

# Restaurant Janet & Johns

HOURS / OFFEN / ÖPPEN / HORARIO

10.00 -- 15.30 & 17.30 -- 23.00

Friday open @ 17.30

A La Carte menu 12.30 -- 15.30 & 17.30 -- 23.00

Snack Menu 10.00 -- 15.30

Breakfast Menu 10.00 -- 12.30.

**Breakfast, Snacks & Childrens Menus are on the last pages**

## \*See Daily Specials Boards\*

SUNDAY/SONNTAG/SONDAG SPECIAL

# PAELLA gf

**10.95** PER PERSON

Available FOR 1 OR MORE

FÜR 1 ODER MEHR

Also available daily from the a la carte menu...12.45

**A LA CARTE** including

**FRESH FISH**

**BLACK ANGUS STEAKS**

**HOMEMADE CURRIES**

**PASTAS & PIZZAS**



Food Allergies & Intolerances -  
we will be happy to advise you

All our dishes are freshly cooked to order by our team of chefs, and most of our sauces are homemade, and whilst we do understand the need for (and strive for) speed, at peak times a delay is inevitable, we appreciate your patience and understanding.

### Who we are

John qualified as a chef during a 4 year hotel management course at the Birmingham College of Food & Domestic Arts, (now Birmingham University). After 12 years of employment with large hotel groups he became self-employed along with Janet in 1973. We had our own country hotel and restaurant in the UK until we moved here to Cala Bona in 1987 and opened this restaurant. John retired in 2007 and Janet in 2019. Son Lorne (aka John) along with wife Yoli are now at the helm. Lorne having grown up in the restaurant and worked front of house since 1998.

**JanetandJohns.com**

# Restaurant Janet & Johns

© v.a.t. included  
Prices in Euros

## STARTERS

|   |      |
|---|------|
| 61. Pate & toast... <b>gf</b> .....                   | 4.40 |
| 74. <b>V</b> Cream of tomato soup.....                | 3.80 |
| 69. <b>V</b> Alyoli (garlic mayo) & crusty bread..... | 2.70 |
| 32. <b>V</b> Olives.....                              | 1.60 |
| 44. Squid Romana.....                                 | 4.90 |
| 65. <b>V</b> Garlic mushrooms... <b>gf</b> .....      | 4.40 |
| 66. Garlic chicken... <b>gf</b> .....                 | 4.40 |
| 68. Garlic prawns... <b>gf</b> .....                  | 7.80 |
| 25. Prawn cocktail... ..                              | 7.80 |

## TAPAS

|  |                                   |
|--|-----------------------------------|
| 12. Single portion.....                          | 4.40                              |
| 15. Crispy Butterfly Prawn (single portion)..... | 6.90                              |
| 13. Mixed Plate (4 choices).....                 | 9.90                              |
| ~~~~~  |                                   |
| ~Baby Squid pieces                               | ~Spanish Cured Ham <b>gf</b>      |
| ~Cod Croquettes                                  | ~Green Chilli Peppers <b>gf V</b> |
| ~Pate & Mini Toasts                              | ~Spanish Sausage                  |
| ~BBQ Chicken Wings                               | ~Meatballs                        |
| ~Garlic Potato Salad <b>gfV</b>                  | ~Patatas Bravas <b>gf V</b>       |

## SIDE ORDERS





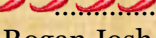
|   |      |
|---|------|
| 53. <b>V</b> Onion bahjee, <b>gf</b> .....  | 3.80 |
| 59. <b>V</b> Naan bread .....               | 1.95 |
| 88. <b>V</b> Mango chutney <b>gf</b> .....  | 1.95 |
| 86. <b>V</b> Poppadom(each) <b>gf</b> ..... | 0.80 |

|   |      |
|---|------|
| 173. <b>V</b> Homemade garlic bread.....                      | 1.95 |
| 174. <b>V</b> Homemade cheese 'n garlic bread.....            | 2.45 |
| 175. <b>V</b> Chips <b>gf</b> / potatoes <b>gf</b> .....      | 2.95 |
| 176. <b>V</b> Tomato & onion or a Mixed salad <b>gf</b> ..... | 4.00 |
| 178. <b>V</b> Fried fresh mushrooms... <b>gf</b> .....        | 2.70 |

