktail / mandarin	<b>34</b>	<b>Appletizer / Grapetizer</b>	<b>30</b>
<b>Mineral Water</b> Sparkling / still	<b>25</b> <i>500ml</i>	<b>Cordials</b>	<b>10</b>
	<b>43</b> <i>1 litre</i>	<b>Freezo</b>	<b>50</b>
		<b>Toffee Coffee Freezo</b>	<b>50</b>
<b>Soft Drinks</b> Coke, Coke Light, Coke Zero, Sprite, Sprite Zero, Creme Soda, Fanta Orange	<b>25</b>	<b>Cold Coffee</b>	<b>32</b>

## Desserts

<b>Chocolate Brownies</b> With chocolate sauce & homemade ice cream	<b>80</b>	<b>Sahara Smoothie</b> Yoghurt, honey, nuts, banana, dates & ice	<b>65</b>
<b>Artisan Ice Cream</b> <i>(per scoop)</i> Pistachio / Chocolate / Hazelnut / Coffee	<b>30</b>	<b>Berry Smoothie</b> Berries, dried cranberries, banana, yoghurt & ice	<b>55</b>
<b>JB's Sundae</b> Chocolate / vanilla ice cream with brownie chunks, crushed Oreo & caramel sauce topped with caramel popcorn & cream fluff	<b>75</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>52</b>
		<i>With banana</i>	<b>58</b>
<b>Nutella Waffles</b> With vanilla ice cream, Nutella & caramel popcorn drizzled with caramel sauce	<b>80</b>	<i>With peanut butter</i>	<b>60</b>
<b>Crème Brûlée</b> Vanilla custard topped with caramelised sugar	<b>52</b>	<b>Peanut Blast</b> Banana, chocolate, peanut butter, honey & vanilla whey protein	<b>68</b>

## Shakes

<b>Designer Shakes</b> Crunchie / Peppermint Crisp / Oreo / chocolate brownie / salted caramel /peanut butter	<b>70</b>	<b>Granitas</b>	
<b>Regular Shakes</b> Vanilla / chocolate / strawberry / banana-honey	<b>44</b>	<b>Lemon / Apple / Berry / Mango</b>	<b>44</b>

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## Breakfast

Toast options: low GI whole wheat / white / brown / 60% rye

<b>Oatmeal</b> <i>Made with milk or water, served with cinnamon, brown sugar &amp; raisins</i>	<b>47</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>65</b>	<b>Eggs &amp; Toast</b>	<b>45</b>
<b>Smoothie Bowl</b> Mango, spinach, coconut, berries & granadilla iced smoothie topped with fresh banana, strawberry, flaked almonds, crumbled halva & honey	<b>87</b>	<i>With cheese</i>	<b>51</b>
		<i>With crispy bacon</i>	<b>58</b>
<b>Seasonal Fruit Salad &amp; Greek Yoghurt</b>	<b>83</b>	<i>With avo* / mushrooms</i>	<b>53</b>
<i>With grain-free nut granola</i>	<b>95</b>	<b>Mini Breakfast</b> 1 Egg, bacon, sausage, grilled tomato & toast	<b>53</b>
<b>Paw Paw Boat</b> ★ With grain free granola, chia seeds & fresh lemon juice. Served with Greek yoghurt aside	<b>91</b>	<b>Full Breakfast</b> Eggs, beans, mushrooms, grilled tomato, sausage, bacon, chips & toast	<b>101</b>
<b>French Toast</b> Homemade brioche topped with grilled banana & maple syrup dusted with cinnamon	<b>85</b>	<b>Livers &amp; Eggs</b> Grilled chicken livers with eggs, grilled onion, chips & toasted ciabatta. Served with peri-peri aside	<b>92</b>
		<i>With bacon</i>	<b>103</b>
		<i>With Nutella</i>	<b>99</b>
<b>Breakfast Mince</b> Toast, mince, fried eggs, avo* & grilled onion	<b>97</b>	<b>Eggs Benedict</b> English muffin, poached eggs, smoked hickory ham, hollandaise sauce & chives	<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>92</b>

