



OTM NUTRITIONAL **ANALYSIS**

GIVING YOU MORE INFORMATION ABOUT YOUR FAVOURITE MEALS

Mugg & Bean is proud to share the nutritional analysis of our menu with you. A calculated analysis using databases like the South African Food Composition Database (SAFOOD) to ensure the accuracy of all information included.

ENERGY

All energy required by the body must be supplied by food and beverage intake. Recommended energy intakes vary according to gender, age and activity. The total food energy intake should, however, facilitate healthy growth and development, the body's many functions and healthy physical activity.

Carbohydrates, proteins and fats are all energy-providing nutrients. Note that our major source of energy should come from carbohydrates; however, our bodies need protein and energy from fat for good health.

The unit for measuring energy is the kilojoule (kJ) or the kilocalorie (kCal).

CARBOHYDRATES

Carbohydrates are our bodies' preferred source of energy. For meals to be high in carbohydrates, they must have at least 13g of carbohydrates per 100g serving.

DIETARY FIBRE

Dietary fibre is also referred to as roughage and is generally of plant origin. It is an essential part of any diet, adds bulk to foods, slows down your digestion and helps you feel satisfied. It also keeps your tummy healthy and regular.

Foods high in fibre usually require a bit more chewing, contribute to satiation, and promote better dental health. If your meal has three (3) or more grams of fibre for every 100g serving, it's a good source of fibre.

PROTEINS

Proteins are made up of amino acids and their function is to help build, maintain and repair body tissue. Amino acids are the basic building blocks of enzymes, hormones, proteins and body tissue.

Sources of protein in food include meat, poultry, fish, eggs, milk, cheese, yoghurt, soya, legumes (e.g. dried beans, split peas, lentils and chickpeas), seeds and nuts. Grain products and numerous vegetables also supply small amounts of protein.

All protein is made up of amino acids. The body needs 22 amino acids, of which 8 are essential, meaning they cannot be manufactured by the body and need to be supplemented through diet. Protein quality depends on the amount of essential amino acids contained in a meal. Foods derived from animals (e.g. fish, poultry, meat, egg and milk) are high-quality proteins and contain all the essential amino acids.

All plant foods, except for soya and quinoa, are incomplete proteins as they lack sufficient amounts of one or more of the essential amino acids. Interesting to note: if two incomplete proteins are properly combined, they become complementary proteins and make up a complete protein.

TOTAL FAT

Fat is a concentrated source of energy.

Fats have various functions in the body:

- Protecting the body's organs and nerves from injury by holding them in position
- For insulation and helping to maintain body temperature
- Supplying the essential fat-soluble vitamins A, D, E and K
- Transporting and absorbing fat-soluble vitamins
- Delaying the emptying time of the stomach
- Adding to the taste and palatability of the diet

(a) POLYUNSATURATED FAT

A beneficial fat that is found primarily in plant foods (e.g. sunflower oil).

(b) MONOUNSATURATED FAT

A beneficial fat that is also found primarily in plant foods. They are usually liquid at room temperature (e.g. olive oil).

(c) SATURATED FAT

Saturated fat is usually solid at room temperature. Found mostly in foods derived from animals, such as fatty meat, poultry skin and full-cream dairy products. It can increase your LDL (bad) cholesterol levels which may increase your risk of heart disease. It is advisable to limit your intake of saturated fat.

(d) TRANS FAT

Trans fats have been associated with an increase in bad cholesterol and a simultaneous decrease in good cholesterol in the body. Because of this, food manufacturers have endeavoured to lower trans fats in foods. It is advisable to limit your intake of trans fat.

WHY THAT MATTERS

Hydrogenated fats are formed when food manufacturers add hydrogen atoms to unsaturated fats to make them more saturated, more solid, and shelf-stable. This raises your body's bad cholesterol and lowers the good cholesterol.

CHOLESTEROL

When you eat too many foods that are high in saturated fats and cholesterol (mostly animal products) it can make your blood cholesterol levels rise. A high intake of saturated fat, trans fat and cholesterol in food can raise your bad blood cholesterol.