## HOMEMADE CURRIES **gf**

– cooked to order

price includes basmati rice & /or chips

|  |   |       |
|--|---|-------|
| 132. Chicken Tikka Masala  | <i>fairly mild</i>   | 11.40 |
| 137. Chicken Rogan Josh  | <i>medium</i>       | 11.40 |
| 202. Chicken "Birmingham" Balti  | <i>medium</i>      | 11.40 |
| 139. Chicken Madras  | <i>medium/hot</i>  | 11.40 |
| 107. Chicken Vindaloo  | <i>hot</i>         | 11.40 |
| 123. King Prawn Curry large peeled prawns, Tikka, Rogan Josh, Balti, Madras, Vindaloo..... |   | 15.40 |
| 114 <b>V</b> Vegetable Curry, Tikka, Rogan Josh, Balti, Madras, Vindaloo, ... ..           |   | 11.40 |

## OMELETS **gf**

price includes a choice of potatoes & mixed salad

|  |       |
|--|-------|
| 91. Prawn Omelet... ..   | 12.80 |
| 92. <b>V</b> Spanish Omelet, filled with diced potatoes and onions... .. | 9.80  |
| 90. <b>V</b> Omelet with your choice of filling .....                    | 9.80  |

## SALADS **gf**

|                             |       |
|-----------------------------|-------|
| 70. Tuna Salad.....         | 9.60  |
| 71. Chicken Salad.....      | 9.60  |
| 75. Peeled Prawn Salad..... | 12.80 |

## PASTAS

**homemade sauces** served with garlic bread

|  |       |
|--|-------|
| 79. Spaghetti or Macaroni Bolognese (home minced beef).....  | 10.80 |
| 81. Spaghetti or Macaroni Carbonara.....   | 10.80 |
| 83. <b>V</b> Spaghetti or Macaroni Milanese , <b>chopped tomato, mushrooms, olive oil, oregano, garlic</b> ..... | 10.80 |
| 82. Lasagne - homemade...(home minced beef).....   | 10.80 |
| 80. <b>V</b> Macaroni Cheese.....  | 10.80 |

## PIZZAS

**(10inch / 26cm.)**

|  |      |
|--|------|
| 97. <b>V</b> Pizza Margarita, tomato, mozzarella, oregano.....                     | 7.70 |
| 77. Pizza Proscuito, tomato, mozzarella, ham, oregano.....                         | 8.20 |
| 73. Pizza Pepperoni, tomato, mozzarella, pepperoni, oregano.....                   | 8.20 |
| 41. Pizza Bolognese, tomato, mozzarella, bolognese sauce...(home minced beef)..... | 8.20 |
| 98. Pizza Romana, tomato, mozzarella, ham, mushroom, oregano.....                  | 8.45 |
| 22. Pizza Hawaii, tomato, mozzarella, ham, pineapple, oregano.....                 | 8.45 |

**VEGETARIAN** all dishes marked **V** are suitable for vegetarians **CELIAC** all dishes marked **gf** are gluten free





## PAELLA *gf*

All paella are available for 1 person or more

|   |    |       |
|---|----|-------|
| 104. Paella traditional combination of rice /mussels/ prawns/ chicken fillet /squid/ peas.....      | pp | 12.45 |
| 103. Chicken & Chorizo Paella rice/ chorizo/ chicken fillet/ peas/ sweet pepper.....                | pp | 12.45 |
| 100. Chicken & Prawn Paella, rice/ peeled prawns/ chicken fillet/ peas/ sweet pepper.....           | pp | 12.45 |
| 113. Chicken, Chorizo & Prawn, rice/ chorizo peeled prawns /chicken fillet/ peas/ sweet pepper..... | pp | 14.45 |

