



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 (Cow's Milk)	76	1	2	1	1	1	0	18			x					x	
Caffè Latte (Cow's Milk)	877	11	16	15	11	7	0	165			x					x	
Caffè Mocha (Cow's Milk)	1482	12	46	35	13	9	1	211			x					x	
Cappuccino - Easy (Cow's Milk)	797	8	17	12	10	6	0	137	x	x	x					x	
Cappuccino - Serious (Cow's Milk)	1358	12	28	20	18	11	1	226	x	x	x					x	
Cappuccino - Short (Cow's Milk)	732	7	15	11	10	6	0	123	x	x	x					x	
Caribbean Mocha (Cow's Milk)	1486	13	40	34	15	10	1	236			x					x	
Cortado (Cow's Milk)	183	2	4	3	2	1	0	38			x					x	
Doppio Espresso	23	0	1	0	0	0	0	8			x					x	
Single Espresso	11	0	1	0	0	0	0	4			x					x	
Filter Coffee (Single Cup)	76	1	2	2	1	0	0	10			x					x	
Flat White	423	5	8	7	5	3	0	82			x					x	
Hot Chocolate (Cow's Milk)	1353	11	43	33	12	8	1	183			x					x	
Red Cappuccino - Easy (Cow's Milk)	861	9	17	14	11	7	0	152	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 - Serious (Cow's Milk)	1285	12	27	19	17	11	1	213	x	x	x					x	
Sticky Toffee Latte	1518	12	43	39	16	11	0	294	x	x	x		x	x		x	
BREAKFAST & BRUNCH – EGGS BENEDICT																	
Big Ben (Double)	5710	45	67	11	101	31	7	1622	x	x	x		x				
Big Ben (Double) (Halaal)	5422	48	61	10	93	28	7	2118	x	x	x		x				
Big Ben (Single)	3259	26	48	7	53	16	4	975	x	x	x		x				
Big Ben (Single) (Halaal)	3112	28	44	6	49	14	4	1221	x	x	x		x				
Buffalo Chicken (Double)	4404	47	61	15	68	22	3	2393	x	x	x		x				
Buffalo Chicken (Single)	2600	27	45	9	36	11	2	1358	x	x	x		x				
Classic (Double)	4190	28	43	7	80	20	4	902	x	x	x		x				
Classic (Double) (Halaal)	4116	36	35	6	78	19	2	1062	x	x	x		x				
Classic (Single)	3279	18	41	6	60	13	4	710	x	x	x		x				
Classic (Single) (Halaal)	3294	20	41	6	60	13	4	870	x	x	x		x				
South African (Double)	5745	65	47	16	102	44	3	2556	x	x	x		x				
South African (Single)	3270	36	39	9	53	23	2	1440	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: Pork Banger	645	9	5	0	11	4	3	366				x					
Add On: Rump	777	26	7	7	6	2	0	249				x					
Add On: Sweetcorn Fritter	612	7	15	2	6	4	1	260	x	x	x		x				

BREAKFAST & BRUNCH – NUTRITIOUS & DELICIOUS

Avo On Toast (Rye)	1252	7	28	2	17	5	4	325	x	x	x						
Avo On Toast (Wholewheat)	1151	7	20	2	17	6	7	216	x	x	x						
Low-Carb Breakfast	2485	28	5	4	50	16	4	1190			x		x				
Spicy Beans On Toast (Rye)	2022	18	40	12	27	8	6	1269	x	x	x		x				
Spicy Beans On Toast (Sourdough)	1946	14	45	10	24	8	5	919	x	x	x		x				
Spicy Beans On Toast (Wholewheat)	1798	15	31	11	25	8	8	1092	x	x	x		x				
Yoghurt, Fruit & Nut Bowl	1340	6	34	34	16	6	4	60			x			x			