SODIUM

Sodium is an essential mineral that stabilises your body fluids. Sodium is found in table salt and in many processed foods.

The recommended table salt intake is no more than 5g (1 teaspoon of salt/day) or 2,400mg of sodium/day.

THE IMPORTANCE OF PORTION SIZE

As we get older, our perception of what constitutes a healthy portion of food slowly increases. As a result, we eat more. Increasing one's portion size is one of the most common ways extra kilojoules sneak into our diet, because often we don't realise we are actually eating more than we should. When you feel your portion is too big, try save the rest for later.

KJ = KILOJOULES

G = GRAMS

CARBS = CARBOHYDRATES

TTL FAT = TOTAL FAT

SAT FAT = SATURATED FAT

TTL SODIUM = TOTAL SODIUM



HINTS, TIPS & GUIDELINES FOR HEALTHY EATING

1. *Enjoy a variety of foods*
2. *Drink lots of clean water*
3. *Make starchy food part of most meals*
4. *Eat plenty of vegetables and fruit every day*
5. *Eat dry beans, split beans, lentils and soya regularly*
6. *Fish, chicken, lean meat or eggs could be eaten daily*
7. *Have milk, maas or yoghurt every day*
8. *Use fat sparingly and choose vegetable oils rather than hard fat*
9. *Use salt, and foods high in salt, sparingly*
10. *Use sugar, and food and drinks high in sugar, sparingly*

FRESHLY PREPARED **JUST FOR YOU**

We go the extra mile to bring you new seasonal dishes & deliciously innovative tastes, as well as all those familiar favourites that you know & love.

We've taken flavour inspiration from all over the world & added our own generous twist. We source over 90% of our ingredients from local farming communities & suppliers, to give you that truly South African taste.

That's why we always say that we don't just make food; we make food with thought. We've thought about your wellness & dietary needs, adding kilojoule counts so that you can make an informed decision. We've thought about sustainability, making a continuous effort to produce more recyclable packaging. We've also thought about how we can give back to our communities through our partner, Cupcakes of Hope.

You'll notice the difference in our coffee, sourced from the best coffee-growing regions in the world & locally roasted to perfection. It's also in the way we leave the skin on your fries & use free-range eggs in all our meals & freshly baked treats.

In the interest of giving you more and more choice, we've collaborated with one of SA's leading plant based chefs, Mokgadi Itsweng, to create dishes that are not only better for you, but better for the planet too. Find the  symbol throughout the menu to help you make a better choice.



When it comes to those decadent treats, we've been freshly baking every cake, muffin, tart & cookie from scratch in each of our restaurants, since day one. Some of our recipes have remained the same for years, because there's no point in meddling with perfection.


We know everything tastes better this way & we'll continue doing it like this, just for you.



Use these icons to find a meal that suits your preferences & dietary requirements.

 Lacto-ovo vegetarian: Includes dairy products & or eggs  Vegan friendly: No use of, or containing any animal products