## Scrambles

Served with toast

<b>Small 3egg Scramble</b> <i>2 fillings</i>	<b>42</b>	<b>Eggs Norwegian</b> English muffin, poached eggs, wilted spinach, smoked salmon, chives, hollandaise	<b>115</b>
<i>3 fillings</i>	<b>65</b>	<b>Lentil Bowl</b> Lentils, sautéed with tomato salsa, fresh basil, crumbed feta & loaded with two poached eggs & served with ciabatta toast	<b>93</b>
<i>4 fillings</i>	<b>70</b>	<b>Avocado Toast*</b> Smashed avo*, hummus, feta, parmesan, soft poached eggs, chiii flakes & Maldon salt	<b>84</b>
<b>Large Scrambles</b> <i>2 fillings</i>	<b>52</b>	<b>Quinoa Banter</b> Colourful quinoa grain, sautéed with sun-dried tomatoes, spinach, sweetcorn, avo* and tomato salsa topped with two fried eggs	<b>87</b>
<i>3 fillings</i>	<b>75</b>	<b>Stevie G</b> Large burger patty, 2 poached eggs, avo*, napoletana & red onion (optional)	<b>88</b>
<i>4 fillings</i>	<b>80</b>		
	<b>85</b>		
<b>Available fillings:</b>			
Rosa tomato / onion / napoletana sauce / fresh rocket / basil / olives / cheddar / mozzarella / sun-dried tomatoes / spring onion / mushroom / parmesan cheese / artichokes / bell peppers / peppadews			

<b>Additional fillings:</b>		<b>Breakfast Side</b>	
Macon / bacon / avo	<b>29</b>	<b>Free range egg</b>	<b>12</b>
Beef Fillet (180g) / Salmon (80g)	<b>55</b>	<b>French fries</b>	<b>24</b>
<b>The Blondie</b>	<b>91/101</b>	<b>Baked beans</b>	<b>17</b>
Egg whites, napoletana, avo*, mushrooms, sundried tomatoes		<b>100g Beef patty</b>	<b>29</b>
		<b>Beef sausage</b>	<b>23</b>
<i>With grilled chicken</i>	<b>101/114</b>	<b>Bacon / Macon</b>	<b>29</b>
<b>Salmon Scramble</b>	<b>128</b>	<b>100g Beef fillet</b>	<b>42</b>
Smoked salmon, capers, red onion, rosa tomatoes, chives & Philadelphia Cream Cheese			

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## Nibbles

<b>Edamame</b> Steamed and sprinkled with Maldon Salt	<b>62</b>	<b>Chicken Livers</b> Pan fried with peri-peri, cream & tomato with toasted ciabatta	<b>91</b>
<b>Halloumi Fingers</b> Fried or grilled served with JB's sweet chilli dipping sauce	<b>80</b>	<b>Sweet Potato Dippers</b> Crispy sweet potato crisps served with hummus & tzatziki	<b>90</b>
<b>Angry Wings</b> BBQ / Hot & spicy chicken wings served with celery & carrot sticks. Creamy blue cheese dip served aside	<b>90</b>	<b>JB's Nachos</b> Cheddar, mozzarella, sour cream, guacamole, salsa & jalapeños	<b>87/110</b>
		<i>With chicken breast strips &amp; parmesan cheese</i>	<b>98/126</b>
		<b>Tomato Soup</b>	<b>70</b>

## Gourmet Sandwiches

Bread options: low GI whole wheat / white / brown / 60% rye

<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>116</b>	<b>Beef on Rye</b> Sliced pastrami with sauerkraut & mustard mayo. Served with potato salad	<b>122</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	<b>116</b>	<b>Schnitzel Sarmie</b> Chicken schnitzel on ciabatta, with tomato, avo*, fresh rocket, lemon mayo & drizzled with a tangy vinaigrette	<b>120</b>
		<i>With bacon</i>	<b>126</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>118</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>116</b>
		<i>With fillet</i>	<b>126</b>
		<b>Fillet on French</b> Beef fillet butterflied & grilled in JB's BBQ basting. Served with fries	<b>126</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>114</b>	<b>Beefy Rice</b> Grilled fillet strips, sundried tomatoes, olives, napoletana sauce & basil tossed with brown rice	<b>144</b>
<b>Chicken &amp; Mushroom Ragù</b> Grilled breast, mushrooms, fresh chilli in napoletana sauce with quinoa / zucchini noodles	<b>114</b>	<b>Brown Rice Bowl</b> Short grain brown rice, chopped chicken, sweetcorn, broccoli, spring onion, toasted sunflower seeds, olives & tahini vinaigrette	<b>115</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>111</b>		
<b>Tarri's Tato</b> Sweet potato filled with chicken breast strips, napoletana sauce, sun-dried tomatoes & jalapeños	<b>114</b>		

## Toasties & Tramezzinis

Bread options: low GI whole wheat / white / brown / 60% rye

	Toasty	Tramezzini	
<b>Mozzarella</b>	<b>44</b>	<b>49</b>	
<b>Mozzarella &amp; Tomato</b>	<b>52</b>	<b>57</b>	
<b>Ham, Mozzarella &amp; Tomato</b>	<b>75</b>	<b>80</b>	
<b>Bacon &amp; Mozzarella</b>	<b>69</b>	<b>74</b>	
<b>Chicken Mayo</b>	<b>77</b>	<b>82</b>	
<b>Sticky Chicken, Avo*, Sun-Dried Tomatoes &amp; Feta</b>	<b>92</b>	<b>100</b>	
			<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; border-radius: 10px; padding: 2px 5px; text-align: center;"> <b>Slaw R18</b> </div> <div style="border: 1px solid black; border-radius: 10px; padding: 2px 5px; text-align: center;"> <b>Fries R34</b> </div> </div> <p>.....</p> <p>Create your own by selecting from the pizza toppings extras</p>