BREAKFAST & BRUNCH – SOMETHING DIFFERENT

Sweetcorn Fritter Stack (Rye)	3902	32	63	10	60	21	6	1439	x	x	x		x				
Sweetcorn Fritter Stack (Rye) (Halaal)	3519	33	59	10	51	17	6	1646	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
BREAKFAST & BRUNCH – BAGELS																	
Back Bacon & Blueberry	4224	34	106	26	50	24	3	1706	x	x	x			x			
Beef Macon & Blueberry (Halaal)	3456	36	96	25	32	17	3	2118	x	x	x			x			
Breakfast	3539	32	82	8	42	18	3	1740	x	x	x		x				
Breakfast (Halaal)	3152	33	78	8	33	15	2	1945	x	x	x		x				
DELICIOUSLY FILLING – OPEN SANDWICHES																	
Alabama Chicken Stack) (Sourdough) (Rosemary- Salted Skin-On Fries)	4977	55	101	11	61	27	10	1748	x	x	x						
Alabama Chicken Stack (Sourdough) (Rose- mary-Salted Skin-On Fries) (Halaal)	4607	56	97	10	52	23	11	1957	x	x	x						
BBQ Steak (Sourdough) (Rosemary-Salted Skin-On Fries)	3498	32	82	13	40	15	10	1614	x	x	x	x	x				
Mediterranean Veg (Rye)	1581	11	37	11	20	4	4	834	x	x	x			x		x	
Mediterranean Veg (Wholewheat)	1479	11	30	10	20	4	6	726	x	x	x			x		x	
Smoked Trout (Rye)	1473	17	24	4	19	12	6	1003	x	x	x				x		
Smoked Trout (Wholewheat)	1567	17	31	5	19	12	3	1109	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
DELICIOUSLY FILLING – TOASTED SANDWICHES																	
Back Bacon & Egg (Rye) (Rosemary-Salted Skin-On Fries)	3877	34	79	5	50	19	9	1425	x	x	x		x				
Back Bacon & Egg (Rye) (Rosemary-Salted Skin-On Sweet Potato Fries)	3857	34	79	19	51	16	8	1698	x	x	x		x				
Back Bacon & Egg (Rye) (Side Salad)	3408	36	77	15	39	15	6	1657	x	x	x		x				
Back Bacon & Egg (White) (Rosemary-Salted Skin-On Fries)	3781	33	73	7	51	19	9	1253	x	x	x		x				
Back Bacon & Egg (White) (Rosemary-Salted Skin-On Sweet Potato Fries)	3761	31	73	21	51	16	9	1526	x	x	x		x				
Back Bacon & Egg (White) (Side Salad)	3312	34	71	17	40	15	6	1485	x	x	x		x				
Back Bacon & Egg (Wholewheat) (Rosemary- Salted Skin-On Fries)	3694	36	64	5	51	19	14	1207	x	x	x		x				
Back Bacon & Egg (Wholewheat) (Rosemary- Salted Skin-On Sweet Potato Fries)	3674	34	64	18	51	16	13	1480	x	x	x		x				
Back Bacon & Egg (Wholewheat) (Side Salad)	3225	36	62	14	39	16	11	1439	x	x	x		x				
Beef Macon & Egg (Rye) (Rosemary-Salted Skin-On Fries) (Halaal)	3510	36	75	5	42	15	10	1630	x	x	x		x				
Beef Macon & Egg (Rye) (Rosemary-Salted Skin-On Sweet Potato Fries) (Halaal)	3490	34	75	19	42	12	9	1903	x	x	x		x				
Beef Macon & Egg (Rye) (Side Salad) (Halaal)	3041	37	73	15	30	12	6	1862	x	x	x		x				
Beef Macon & Egg (White) (Rosemary-Salted Skin-On Fries) (Halaal)	3781	33	73	7	51	19	9	1253	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
Beef Macon & Egg (White) (Rosemary-Salted Skin-On Sweet Potato Fries) (Halaal)	3761	31	73	21	52	16	9	1526	x	x	x		x				
Beef Macon & Egg (White) (Side Salad) (Halaal)	3312	34	71	17	40	15	6	1485	x	x	x		x				
Beef Macon & Egg (Wholewheat) (Rosemary- Salted Skin-On Fries) (Halaal)	3327	36	60	4	42	16	14	1414	x	x	x		x				
Beef Macon & Egg (Wholewheat) (Rosemary- Salted Skin-On Sweet Potato Fries) (Halaal)	3307	35	60	18	42	13	14	1687	x	x	x		x				
Beef Macon & Egg (Wholewheat) (Side Salad) (Halaal)	2858	37	58	14	31	12	11	1646	x	x	x		x				
Cheddar & Tomato (Rye) (Rosemary-Salted Skin-On Fries)	3845	33	76	5	52	30	9	1252	x	x	x					x	
Cheddar & Tomato (Rye) (Rosemary-Salted Sweet Potato Fries)	3825	31	76	19	53	27	9	1525	x	x	x					x	
Cheddar & Tomato (Rye) (Side Salad)	3376	34	74	15	41	27	9	1484	x	x	x					x	
Cheddar & Tomato (White) (Rosemary-Salted Skin-On Fries)	3745	31	70	7	52	31	10	1049	x	x	x					x	
Cheddar & Tomato (White) (Rosemary-Salted Sweet Potato Fries)	3725	29	70	21	53	28	9	1322	x	x	x					x	
Cheddar & Tomato (White) (Side Salad)	3276	32	68	16	41	27	7	1281	x	x	x					x	
Cheddar & Tomato (Wholewheat) (Rosemary- Salted Skin-On Fries)	3661	33	61	4	53	31	14	1035	x	x	x					x	