 Discovery Vitality HealthyDining  New products

 Mokgadi's Creations

	ENERGY (kj)	PROTIEN (g)	CARBS (g)	OF WHICH TOTAL SUGAR (g)	TOTAL FAT (g)	OF WHICH SATURATED FAT (g)	DIETARY FIBRE (g)	TOTAL SODIUM (mg)	GLUTEN	WHEAT	COW'S MILK	SOYA	EGG	NUTS / PEANUTS	FISH / SEAFOOD	VEGETARIAN	VEGAN FRIENDLY
THE ROASTERY & HOT DRINKS																	
Americano - Easy (Cow's Milk)	76	1	2	1	1	1	0	18			x					x	
Americano - Serious (Cow's Milk)	129	2	3	2	2	1	0	29			x					x	
Americano - Short (Cow's Milk)	65	1	1	1	1	0	0	14			x					x	
Caffè Latte - Easy (Cow's Milk)	556	7	11	10	7	4	0	106			x					x	
Caffè Latte - Serious (Cow's Milk)	877	11	16	15	11	7	0	165			x					x	
Caffè Latte - Short (Cow's Milk)	492	6	9	9	6	4	0	92			x					x	
Caffè Mocha - Easy (Cow's Milk)	1075	8	36	27	9	6	1	146			x					x	
Caffè Mocha - Serious (Cow's Milk)	1482	12	46	35	13	9	1	211			x					x	
Caffè Mocha - Short (Cow's Milk)	838	7	26	20	7	5	1	119			x					x	
Cappuccino - Easy (Cow's Milk)	797	8	17	12	10	6	0	137	x	x	x		x			x	
Cappuccino - Serious (Cow's Milk)	1358	12	28	20	18	11	1	226	x	x	x		x			x	
Cappuccino - Short (Cow's Milk)	732	7	15	11	10	6	0	123	x	x	x		x			x	
Caribbean Mocha - Easy (Cow's Milk)	1051	9	30	25	10	7	1	162			x					x	
Caribbean Mocha - Serious (Cow's Milk)	1486	13	40	34	15	10	1	236			x					x	

	ENERGY (kj)	PROTIEN (g)	CARBS (g)	OF WHICH TOTAL SUGAR (g)	TOTAL FAT (g)	OF WHICH SATURATED FAT (g)	DIETARY FIBRE (g)	TOTAL SODIUM (mg)	GLUTEN	WHEAT	COW'S MILK	SOYA	EGG	NUTS / PEANUTS	FISH / SEAFOOD	VEGETARIAN	VEGAN FRIENDLY
Caribbean Mocha - Short (Cow's Milk)	830	7	24	20	8	6	0	128			x					x	
Classic Chai Tea - Easy (Cow's Milk)	1248	11	38	34	12	8	0	177			x	x				x	
Classic Chai Tea - Serious (Cow's Milk)	1776	16	51	47	17	12	0	259			x	x				x	
Classic Chai Tea - Short (Cow's Milk)	934	8	28	25	9	6	0	134			x	x				x	
Espresso Doppio	23	0	1	0	0	0	0	8								x	x
Espresso Single	11	0	1	0	0	0	0	4								x	x
Filter Coffee - Easy	76	1	2	2	1	0	0	10			x					x	
Filter Coffee - Serious	114	2	3	3	1	1	0	15			x					x	
Filter Coffee - Short	44	1	1	1	0	0	0	5			x					x	
Flat White - Short	423	5	8	7	5	3	0	82			x					x	
Hot Chocolate - Easy (Cow's Milk)	1219	9	40	31	10	7	1	159			x					x	
Hot Chocolate - Serious (Cow's Milk)	1739	14	55	43	15	10	1	236			x					x	
Hot Chocolate - Short (Cow's Milk)	913	7	30	23	8	5	1	121			x					x	
Red Cappuccino - Easy (Cow's Milk)	861	9	17	14	11	7	0	152	x	x	x		x			x	
Red Cappuccino - Serious (Cow's Milk)	1348	12	28	20	18	11	1	235	x	x	x		x			x	