## Salads

	<i>Starter</i>	<i>Wow</i>		<i>Starter</i>	<i>Main</i>
<b>Sunshine</b>	<b>68</b>	<b>96</b>		<b>86</b>	<b>114</b>
Avo*, feta, baby lettuce, broccoli, red cabbage, sweetcorn, carrots & roasted cashews served with an Asian dressing aside					
<b>Kin-wa Salad</b>	<b>79</b>	<b>108</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>Forest</b>	<b>79</b>	<b>108</b>			
Balsamic roasted butternut fingers, feta, broccoli, olives, sweetcorn, crispy brinjal, toasted sunflower seeds, rosa tomato, sprouts, carrots, cucumber & mixed green leaves					
<b>Chicken Cobb</b>	<b>86</b>	<b>114</b>			
Grilled breast, crispy bacon bits, blue cheese, avo*, rosa tomato, crisp lettuce, rocket & baby spinach					
<b>Halloumi</b>	<b>79</b>	<b>108</b>			
Fried or grilled halloumi, carrots, mixed nuts, toasted sunflower seeds, pumpkin seeds, bell peppers, crispy brinjal, tomato, sweetcorn, cucumber & mixed greens					
<b>Classic Salmon</b>		<b>146</b>			
Smoked salmon, cottage cheese, boiled egg, avo*, capers, red onion, rosa tomato, cucumber, carrots & mixed green leaves					

<b>Add to the above salads:</b>		
	<i>Add avocado</i>	<b>+29</b>
	<i>Add grilled Cajun / plain chicken breasts 200g</i>	<b>+35</b>
	<i>Add tuna chunks 170g</i>	<b>+35</b>
	<i>Add bifteki 160g</i>	<b>+35</b>
	<i>Add beef fillet 180g</i>	<b>+55</b>
	<i>Add smoked salmon 80g</i>	<b>+55</b>

### Kids

All served with a fruit juice

<b>Bambino Breakfast</b>	<b>39</b>	<b>Baby Pizza</b>	<b>64</b>
Scrambled eggs & a small roll			
<b>Temper Tantrum</b>	<b>64</b>	<b>Winner Winner Chicken Dinner</b>	<b>64</b>
Small bolognaise			

\*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.

## Burgers

**chicken fillet** or **beef patty 200g**

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

**Bowls:** Your patty on a bed of cauli-rice (b) **Add R16**

<b>BBQ Straight up</b>	<b>75</b>	<b>BBQ Bacon &amp; Avo</b>	<b>86</b>
<b>BBQ Cheese Burger</b>	<b>80</b>	<b>BBQ Cheese, Bacon &amp; Egg</b>	<b>91</b>
<b>BBQ Creamy Mushroom Sauce / Pepper Sauce Burger</b>	<b>86</b>	<b>BBQ Blue cheese, bacon &amp; avo</b>	<b>91</b>
<b>BBQ Bacon &amp; Egg</b>	<b>86</b>	<b>BBQ Mexican</b>	<b>96</b>
		Salsa, guacamole, crumbed feta & fresh chili	
<b>BBQ Bacon &amp; Cheese</b>	<b>86</b>	<b>The Sennett</b>	<b>96</b>
		Goat's cheese, relish, avo & grilled onions	
<b>BBQ Peri Peri</b>	<b>86</b>		
<b>Petite Trio</b>	<b>101</b>		
3 Mini beef burgers: BBQ, cheese & bacon, creamy mushroom. Served with fries			

### Grills

Includes your choice of one side serving

<b>Bifteki</b>	<b>136</b>	<b>Hake &amp; Chips</b>	<b>132</b>
Mediterranean char-grilled meatballs basted with olive oil & lemon juice. Hummus served aside			
<b>Sirloin</b>	<b>196</b>	<b>Norwegian Salmon</b>	<b>SQ</b>
250g Grilled with JB's BBQ basting			
<b>T-bone</b>	<b>212</b>		
500g Grilled with JB's BBQ basting			
<b>New York Fillet</b>		<b>Chicken Curry</b>	<b>132</b>
Blackened / JB's BBQ basting / Char-grilled			
	<i>200g</i>		
	<i>300g</i>		

<b>Mediterranean Fillet Cubes</b>	<b>192</b>
Pan-fried in olive oil, butter, lemon 'n herb & parmesan	
	<i>With beef fillet</i>
	<i>With chicken breast</i>
<b>Lamb Chops</b>	<b>212</b>
Grilled with salt & pepper / JB's BBQ basting	

