

Hot Beverages*

Add almond milk: R10

French press coffee	28	Herbal teas	28
Filter coffee	28	Five Roses	26
Espresso	24	Rooibos	26
Double espresso	29	Hot chocolate	33
Traditional cappuccino	27	Sugar-free hot chocolate	40
Large cappuccino	32	Milo / Horlicks	27
Cortado	20	Chococino	33
Americano	27	Spiced chai	31
Café latte	30	S'mores Hottie	33
Rooibos cappuccino	34	<i>Marshmallow, chocolate & cracker flavoured hot milk</i>	

Cold Beverages

Freshly Squeezed Choose from seasonal fruits & veg	45	Local Iced Teas Lemon / peach	26
Fruit Juice Mango / guava / cranberry / fruit cocktail / mandarin	35	Appletizer / Grapetizer	31
Mineral Water Sparkling / still	<i>500ml</i> 26 <i>1 litre</i> 44	Cordials	10
Soft Drinks Coke, Coke Light, Coke Zero, Sprite, Sprite Zero, Creme Soda, Fanta Orange	26	Freezo	51
		Toffee Coffee Freezo	51
		Cold Coffee	32

Desserts

Chocolate Brownies With chocolate sauce & homemade ice cream	81	Sahara Smoothie Yoghurt, honey, nuts, banana, dates & ice	66
Artisan Ice Cream <i>(per scoop)</i> Chocolate / Strawberry	31	Berry Smoothie Berries, dried cranberries, banana, yoghurt & ice	56
JB's Sundae Chocolate / vanilla ice cream with brownie chunks, crushed Oreo & caramel sauce topped with caramel popcorn & cream fluff	76		
Homemade Cakes Ask your waiter for daily specialty cakes & treats	SQ	Lean Machine Pure whey protein isolate & low GI chocolate powder blended with ice <i>With banana</i> <i>With peanut butter</i>	53 59 61
Nutella Waffles With vanilla ice cream, Nutella & caramel popcorn drizzled with caramel sauce	81	Peanut Blast Banana, chocolate, peanut butter, honey & vanilla whey protein	69
Crème Brûlée Vanilla custard topped with caramelised sugar	53		

Shakes

Designer Shakes Crunchie / Peppermint Crisp / Oreo / chocolate brownie / salted caramel /peanut butter	71	Lemon / Apple / Berry / Mango	45
Regular Shakes Vanilla / chocolate / strawberry / banana-honey	45		

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Breakfast

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

Oatmeal <i>Made with milk or water, served with cinnamon, brown sugar & raisins</i> <i>Made with cream, served with fresh banana & strawberries</i>	49 68	Eggs & More Eggs served scrambled / poached / fried Egg whites only available	47
Smoothie Bowl Mango, spinach, coconut, berries & granadilla iced smoothie topped with fresh banana, strawberry, flaked almonds, crumbled halva & honey	90	Eggs & Toast	47 53 60 55
Seasonal Fruit Salad & Greek Yoghurt	86 99	<i>With cheese</i> <i>With crispy bacon</i> <i>With avo* / mushrooms</i>	
Paw Paw Boat ★ With grain free granola, chia seeds & fresh lemon juice. Served with Greek yoghurt aside	95	Mini Breakfast 1 Egg, bacon, sausage, grilled tomato & toast	55
French Toast Homemade brioche topped with grilled banana & maple syrup dusted with cinnamon	88	Full Breakfast Eggs, beans, mushrooms, grilled tomato, sausage, bacon, chips & toast	105
	<i>With bacon</i> <i>With Nutella</i>	Livers & Eggs Grilled chicken livers with eggs, grilled onion, chips & toasted ciabatta. Served with peri-peri aside	96
Breakfast Mince Toast, mince, fried eggs, avo* & grilled onion	101	Eggs Benedict English muffin, poached eggs, smoked hickory ham, hollandaise sauce & chives	96
		Banting Bowl (b) Fried egg on a black mushroom with creamed spinach, caramelised onion, roasted rosa tomato & parmesan shavings	95
		Eggs Norwegian English muffin, poached eggs, wilted spinach, smoked salmon, chives, hollandaise	119
		Lentil Bowl Lentils, sautéed with tomato salsa, fresh basil, crumbed feta & loaded with two poached eggs & served with ciabatta toast	96
		Avocado Toast* Smashed avo*, hummus, feta, parmesan, soft poached eggs, chili flakes & Maldon salt	91
		Quinoa Banter Colourful quinoa grain, sautéed with sun-dried tomatoes, spinach, sweetcorn, avo* and tomato salsa topped with two fried eggs	90
		Stevie G Large burger patty, 2 poached eggs, avo*, napoletana & red onion (optional)	91