	ENERGY (kj)	PROTIEN (g)	CARBS (g)	OF WHICH TOTAL SUGAR (g)	TOTAL FAT (g)	OF WHICH SATURATED FAT (g)	DIETARY FIBRE (g)	TOTAL SODIUM (mg)	GLUTEN	WHEAT	COW'S MILK	SOYA	EGG	NUTS / PEANUTS	FISH / SEAFOOD	VEGETARIAN	VEGAN FRIENDLY
Red Cappuccino - Short (Cow's Milk)	728	7	15	11	10	6	0	128	x	x	x		x			x	
Sticky Toffee Latte - Easy	1304	11	37	35	13	9	0	247	x	x	x					x	
White Hot Chocolate - Easy (Cow's Milk)	1264	9	36	33	13	10	0	228			x					x	
White Hot Chocolate - Serious (Cow's Milk)	1796	14	50	46	19	15	0	325			x					x	
White Hot Chocolate - Short (Cow's Milk)	944	7	27	25	10	8	0	171			x					x	
BREAKFASTS																	
Back Bacon & Egg Mayo Roll	2867	29	47	6	42	18	2	1045	x	x	x		x				
Bacon, Egg & Potato Fold	2029	27	35	4	26	12	3	956	x	x	x		x				
Beef Macon & Egg Mayo Roll	2547	29	43	6	35	15	2	1217	x	x	x		x				
Beef Macon, Egg & Potato Fold	1881	28	34	3	22	10	3	1013	x	x	x		x				
Blueberry & Vanilla Oats	2021	9	52	19	23	16	6	199	x		x			x		x	
Breakfast Bagel	3539	32	82	8	42	18	3	1740	x	x	x		x				
Breakfast Bagel (with beef macon)	3152	33	78	8	33	15	3	1945	x	x	x		x				
Breakfast Bun	3419	28	48	7	57	23	2	728	x	x	x		x				
Breakfast Bun (with beef macon)	3034	29	44	7	48	20	2	935	x	x	x		x				

	ENERGY (kj)	PROTIEN (g)	CARBS (g)	OF WHICH TOTAL SUGAR (g)	TOTAL FAT (g)	OF WHICH SATURATED FAT (g)	DIETARY FIBRE (g)	TOTAL SODIUM (mg)	GLUTEN	WHEAT	COW'S MILK	SOYA	EGG	NUTS / PEANUTS	FISH / SEAFOOD	VEGETARIAN	VEGAN FRIENDLY
Add On: Beef Macon	229	11	0	0	1	1	0	618									
Add On: Cheddar	646	10	0	0	13	10	0	179			x						
Add On: Hickory Ham	352	12	2	1	3	1	0	64									
Add On: Mozzarella	533	11	0	0	10	7	1	139			x						
Add On: Mushrooms	188	1	3	0	4	1	1	117								x	x
Add On: Onions	100	1	4	3	0	0	1	2								x	x
Add On: Pastrami	410	19	1	0	2	1	0	703									
Add On: Tomato	70	0	2	2	0	0	1	3								x	x

LUNCH TIME – BAGEL

Pastrami, Gherkin & Cream Cheese	2655	22	79	8	25	13	2	1483	x	x	x		x				
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LUNCH TIME – BAGUETTES

Chicken Mayo (Full)	3520	52	91	12	29	9	6	1730	x	x	x		x				
Honey Mustard Chicken (Full)	3638	46	97	19	30	12	7	1371	x	x	x						
Honey Mustard Chicken (Half)	1819	23	49	10	15	6	4	686	x	x	x		x				
Roasted Tomato & Basil Pesto (Full)	2921	25	87	9	27	15	7	871	x	x	x					x	

	ENERGY (kj)	PROTIEN (g)	CARBS (g)	OF WHICH TOTAL SUGAR (g)	TOTAL FAT (g)	OF WHICH SATURATED FAT (g)	DIETARY FIBRE (g)	TOTAL SODIUM (mg)	GLUTEN	WHEAT	COW'S MILK	SOYA	EGG	NUTS / PEANUTS	FISH / SEAFOOD	VEGETARIAN	VEGAN FRIENDLY
Roasted Tomato & Basil Pesto (Half)	1461	13	44	5	14	8	4	436	x	x	x					x	
Steak & Caramelised Onion (Full)	3377	33	96	18	32	16	6	2041	x	x	x						
Steak & Caramelised Onion (Half)	1689	17	48	9	16	8	3	1021	x	x	x						

LUNCH TIME – FRESH SANDWICHES

Chicken Mayo	1934	27	43	7	19	7	4	927	x	x	x	x					
Egg Mayo & Chives	1829	18	41	6	22	8	4	814	x	x	x		x				
Hickory Ham, Cheddar & Mustard	2000	24	40	5	24	13	4	643	x	x	x						
Pastrami, Cheddar & Mustard	2026	27	38	4	23	14	7	986	x	x	x						