## SHELLFISH *gf*

|  |       |
|--|-------|
| 110. Mussels Marinera, 20/24 mussels in half shell, onion, garlic, white wine, tomato (spanish style) .....              | 12.90 |
| 105. Caldereta, a casserole of mussels, prawns, langostine, fish, peas, potatoes .....                                   | 17.20 |
| 162. King Prawn Provencal large peeled prawns in a sauce of onion, mushrooms, tomatoes, herbs, garlic & white wine ..... | 15.40 |

All below served with:- *subject to availability*

**chips *gf* , jacket *gf*, boiled *gf*, mash *gf*, basmati rice *gf* or pasta  
& salad or vegetables *gf***

## FRESH FISH

|   |                 |       |
|---|-----------------|-------|
| 118. Cod Fillet, with a little olive oil, cooked in the oven served with tartare sauce .....                          | <i>gf</i> ..... | 12.80 |
| 165. Cod Portugaise fillet cooked in the oven topped with tomato concasse, fresh parsley & garlic .....               |                 | 14.50 |
| 115. Salmon Fillet with a little olive oil, cooked in the oven served with tartare sauce... <i>gf</i> .....           |                 | 12.80 |
| 164. Salmon Dieppose fillet cooked in the oven & topped with prawns and mushrooms in a white wine sauce, .....        |                 | 15.80 |
| 138. Salmon Tarragon, fillet topped with a white wine, tarragon sauce .....   |                 | 14.30 |
| 93. Whole Sea Bass, drizzled with a little olive oil, cooked in the oven served with tartare sauce... <i>gf</i> ..... |                 | 15.80 |
| 116. Sea Bass Bourguignon fillets cooked in the oven topped with red wine & mushroom sauce, .....                     |                 | 15.95 |
| 154. Sea Bass Piquillo fillets cooked the oven, topped with shredded sweet red bell peppers & ginger.....             |                 | 15.95 |

## DEEP FRIED FISH

|   |       |
|---|-------|
| 62. Battered Atlantic Cod, deep fried, served with tartare sauce.....     | 13.95 |
| 122. Breaded Wholetail Scampi, deep fried, served with tartare sauce..... | 9.95  |
| 130. Squid Romana, deep fried, served with tartare sauce.....             | 10.95 |

## MEAT & STEAKS – Prime Quality – Home Cut

**Sauces:-** Pepper, White Mushroom, Roquefort, Tarragon, Bisto Gravy, Fried Eggs.....2.00

|   |       |
|---|-------|
| 124. Chicken fillet 225gr.(8oz), flat grilled..... <i>gf</i> .....  | 9.95  |
| 167. Chicken fillet. Dieppoise, flat grilled and topped with white wine sauce with prawns & mushrooms.....              | 12.20 |
| 161. Chicken a la Creme, pieces of chicken breast cooked with onion, mushrooms, white wine & cream.....                 | 11.65 |
| 155. Chicken Pizziola, pieces of chicken breast cooked with onion, tomatoes, garlic, capers, oregano.. <i>gf</i> .....  | 11.65 |
| 158. Chicken Stroganoff, pieces of chicken breast in a sauce of onion, mushrooms, paprika, garlic, red wine, cream..... | 11.65 |
| 127. Pork Escalope slice of pork in breadcrumbs, sauté.....   | 10.20 |
| 128. Pork Chops, 2 flat grilled... <i>gf</i> .....  | 10.20 |
| 157. Beef Stroganoff, strips of fillet steak in a sauce of onion, mushrooms, paprika, garlic, red wine, cream.....      | 16.80 |
| 136. Fillet Steak 250gr.... <i>gf</i> .....   | 20.20 |
| 148. BLACK ANGUS - Sirloin Steak 250gr..... <i>gf</i> .....   | 20.20 |
| 134. BLACK ANGUS - Plank Steak (rump) 500gr.(17oz), <i>gf</i> .....   | 17.80 |
| 143. BLACK ANGUS - Rump Steak 250gr. (9oz)... <i>gf</i> .....   | 11.95 |
| 94. BLACK ANGUS CheeseBurger 200gr., salad, chips.....  | 10.20 |

