

# JBI Pub & Restaurant

## JBI PUB AND RESTAURANT WELCOMES YOU

Here at the JBI Pub and Restaurant we want to welcome you. A little about us here: As you will see, not only will the friendly and cheerful service bring you back time and time again, but so will the food. Our Chef takes pride in the quality of food served in this establishment. His team consists of dedicated young cooks all inspiring to become chefs. That is why we make most all of our food products from scratch, so our cooks will learn the fundamentals of cooking and the insurance, to you the customer, that your food has been well prepared and with care. Chef purchases only the freshest ingredients available, he only uses top quality meats and seafoods. We use zero Trans fats

oils in our fryers. Unlike chain restaurants, this is not a thaw and microwave establishment, our food may take a little longer to prepare, but we feel you the customer deserve that. You will find that our soups, gravies, chowders, salads and some of our salad dressings are all homemade and some of the best. I hope you will agree and come again and again and bring along your friends and family.

Bon Appetite

Mike Pitre  
Executive Chef

### APPETIZERS

**ROASTED GARLIC BRUSCHETTA** Olive tapanade and balsamic and olive oil served with Focaccia. \$9

**HUMMUS AND PITA** Generous portion of our house made hummus with grilled Pita. \$8

**CHICKEN WINGS** A bakers dozen of BC Fresh Chicken wings in assorted flavors. \$10

**CRAB CAKES** Our signature dish with red pepper aioli. \$11

**QUESADILLAS** Like no where else... Chicken or Beef or Vegetable or Shrimp, with peppers, onions, spices and cheese baked in a tortilla. Served with salsa and sour cream. \$10

**NACHOS** Layers of hand cut tortilla chips, onions, peppers, jalapeños, tomatoes and 2 cheeses. Served with salsa and sour cream. Large \$14 | Small \$10.50  
Add Guacamole \$2 | Add Spiced Beef \$2.50 | Add Chicken \$6.00

**ONION RINGS** One pound of Golden Onion Rings. \$7

**SCALLOP NEWBURG** Sautéed scallops with double smoked bacon, chives and bell peppers with a touch of heavy cream. \$12.50

**GRILLED PRAWN ROLLS** Chefs creation of prawns cooked into a roll with thai spices and then grilled. \$10

**STEAMED MUSSELS** A generous portion of steamed mussels with a different creation daily. \$13

**DOUBLE DIPPIN POTATO SKINS** A generous portion of potato skins with sour cream, green onions and bacon bits for dippin... DOUBLE DIPPIN IS ALLOWED!!!!!! \$9

**PRAWNS OF THE DAY** Daily creation from our chefs. \$10

### FRESH FROM THE KETTLE SOUPS

**SOUP OF THE DAY** Creations from our apprentice cooks and chefs. Cup \$4 | Bowl \$5.50

**FRENCH ONION AU GRATIN** Generous amount of onions, red wine, spices in a rich broth topped with croutons and baked with Emmental Cheese. \$6.50

**SEAFOOD CHOWDER** Thick and creamy, filled with clams, salmon, halibut, shrimp, potatoes and vegetables. Cup \$5.50 | Bowl \$7

**PAD THAI VEGETABLE POT** Seasonal vegetables simmered in a pad thai broth with Rice Noodles. \$10

#### SOUP AND SALAD COMBO

A cup of house made soup and choice of house salad or Caesar salad. \$9.50  
Or a cup of Chowder and Salad. \$11

### SALADS

**HOUSE SALAD** A generous amount of lettuces, carrots, radishes, cabbage, crisp onions, tamari seeds, tomato and cucumber and Asiago. Small \$5.25 | Large \$9

**CHEF'S SALAD** Our house salad topped with fresh roasted turkey and black forest ham, two cheeses and hard boiled egg. \$13

**GREEK SALAD** Traditional with feta and olives. Small \$6 | Large \$12

**CLASSIC CAESAR** Fresh romaine, asiago cheese, croutons and creamy Caesar dressing. Small \$6 | Large \$11

**SMOKED CHICKEN SALAD** House smoked chicken, spinach, marinated portabella mushroom, shallots, candied pecans and carrot, tossed with our honey garlic pad thai sauce. \$14

**WALDO SALAD** Spinach, apples, candied pecans, celery and shallots tossed with our Honey Poppy seed dressing. \$13



## DINNERS

Available after 4:30 pm only

All entrees include your choice of starch and seasonal vegetables.  
All Dinners include a starter salad or soup and is accompanied with bread.