<b>Ribs</b>	<b>214</b>
JB's BBQ basted succulent pork ribs	
<b>Grilled Chicken Livers</b>	<b>105</b>
Mediterranean-style grilled chicken livers, oregano, fresh lemon, french fries & peri peri on the side	
<b>Chicken Schnitzel</b>	<b>134</b>
Crumbed breasts with cheese & mushroom sauce	

<b>Grilled Chicken Breasts</b>	<b>111</b>
Lemon & Herb / JB's BBQ / Cajun / Peri-Peri	
	<i>2 Breasts</i>
	<i>3 Breasts</i>
<b>The Drake</b>	<b>111</b>
Two grilled peri-peri chicken breasts served with yellow rice	

## Pizzas

Banting cauliflower pizza base **add R37**

<b>Classic Focaccia</b>	<b>68</b>	<b>Chicken Prego</b>	<b>115</b>
Olive oil, herbs & fresh garlic			
<b>Focaccia Bianca</b>	<b>93</b>		
Mozzarella, garlic & olive oil			
<b>Margherita</b>	<b>92</b>		
Mozzarella, tomato base & fresh basil			
<b>Four Seasons</b>	<b>114</b>	<b>Basic pizza (tomato base &amp; mozzarella)</b>	<b>56</b>
Mozzarella, tomato base, artichokes, mushrooms, ham & olives			
<b>The Blues</b>	<b>110</b>	<b>Add your choice of toppings:</b>	
No cheese! Tomato base, grilled brinjal, roasted red & yellow peppers, fresh rocket, mushrooms & olives			
<b>Spicy Beef Fillet</b>	<b>154</b>	Tomato / onion / fresh peppers / pineapple / roasted peppers / grilled brinjal / basil / fresh rocket	<b>19</b>
Mozzarella, tomato base, saucy beef fillet strips, red onion, olives & mushrooms			
<b>Sweet Chicken</b>	<b>121</b>	Artichokes / olives / jalapeños / peppadews / sun-dried tomato / mushroom	<b>24</b>
Mozzarella, tomato base, sweet chilli chicken breast strips, feta, peppadews & avo*			
		Feta / cheddar / mozzarella / parmesan shavings / bacon / macon / avo*	<b>29</b>
		Salami / ham / Cajun chicken breasts / saucy chicken breast strips	<b>41</b>
		Smoked salmon (180g)	<b>55</b>
<b>Texas Chicken</b>	<b>113</b>		
Mozzarella, tomato base, BBQ chicken breast strips, pineapple & red onion			
<b>Salami</b>	<b>115</b>		
Mozzarella, tomato base, Italian salami & avo*			
<b>Three's Company</b>	<b>107</b>		
Mozzarella, tomato base, bacon, feta & olives			

<b>Stir Fry</b>
Thai-style with fresh chilli, garlic, ginger, roasted cashews, sprouts, carrots, baby marrow, patty pans, button mushrooms & yellow rice
<i>Veg</i> <b>111</b> <i>Beef Fillet</i> <b>150</b> <i>Chicken Fillet</i> <b>127</b>

## Pastas

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

<b>Napoletana</b>	<b>89</b>	<b>Ozzy's</b>	<b>151</b>
Fillet strips, olives, sun-dried tomatoes, balsamic, napoletana sauce & cream			
<b>Bolognaise</b>	<b>110</b>	<b>Costa's Chicken Rice</b>	<b>115</b>
Chicken fillet strips, peri-peri, napoletana sauce & short grain brown rice			
<b>Lasagna</b>	<b>114</b>	<b>Hot Pot Penne Bake</b>	<b>129</b>
Homemade beef lasagna			
<b>Fitzgerald's</b>	<b>125</b>	Chicken breast strips, mushrooms, bolognaise, feta, cream, pesto, mozzarella & parmesan cheese	
Chicken breast, fresh onion, sun-dried tomatoes, jalapeños napoletana sauce & cream			
<b>Salmon</b>	<b>150</b>	<b>Mambo Pasta</b>	<b>150</b>
Salmon, cream, rocket, napoletana sauce & chili			
<b>Black Mushroom</b>	<b>122</b>	Beef fillet strips, mushrooms, garlic, parmesan & sweet cherry tomato with cream & fresh rocket	
Mushrooms, cream, pesto, napoletana sauce & parmesan cheese			
<b>Tuna Pea</b>	<b>131</b>	<b>Pesto</b>	<b>94</b>
Tuna chunks, garden peas, red onion & red peppers in a napoletana sauce with mild chili, garlic & a hint of cream			

### Key

**(b)** = Banting Friendly

**★** = Beach Body Eating

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