LUNCH TIME – GRAB & GO

Buffalo Chicken Filler	997	16	20	6	10	4	2	370	x	x	x		x				
Chicken & Mushroom Pot Pie	2257	23	45	1	29	23	3	565	x	x	x		x				
Chicken Jalapeño & Corn Filler	1146	21	19	2	12	5	1	482	x	x	x		x				
Coronation Chicken Sausage Roll	1880	45	33	2	15	5	2	1084	x	x	x		x				
Mexican Chilli Mince Filler	1312	21	21	3	16	8	3	435	x	x	x		x				
Spiced Lentil & Butternut Pot Pie	2083	8	53	9	27	21	5	782	x	x		x				x	x

	ENERGY (kj)	PROTIEN (g)	CARBS (g)	OF WHICH TOTAL SUGAR (g)	TOTAL FAT (g)	OF WHICH SATURATED FAT (g)	DIETARY FIBRE (g)	TOTAL SODIUM (mg)	GLUTEN	WHEAT	COW'S MILK	SOYA	EGG	NUTS / PEANUTS	FISH / SEAFOOD	VEGETARIAN	VEGAN FRIENDLY
Spicy Potato & Cheese Filler	961	10	22	2	11	6	3	160	x	x	x					x	
Spinach & Feta Quiche	1976	13	21	3	37	14	1	656	x	x	x	x	x			x	
Traditional Pork Sausage Roll	1714	33	32	6	16	6	3	680	x	x	x		x				
Quiche Lorraine	2119	21	19	2	38	15	1	547	x	x	x	x	x				
Quiche Lorraine (with pastrami)	2154	25	19	2	38	15	1	946	x	x	x	x	x				
LUNCH TIME – HEARTY MEALS & BURGERS																	
Beef Meatball Bowl	2195	22	42	13	29	11	3	1049	x	x	x		x				
Biltong & Blue Cheese Soup	3174	24	57	9	47	30	3	1554	x	x	x						
Chicken Noodle Salad Bowl	3371	42	79	8	33	6	9	2389	x	x		x	x				
Chipotle Chicken & Corn Bowl	2100	30	40	9	22	4	12	3033	x	x							
Chipotle Spiced Butternut Soup (with bacon bits)	2619	19	61	18	33	21	8	1789	x	x	x						
Chipotle Spiced Butternut Soup (with macon bits)	2530	19	61	18	30	20	8	1823	x	x	x						
Pork Meatball Bowl	1877	22	38	14	22	7	4	925			x						
Spicy Buffalo & Chicken Burger	3077	29	66	30	39	11	5	1415	x	x	x						

	ENERGY (kj)	PROTIEN (g)	CARBS (g)	OF WHICH TOTAL SUGAR (g)	TOTAL FAT (g)	OF WHICH SATURATED FAT (g)	DIETARY FIBRE (g)	TOTAL SODIUM (mg)	GLUTEN	WHEAT	COW'S MILK	SOYA	EGG	NUTS / PEANUTS	FISH / SEAFOOD	VEGETARIAN	VEGAN FRIENDLY
LUNCH TIME – TOASTED SANDWICHES																	
Back Bacon & Cheddar	2684	31	58	4	32	19	3	1201	x	x	x						
Back Bacon & Egg	2802	33	58	5	34	13	3	1143	x	x	x		x				
Back Bacon, Cheddar & Tomato	2722	31	58	5	32	19	4	1202	x	x	x						
Back Bacon, Egg & Cheddar	3447	43	60	5	46	23	4	1320	x	x	x		x				
Beef Macon & Cheddar	2315	32	53	4	23	16	4	1408	x	x	x						
Beef Macon & Egg	2435	34	54	5	25	9	4	1348	x	x	x		x				
Beef Macon, Cheddar & Tomato	2353	32	54	5	23	16	4	1411	x	x	x						
Beef Macon, Egg & Cheddar	3081	44	54	5	38	18	4	1561	x	x	x		x				
Cheddar	3002	37	55	4	39	26	3	1109	x	x	x					x	
Cheddar & Tomato	2770	31	55	5	35	25	4	970	x	x	x					x	
Chicken Mayo	2910	48	62	11	27	8	7	1649	x	x	x	x	x				
Club (with back bacon)	4147	68	67	11	50	22	4	2237	x	x	x	x					
Club (with Beef Macon)	3779	69	62	11	41	18	4	2447	x	x	x	x					
Hickory Ham & Cheddar	2532	33	56	5	28	17	3	962	x	x	x						