Scrambles

Served with toast

Small 3egg Scramble <i>2 fillings</i> <i>3 fillings</i> <i>4 fillings</i>	45 69 74 79		
Large Scrambles <i>2 fillings</i> <i>3 fillings</i> <i>4 fillings</i>	55 79 84 89		
Available fillings:			
Rosa tomato / onion / napoletana sauce / fresh rocket / basil / olives / cheddar / mozzarella / sun-dried tomatoes / spring onion / mushroom / parmesan cheese / artichokes / bell peppers / peppadews			
Additional fillings:			
Macon / bacon / avo Beef Fillet (180g) / Salmon (80g)	30 56		
The Blondie Egg whites, napoletana, avo*, mushrooms, sundried tomatoes <i>With grilled chicken</i>	95/105 105/118		
Salmon Scramble Smoked salmon, capers, red onion, rosa tomatoes, chives & Philadelphia Cream Cheese	133		

Breakfast Side

Free range egg	13
French fries	25
Baked beans	18
Beef sausage	24
Bacon / Macon	30
100g Beef fillet	44

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Nibbles

Edamame Steamed and sprinkled with Maldon Salt	64	Chicken Livers Pan fried with peri-peri, cream & tomato with toasted ciabatta	95
Halloumi Fingers Fried or grilled served with JB's sweet chilli dipping sauce	83	Sweet Potato Dippers Crispy sweet potato crisps served with hummus & tzatziki	93
Angry Wings BBQ / Hot & spicy chicken wings served with celery & carrot sticks. Creamy blue cheese dip served aside	94	JB's Nachos Cheddar, mozzarella, sour cream, guacamole, salsa & jalapeños <i>With chicken breast strips & parmesan cheese</i>	90/114 102/130
		Tomato Soup	72

Gourmet Sandwiches

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

Gone Fishing Tuna chunks, olives, cucumber, spring onion & a hint of mayo served on a ciabatta, drizzled with olive oil & fresh lemon juice	121	Beef on Rye Sliced pastrami with sauerkraut & mustard mayo. Served with slaw	127
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 <i>With bacon</i>	121 131	Schnitzel Sarmie Chicken schnitzel on ciabatta, with tomato, avo*, fresh rocket, lemon mayo & drizzled with a tangy vinaigrette	125
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	123	Prego Roll Pan-fried with JB's prego basting & dressed in a creamy peri-peri mayo. Served with fries <i>With chicken breast</i> <i>With fillet</i>	121 131
		Fillet on French Beef fillet butterflied & grilled in JB's BBQ basting. Served with fries	131

JB's Beach Body Eating

Low fat, low carbs ★

*substitute for Quinoa **R8**

Spicy Tuna Ragù Tuna chunks in napoletana sauce, spring onion & fresh chili with brown rice / quinoa	118	Tarri's Tato Sweet potato filled with chicken breast strips, napoletana sauce, sun-dried tomatoes & jalapeños	118
Chicken & Mushroom Ragù Grilled breast, mushrooms, fresh chili in napoletana sauce with quinoa / zucchini noodles	118	Beefy Rice Grilled fillet strips, sundried tomatoes, olives, napoletana sauce & basil tossed with brown rice	148
Rad Brad (b) 1 Chicken breast, 200g burger patty with JB's BBQ basting / plain grilled. Served with sliced tomato & avo*	114	Brown Rice Bowl Short grain brown rice, chopped chicken, sweetcorn, broccoli, spring onion, toasted sunflower seeds, olives & tahini vinaigrette	118