### DELICATELY BAKED BC FRESH HALIBUT

From local waters in a homemade pesto bruschetta. \$23

### ROASTED GARLIC STUFFED AAA SIRLOIN

Wrapped with double smoked bacon grilled to perfection accompanied with a mushroom shallot demi. \$22

### BC FRESH FREE RANGE CHICKEN BREAST HUNTER STYLE

Sautéed in garlic, double smoked bacon, portabellas, shallots and white wine, then finished with heavy cream and asiago before being baked to perfection. \$21

**LARGE BOWL OF SCALLOPS, PRAWNS AND MUSSELS** In a pad thai broth with fresh julienne vegetables and Rice noodles. \$21

### BC FRESH PORKLOIN ROULADE

Two porkloin cutlets stuffed with herb cream cheese and baked, served with a red onion marmalade. \$22

**LAMB SIRLOIN** In a classical marinate of mint, rosemary, garlic and olive oil accompanied with a sundried blueberry demi. \$23

### BC WILD SALMON FILET

Baked in pesto and feta cheese. \$23

**OYSTER ROCK** JBI Style with fresh oysters from local waters, shallots, double smoked bacon, creamed spinach topped with lemon chardonnay butter. \$22

### OLIVE TAPENADE SALMON FILET

With a sundried tomato cream sauce. \$23

## PASTAS

**FETTUCCHINE ALFREDO** Fettuccine noodles simmered in a garlic, Asiago and parmesan cream sauce. \$12.25

**FETTUCCHINE CARUISSO** Italian sausage, bell peppers and onions in a Tomato Chili sauce. \$14

**FETTUCCHINE MARCO POLO** House smoked chicken breast with bell peppers, onions, mangoes, and cashews in an asiago cream sauce. \$14.25

**WILD MUSHROOM RAVIOLI** Stuffed Raviolis in a sundried tomato, roasted garlic cream sauce. \$15

**STROGANOFF FETTUCCHINE** Tender strips of sirloin, mushrooms, onions and roasted garlic cloves in a demi sour cream sauce. \$15.50

**PASTA OF THE DAY** market value

Add Shrimp Meat \$5 | Add Prawns \$6

Add BC Fresh Chicken Breast (Plain, Cajun, Teriyaki) \$6

## SANDWICHES & WRAPS

All sandwiches & wraps include fries or salad or caesar salad or coleslaw. OR instead add a side of Fruit or Greek for an extra \$1.50

**CLUBHOUSE** Roast turkey, honey mustard, lettuce, tomatoes & bacon stacked high between 3 slices of toast. \$10.50

**BARON** Thin sliced roast beef on a hoagie bun with au jus. \$9.50

**ULTIMATE BARON** Thin sliced roast beef with mushrooms, onions and emmental. Served with au jus. \$11

**TANDOORI CHICKEN** BC fresh Chicken breast marinated in tandoori spices and grilled, then wrapped in a tortilla with lettuce tomatoes and mangoes. \$12

**VEGGIE WRAP** "Moonrose" veggie patty, portabella mushroom, tomatoes, onions, bell peppers, rice and emmental cheese. \$11

**THE REUBEN** Smoked meat, ham, and sauerkraut with grainy Dijon and emmental on marble rye bread. \$11

**PHILLY CHICKEN OR BEEF** Shaved grilled Chicken, or Sirloin Strips, onions & bell peppers; smothered in BBQ sauce and emmental on a hoagie bun. \$11.50