	ENERGY (kj)	PROTIEN (g)	CARBS (g)	OF WHICH TOTAL SUGAR (g)	TOTAL FAT (g)	OF WHICH SATURATED FAT (g)	DIETARY FIBRE (g)	TOTAL SODIUM (mg)	GLUTEN	WHEAT	COW'S MILK	SOYA	EGG	NUTS / PEANUTS	FISH / SEAFOOD	VEGETARIAN	VEGAN FRIENDLY
Hickory Ham, Cheddar & Caramelised Onion	2464	27	63	12	25	15	4	828	x	x	x						
Hickory Ham, Cheddar & Tomato	2321	27	55	5	24	15	4	848	x	x	x						
Jalapeno, Back Bacon & Cream Cheese	2972	32	59	5	38	23	3	1610	x	x	x						
Jalapeno, Beef Macon & Cream Cheese	2588	33	55	5	29	19	3	1817	x	x	x						
Mexican Chilli Mince	3661	44	72	13	45	21	7	1795	x	x	x						
Pastrami & Cheddar	2562	36	55	4	27	17	3	1238	x	x	x						
Pastrami, Cheddar & Caramelised Onion	2492	30	63	12	24	16	4	1148	x	x	x						
Pastrami, Cheddar & Tomato	2351	30	55	5	24	15	4	1168	x	x	x						
Spicy Chicken & Bacon Bits	3515	50	64	10	42	20	4	1491	x	x	x						
Spicy Chicken & Beef Macon Bits	3453	51	64	9	40	20	4	1753	x	x	x						

LUNCH TIME – WRAPS

Cheesy Chicken & Back Bacon	2702	36	55	14	31	9	2	1456	x	x	x						
Cheesy Chicken & Beef Macon	2335	37	51	14	22	6	2	1663	x	x	x						
Chicken Mayo	2104	41	35	8	21	4	2	1203	x	x	x	x					
Falafel	1528	11	45	12	14	3	6	1665	x	x	x					x	

	ENERGY (kj)	PROTIEN (g)	CARBS (g)	OF WHICH TOTAL SUGAR (g)	TOTAL FAT (g)	OF WHICH SATURATED FAT (g)	DIETARY FIBRE (g)	TOTAL SODIUM (mg)	GLUTEN	WHEAT	COW'S MILK	SOYA	EGG	NUTS / PEANUTS	FISH / SEAFOOD	VEGETARIAN	VEGAN FRIENDLY
Meatball (Beef)	2387	37	44	12	27	14	4	1056	x	x	x		x				
Meatball (Pork)	2381	26	46	14	30	13	7	1135	x	x	x						
Sweet Chilli Chicken	1428	25	37	10	9	3	2	416	x	x	x						

SIDES

Coleslaw Salad	477	1	9	8	8	1	3	321			x					x	
Green Salad	606	3	19	10	5	2	3	514								x	x
Potato Salad	470	2	13	3	6	1	2	333								x	x
Rosemary-Salted Skin-On Fries	1075	3	21	0	17	6	6	282								x	x