Toasties & Tramezzinis

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

	Toasty	Tramezzini	
Mozzarella	47	52	
Mozzarella & Tomato	55	58	
Ham, Mozzarella & Tomato	79	84	
Bacon & Mozzarella	73	78	
Chicken Mayo	81	86	
Sticky Chicken, Avo*, Sun-Dried Tomatoes & Feta	97	103	

Slaw
R19

Fries
R35

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Create your own by selecting from the pizza toppings extras



Salads

	Starter	Wow		Starter	Main
Sunshine Avo*, feta, baby lettuce, broccoli, red cabbage, sweetcorn, carrots & roasted cashews served with an Asian dressing aside	71	99		89	117
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	82	111			129
Classic Tuna Tuna chunks, boiled egg, sweetcorn, cannellini beans, olives, cucumber, red onion, carrots & mixed green leaves. Served with herb mayo aside					129
Chicken Caesar Cajun breast, crispy bacon bits, parmesan shavings, anchovies, croutons, rosa tomato & crisp lettuce. Served with a creamy mayo dressing	82	111		82	111
Cajun Chicken Slices of tender Cajun chicken, avo*, feta, tomato, bell peppers, carrots, cucumbers & mixed greens	89	117		89	117
Halloumi Fried or grilled halloumi, carrots, mixed nuts, toasted sunflower seeds, pumpkin seeds, bell peppers, crispy brinjal, tomato, sweetcorn, cucumber & mixed greens	82	111			123
Bifteki Mediterranean char-grilled meatballs, cos lettuce, rocket, red onion, sweet corn, red cabbage, sweet basil, roasted tomatoes, feta cheese & tahini vinaigrette	95	123			123
Chicken Couscous Grilled chicken breasts, couscous, goat's cheese or feta cheese, crispy brinjal, roast peppers, chickpeas, rosa tomato, cucumber & mixed greens	89	117		89	117
Classic Salmon Smoked salmon, cottage cheese, boiled egg, avo*, capers, red onion, rosa tomato, cucumber, carrots & mixed green leaves		150			

Add to the above salads:

<i>Add avocado</i>	+30
<i>Add grilled Cajun / plain chicken breasts 200g</i>	+36
<i>Add tuna chunks 170g</i>	+36
<i>Add bifteki 160g</i>	+36
<i>Add beef fillet 180g</i>	+56
<i>Add smoked salmon 80g</i>	+56

Kids

All served with a fruit juice

Bambino Breakfast Scrambled eggs & a small roll	41	Baby Pizza Small Margherita pizza	66
Temper Tantrum Small bolognese	66	Winner Winner Chicken Dinner Crumbed chicken strips served with fries	66

*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.

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

chicken fillet or beef patty 200g

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

Bowls: Your patty on a bed of cauli-rice (banting) **Add R17**

BBQ Straight up	78	BBQ Bacon & Avo	89
BBQ Cheese Burger	83	BBQ Cheese, Bacon & Egg	95
BBQ Creamy Mushroom Sauce / Pepper Sauce Burger	89	BBQ Blue cheese, bacon & avo	95
BBQ Bacon & Egg	89	BBQ Mexican Salsa, guacamole, crumbed feta & fresh chili	100
BBQ Bacon & Cheese	89	The Sennett Goat's cheese, relish, avo & grilled onions	100
BBQ Peri Peri	80		
Petite Trio 3 Mini beef burgers: BBQ, cheese & bacon, creamy mushroom. Served with fries			104