**SMOKED CHICKEN AND FOCACCIA** House smoked BC Fresh Chicken with tomatoes, red onions and cheddar on Focaccia. \$12

**PORK SCHNITZEL** Tender pork cutlet lightly breaded and fried. Topped with mushrooms, onions, apple and cheddar. Garnished with lettuce and tomatoes on a hoagie bun accompanied with red onion marmalade. \$11.50

**SHIRLEY'S CAESAR WRAP** Our house caesar salad with crispy chicken wrapped in a tortilla. \$11

**FAJITA (CHICKEN OR BEEF OR SHRIMP)** Seasoned Chicken or Sirloin Strips or Shrimp together with onions, mushrooms, tomatoes, bacon, lettuce, peppers & 2 cheeses wrapped in a salsa tortilla, served with salsa. \$11

## BURGERS

All our burgers are topped with fresh lettuce, tomatoes, red onions, and garlic dill on either a Whole Wheat Kaiser or a White Kaiser.  
All burgers include fries or salad or caesar salad or coleslaw. OR instead add a side of Fruit or Greek for an extra \$1.50

**LEAN SIRLION** 5 oz. Homemade and formed with lean ground beef, broiled well done. \$9.50

**CHICKEN** Grilled BC Fresh chicken breast with honey mustard. Or have it Tandoori spiced. \$12

### PORTABELLA MUSHROOM BURGER

Marinated and grilled portabella mushroom stuffed with bell peppers and red onions topped with emmental. \$11.25

**PACIFIC OYSTER BURGER** 3 Panko breaded Vancouver Island oysters pan fried until crisp. \$12

**QUEEN CHARLOTTE HALIBUT** Fresh caught halibut from local fishermen, grilled & served with "Blackfish Tarter". \$14

**WILD SALMON** 5oz. Troll caught wild salmon grilled and baked with honey garlic pad thai glaze. \$13.50

**BBQ CRISPY CHICKEN** Crispy Chicken tenders, BBQ sauce, lettuce, tomatoes and red onions with emmental and honey mustard on a hoagie bun. \$11.50

**"MOONROSE" VEGGIE PATTY** Grilled and topped with mushrooms and emmental. \$11.50

Add Your Favorite Toppings: Only \$2

**B.M.C.** - Bacon, Mushrooms and Cheese | **BLACK AND BLUE** - Blue Cheese and Cajun Spices.

**CANUCK** - Bacon and Cheddar | **SWISS MUSHROOM** - Emmental and sautéed mushrooms | **CHEESE** - Cheddar and Emmental

## JBI FAVOURITES

**"JBI" STEAK SANDWICH** 6 oz. 28 day aged AAA sirloin steak topped with onion rings on garlic bread. Served with Fries or Salad or Caesar salad or Coleslaw. \$14

**VEAL CUTLET** Pan-fried veal topped with beef gravy & served with fresh vegetables & mashed potatoes. \$12.50  
Extra Cutlet ADD \$6.50

**LIVER N ONIONS** 4 oz. breaded liver topped with fried onions, bacon and gravy. Served with fresh vegetables and mashed potatoes. \$11.50

**HOT BEEF OR TURKEY SANDWICH** Thinly sliced Beef or Turkey on garlic bread, smothered in gravy & served with fresh vegetables & mashed potatoes. \$12.75

**BREADED SOLE** Dover sole and "Blackfish Tarter" sauce served with rice and vegetables. \$13

**BANGERS N MASH** Need we say more? Served with fresh vegetables and mashed potatoes. \$12.50

**CHICKEN STRIPS** Four crispy breaded chicken tenders served with your choice of BBQ, honey mustard or Plum sauce. Served with your choice of fries or soup or salad or coleslaw. \$10

**HALIBUT N CHIPS** Halibut filet dipped in our famous "Blackfish Batter". Deep-fried until golden brown, served with fries, coleslaw & "Blackfish Tarter" sauce.  
\$12 one piece | \$15.95 two pieces | Additional pieces \$6.50