FRESHLY BAKED

Brown Butter Blondie Sweet Square	1039	3	17	8	18	7	2	250	x	x	x	x	x	x		x	
Carrot Loaf Cake Slice	2495	6	54	38	39	10	3	379	x	x	x		x	x		x	
Cherry Bakewell Tart	3068	8	75	59	43	26	5	193	x	x	x		x	x		x	
Coconut Chocolate Loaf Cake	1280	3	41	25	14	6	2	325	x	x	x					x	
Croissant	1545	10	57	51	11	10	0	2286	x	x						x	x
Lemon Meringue Tartlet	4321	18	155	129	37	23	1	195	x	x	x		x			x	

	ENERGY (kj)	PROTIEN (g)	CARBS (g)	OF WHICH TOTAL SUGAR (g)	TOTAL FAT (g)	OF WHICH SATURATED FAT (g)	DIETARY FIBRE (g)	TOTAL SODIUM (mg)	GLUTEN	WHEAT	COW'S MILK	SOYA	EGG	NUTS / PEANUTS	FISH / SEAFOOD	VEGETARIAN	VEGAN FRIENDLY
Muffin - Banana	2259	15	49	3	31	4	2	1079	x	x	x		x			x	
Muffin - Banana (with preserves)	3651	23	67	19	57	22	2	1361	x	x	x		x			x	
Muffin - Blueberry	2226	15	48	2	31	4	2	1080	x	x	x		x			x	
Muffin - Blueberry (with preserves)	3618	23	66	18	57	22	2	1362	x	x	x		x			x	
Muffin - Bacon & Cheddar	2833	28	57	4	37	24	3	1236	x	x	x		x				
Muffin - Bacon & Cheddar (with preserves)	4225	36	75	20	63	41	3	1518	x	x	x		x				
Muffin - Beef Macon & Cheddar	2760	28	56	4	35	23	3	1276	x	x	x		x				
Muffin - Beef Macon & Cheddar (with preserves)	4152	36	74	20	61	41	3	1558	x	x	x						
Muffin - Bran	3902	19	109	62	45	6	11	1078	x	x	x		x			x	
Muffin - Bran (with preserves)	5294	26	127	78	71	24	11	1360	x	x	x		x			x	
Muffin - Cappuccino	2733	16	59	10	39	7	2	1114	x	x	x		x			x	
Muffin - Cappuccino (with preserves)	4125	24	77	26	65	24	2	1396	x	x	x		x			x	
Muffin - Citrus Ginger	2639	15	64	21	34	9	2	1011	x	x	x		x			x	
Muffin - Citrus Ginger (with preserves)	4031	23	82	37	61	27	2	1293	x	x	x		x			x	
Muffin - Chocolate Chip	2590	16	56	9	37	4	2	1084	x	x	x		x			x	

	ENERGY (kj)	PROTIEN (g)	CARBS (g)	OF WHICH TOTAL SUGAR (g)	TOTAL FAT (g)	OF WHICH SATURATED FAT (g)	DIETARY FIBRE (g)	TOTAL SODIUM (mg)	GLUTEN	WHEAT	COW'S MILK	SOYA	EGG	NUTS / PEANUTS	FISH / SEAFOOD	VEGETARIAN	VEGAN FRIENDLY
Muffin - Chocolate Chip (with preserves)	3982	24	74	25	63	22	2	1366	x	x	x		x			x	
Muffin - Date & Nut	2935	17	57	11	45	6	4	1081	x	x	x		x	x		x	
Muffin - Date & Nut (with preserves)	4327	25	75	27	71	23	6	1363	x	x	x		x	x		x	
Muffin - Lemon & Poppy Seed	2384	17	48	1	34	5	3	1081	x	x	x		x			x	
Muffin - Lemon & Poppy Seed (with preserves)	3776	24	66	16	60	23	3	1363	x	x	x		x			x	
Muffin - Spiced Apple	2432	14	58	12	32	7	3	987	x	x	x		x			x	
Muffin - Spiced Apple (with preserves)	3824	22	76	27	58	24	3	1269	x	x	x		x			x	
Muffin - Triple Chocolate	2809	15	60	25	41	4	4	803	x	x	x		x			x	
Muffin - Triple Chocolate (with preserves)	4201	22	78	41	67	22	4	1085	x	x	x		x			x	
Nutella® Loaf Cake	1798	6	52	36	22	13	1	309	x	x	x	x	x	x		x	
Pecan Nut Sweet Square	1312	3	32	21	19	7	2	207	x	x	x		x	x		x	
Pepermint Crisp® Sweet Square	961	3	34	23	8	3	1	92			x	x		x		x	
Pepermint Crisp® Tartlet	3781	11	99	71	51	32	2	146	x	x	x	x	x	x		x	
Plain Cheesecake	2737	14	60	43	40	25	1	272	x	x	x		x			x	
Preserves: Strawberry Jam & Cheddar Cheese	1392	8	18	16	26	18	0	282			x						