Grills

Includes your choice of one side serving

Bifteki Mediterranean char-grilled meatballs basted with olive oil & lemon juice. Hummus served aside	140	Hake & Chips Beer battered served with lemon & tartar sauce	136
Sirloin 250g Grilled with JB's BBQ basting	202	Salmon Plain grilled served with baked sweet potato OR Sweet teriyaki glaze, sesame seeds & spring onions served with baked sweet potato	SQ
T-bone 500g Grilled with JB's BBQ basting	218	Chicken Curry Fragrant masala spices, tomato, onion, tender chicken breast & coconut milk served with butter naan & all 'n all	136
New York Fillet Blackened / JB's BBQ basting / Char-grilled	196 226		
Mediterranean Fillet Cubes Pan-fried in olive oil, butter, lemon 'n herb & parmesan	226 146		
Lamb Chops Grilled with salt & pepper / JB's BBQ basting	218		
Ribs JB's BBQ basted succulent pork ribs	221		
Grilled Chicken Livers Mediterranean-style grilled chicken livers, oregano, fresh lemon, french fries & peri peri on the side	109		
Chicken Schnitzel Crumbed breasts with cheese & mushroom sauce	138		
Grilled Chicken Breasts Lemon & Herb / JB's BBQ / Cajun / Peri-Peri	115 131		
The Drake Two grilled peri-peri chicken breasts served with yellow rice	115	Mushroom / pepper / cheese / peri-peri / peanut butter	29

(b) = Banting Friendly

★ = Beach Body Eating

Pizzas

Banting cauliflower pizza base **add R38**

Classic Focaccia Olive oil, herbs & fresh garlic	70	Chicken Prego Breast strips, mozzarella, prego sauce & caramelised onion	118
Focaccia Bianca Mozzarella, garlic & olive oil	96		
Margherita Mozzarella, tomato base & fresh basil	95		
Four Seasons Mozzarella, tomato base, artichokes, mushrooms, ham & olives	117		
The Blues No cheese! Tomato base, grilled brinjal, roasted red peppers, fresh rocket, mushrooms & olives	113		
Spicy Beef Fillet Mozzarella, tomato base, saucy beef fillet strips, red onion, olives & mushrooms	156		
Sweet Chicken Mozzarella, tomato base, sweet chilli chicken breast strips, feta, peppadews & avo*	124		
Texas Chicken Mozzarella, tomato base, BBQ chicken breast strips, pineapple & red onion	116		
Salami Mozzarella, tomato base, Italian salami & avo*	118		
Three's Company Mozzarella, tomato base, bacon, feta & olives	110		

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

<i>Veg</i>	114	<i>Beef Fillet</i>	154	<i>Chicken Fillet</i>	131
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Pastas

Spaghetti / penne / short grain brown rice / zucchini noodles ★
*substitute for quinoa **R8**

Napoletana	92	Ozzy's Fillet strips, olives, sun-dried tomatoes, balsamic, napoletana sauce & cream	156
Bolognese	113	Costa's Chicken Rice Chicken fillet strips, peri-peri, napoletana sauce & short grain brown rice	118
Lasagna Homemade beef lasagna	117	Hot Pot Penne Bake Chicken breast strips, mushrooms, bolognese, feta, cream, pesto, mozzarella & parmesan cheese	133
Fitzgerald's Chicken breast, fresh onion, sun-dried tomatoes, jalapeños napoletana sauce & cream	129	Mambo Pasta Beef fillet strips, mushrooms, garlic, parmesan & sweet cherry tomato with cream & fresh rocket	155
Salmon Salmon, cream, rocket, napoletana sauce & chili	155	Pesto Pesto, herbs, olive oil, cashew nuts, parmesan & garlic	96
Black Mushroom Mushrooms, cream, pesto, napoletana sauce & parmesan cheese	126		
Tuna Pea Tuna chunks, garden peas, red onion & red peppers in a napoletana sauce with mild chili, garlic & a hint of cream	134		

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