# Restaurant Janet & Johns

## Breakfast served 10.30 --12.30

**€5.80** — 2 Bacon, 2 Eggs, 1Sausage, Beans, 1Toast

coffee or pot of tea, or bottle water or orange juice

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|                                             |      |
|---------------------------------------------|------|
| Bacon Sandwich .....                        | 2.90 |
| Sausage Sandwich .....                      | 2.90 |
| Scrambled Eggs or Fried Eggs on Toast ..... | 2.90 |
| Heinz Baked Beans on Toast .....            | 2.90 |
| Buttered Toast 2 & Jam .....                | 2.00 |
| Toast per slice.....                        | 0.60 |

|                                           |      |
|-------------------------------------------|------|
| <u>Build your own</u> ~~ Bacon, per slice | 1.00 |
| 1 Egg                                     | .50  |
| Beans                                     | 1.00 |
| Sausage                                   | .80  |
| Toast per slice                           | .60  |
| tea or coffee .....                       | 1.90 |

## Snack Menu served 10.30 --15.00 hrs

### SANDWICHES or TOASTY

#### BAGUETTE or BUN(BAP)

|                                              |      |
|----------------------------------------------|------|
| Cheddar Cheese & Onion.....                  | 3.60 |
| Cheddar Cheese & Tomato .....                | 3.60 |
| Cheddar Cheese & Branston Pickle.....        | 3.80 |
| Ham & Cheddar Cheese.....                    | 4.00 |
| Ham & Cheddar Cheese & Tomato.....           | 4.60 |
| Tuna & Mayo.....                             | 3.60 |
| Chip Butty.....                              | 3.20 |
| Sausage (English).....                       | 2.90 |
| Danish Bacon.....                            | 2.90 |
| Bacon & Cheese.....                          | 4.00 |
| B.L.T. (bacon, lettuce, tomato, mayo).....   | 4.20 |
| C.L.T. (chicken, lettuce, tomato, mayo)..... | 4.20 |
| <b>B.C.L.T.</b> ,.....                       | 5.20 |
| Prawn Cocktail Sandwich.....                 | 7.80 |
| Hot Dog.....                                 | 2.60 |

**Bowl of Chips .....** **2.95**

|                                             |      |
|---------------------------------------------|------|
| <b>PIZZAS</b> 26cm. / 10inch Margarita..... | 7.70 |
| Proscuito/Pepperoni/Bolognese.....          | 8.20 |
| Romana/Hawai. ....                          | 8.45 |

### SNACKS

|                                            |       |
|--------------------------------------------|-------|
| Cream of Tomato Soup.....                  | 3.80  |
| Chicken fillet, Chips & Salad.....         | 4.80  |
| Breaded Wholetail Scampi, Chips & Salad... | 6.40  |
| Tuna Salad.....                            | 5.80  |
| Chicken Salad.....                         | 5.80  |
| Spaghetti Bolognese(home minced beef)..... | 5.00  |
| Lasaña (homemade).....                     | 6.80  |
| Sausages, Eggs & Chips.....                | 4.80  |
| Double Egg & Chips.....                    | 3.60  |
| Cheese Omelet, Chips & Salad.....          | 4.80  |
| Ham Omelet, Chips & Salad.....             | 4.80  |
| Mushroom Omelet, Chips & Salad.....        | 4.80  |
| Jacket Potato, Cheese & Heinz Beanz.....   | 5.20  |
| Jacket Potato with Bolognese Sauce.....    | 5.20  |
| Jacket Potato, Tuna, Mayo & Sweetcorn..... | 5.20  |
| Jacket Potato & Prawn Cocktail.....        | 7.80  |
| Beefburger(1/4lb) & Chips.....             | 5.00  |
| Cheeseburger (1/4lb) & Chips.....          | 5.80  |
| Bacon & Cheeseburger(1/4lb) & Chips.....   | 6.50  |
| Anguscheeseburger,Salad,Onionrings,Chips   | 10.20 |