	ENERGY (kj)	PROTIEN (g)	CARBS (g)	OF WHICH TOTAL SUGAR (g)	TOTAL FAT (g)	OF WHICH SATURATED FAT (g)	DIETARY FIBRE (g)	TOTAL SODIUM (mg)	GLUTEN	WHEAT	COW'S MILK	SOYA	EGG	NUTS / PEANUTS	FISH / SEAFOOD	VEGETARIAN	VEGAN FRIENDLY
Rich Chocolate Loaf Cake Slice	2508	3	56	51	40	17	3	203	x	x	x	x	x	x		x	
Salted Caramel Banana Bread	1080	4	33	21	12	2	1	416	x	x	x		x			x	
Scone	2159	16	84	20	11	2	5	1289	x	x	x	x	x			x	
Strawberry Cheesecake	3481	17	83	61	48	31	1	329	x	x	x		x			x	
Triple Chocolate Brownie	2016	5	42	35	32	16	2	253	x	x	x	x				x	
IMPULSE RANGE																	
Choc Chip Cookies	1016	2	30	19	12	6	1	141	x	x	x		x			x	
Chocolate Crinkle Cookies	1030	3	35	28	10	1	2	117	x	x	x		x			x	
Cinnamon & Vanilla Granola	1033	4	22	11	15	8	4	68	x	x				x		x	x
Cranberry & White Chocolate Cookies	922	1	31	30	7	1	1	75	x	x	x		x			x	
Lemon Coconut Ice	1486	3	54	53	13	10	2	32			x					x	
Oat & Raisin Cookies	1011	3	37	24	9	5	2	170	x	x	x		x			x	
Peanut Clusters	1489	7	22	21	26	5	4	93			x			x		x	
Shortbread	698	1	17	7	11	7	1	92	x	x	x					x	
Snickerdoodle Cookies	973	2	30	18	11	7	1	216	x	x	x		x			x	

	ENERGY (kj)	PROTIEN (g)	CARBS (g)	OF WHICH TOTAL SUGAR (g)	TOTAL FAT (g)	OF WHICH SATURATED FAT (g)	DIETARY FIBRE (g)	TOTAL SODIUM (mg)	GLUTEN	WHEAT	COW'S MILK	SOYA	EGG	NUTS / PEANUTS	FISH / SEAFOOD	VEGETARIAN	VEGAN FRIENDLY
Vanilla Over Ice Coffee	1150	4	30	23	16	13	0	107			x					x	
Vietnamese Over Ice Coffee	1321	7	32	26	18	15	0	135			x					x	



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T&Cs apply. Ingredients may vary subject to availability & seasonality. Menu descriptors do not contain full ingredients. Beef macon is available as a substitute for bacon at selected OTMs only. If you require any allergen information prior to ordering, please ask a member of our team to assist. We use a lot of different ingredients & shared equipment in our kitchens, as well as some products that have been produced by suppliers. Due to this, we cannot guarantee that our food is completely free of allergens or traces of allergens. Portion weights are raw weights. Any change or addition to our original recipes will result in kilojoule count variations. Some items are calculated on the highest kilojoule variant. All visuals are suggested servings only & for descriptive purposes only, size & appearance may vary. All extras will be charged for. Certain menu items are made from non-dairy cream. While stocks last.



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