Cheddar & Tomato (Wholewheat) (Rosemary- Salted Sweet Potato Fries)	3641	31	61	18	53	28	14	1308	x	x	x					x	
Cheddar & Tomato (Wholewheat) (Side Salad)	3192	34	59	14	41	28	11	1267	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
Chicken Mayo (Rye) (Rosemary-Salted Skin-On Fries)	3965	51	83	25	45	11	13	2204	x	x	x	x					
Chicken Mayo (Rye) (Rosemary-Salted Sweet Potato Fries)	3985	49	83	11	44	14	13	1931	x	x	x	x					
Chicken Mayo (Rye) (Side Salad)	3516	48	81	21	33	10	10	2163	x	x	x	x					
Chicken Mayo (White) (Rosemary-Salted Skin-On Fries)	3867	46	77	27	45	11	10	1999	x	x	x	x					
Chicken Mayo (White) (Rosemary-Salted Sweet Potato Fries)	3887	48	77	13	45	14	10	1726	x	x	x	x					
Chicken Mayo (White) (Side Salad)	3418	49	75	23	33	11	7	1958	x	x	x	x					
Chicken Mayo (Wholewheat) (Rosemary-Salted Skin-On Fries)	3782	53	68	24	45	11	14	1988	x	x	x	x					
Chicken Mayo (Wholewheat) (Rosemary-Salted Sweet Potato Fries)	3802	51	68	11	45	14	14	1715	x	x	x	x					
Chicken Mayo (Wholewheat) (Side Salad)	3333	56	66	20	33	11	11	1947	x	x	x	x					
Croque Madame (Sourdough) (Rosemary Salted Skin-On Fries)	4199	35	95	5	53	24	8	949	x	x	x		x				
Croque Madame (Sourdough) (Rosemary-Salted Skin-On Fries) (Halaal)	4230	38	94	5	52	25	8	1268	x	x	x		x				
Croque Madame (Sourdough) (Rosemary-Salted Skin-On Sweet Potato Fries)	4179	33	95	19	53	21	7	1222	x	x	x		x				
Croque Madame (Sourdough) (Rosemary-Salted Skin-On Sweet Potato Fries) (Halaal)	4210	36	94	18	53	22	7	1541	x	x	x		x				
Croque Madame (Sourdough) (Side Salad)	3730	35	93	14	41	21	5	1181	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
Croque Madame (Sourdough) (Side Salad) (Halaal)	4836	41	113	14	58	27	10	1782	x	x	x		x				
DELICIOUSLY FILLING – BAGUETTES																	
Roast Beef (Rosemary-Salted Skin-On Fries)	3941	34	117	8	33	13	12	1944	x	x	x						
Roast Beef (Rosemary-Salted Skin-On Fries) (Halaal)	4409	38	141	14	34	13	12	3061	x	x	x						
DELICIOUSLY FILLING – BURGERS & BITES																	
BBQ Cheddar Gourmet Burger (Rosemary-Salted Skin-On Fries)	5460	56	80	34	83	33	11	2991	x	x	x		x				
Big Daddy Gourmet Burger (Rosemary-Salted Skin-On Fries)	8463	77	85	27	152	44	12	3301	x	x	x		x				
Big Daddy Gourmet Burger (Rosemary-Salted Skin-On Fries) (Halaal)	8180	82	81	27	144	41	12	3764	x	x	x		x				
Buttermilk Chicken Gourmet Burger (Rose- mary-Salted Skin-On Fries)	4819	40	91	24	67	18	12	2525	x	x	x	x	x				
Chilli Bacon Jam & Feta Gourmet Burger (Rose- mary-Salted Skin-On Fries)	5404	59	86	40	77	35	11	2880	x	x	x		x				
Chilli Macon Jam & Feta Gourmet Burger (Rose- mary-Salted Skin-On Fries) (Halaal)	5328	60	86	39	75	34	11	2910	x	x	x		x				
Coated Spicy Buffalo Chicken Wings	3942	45	32	10	71	15	2	1890	x	x	x	x	x				
Creamy Jalapeño Gourmet Burger	6069	66	95	27	87	34	11	3294	x	x	x	x	x				
Mini Burger Duo (Rosemary-Salted Skin-On Fries)	3609	28	66	14	52	19	10	1588	x	x	x	x	x				
Sesame-Crusted Butter- milk Chicken Strips	2813	29	44	2	41	10	8	1465	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
Veggie Gourmet Burger (Rosemary-Salted Skin-On Fries)	3327	17	76	19	45	13	13	1850	x	x	x		x			x	
FRESH SALADS																	
Monte Cristo (Light)	2518	26	31	13	41	11	3	1007	x	x	x						
Monte Cristo (Light) (Halaal)	2428	26	31	13	38	10	3	1041	x	x	x						
Monte Cristo (Regular)	3896	50	46	16	60	19	5	1692	x	x	x						
Monte Cristo (Regular) (Halaal)	3719	51	46	16	55	17	5	1763	x	x	x						
Summer Nourish (Regular)	2428	21	56	21	27	11	7	2913			x					x	
HEARTY & GENEROUS																	
Biltong & Blue Cheese Soup	3174	24	57	9	47	30	3	1554	x	x	x						
Chicken & Mushroom Pot Pie	6555	73	180	5	59	26	8	2816	x	x	x						
Chipotle Spiced Butternut Soup	2619	19	61	18	33	21	8	1789	x	x	x						
Chipotle Spiced Butternut Soup (Halaal)	2530	19	61	18	30	20	8	1823	x	x	x						
Chipotle Chicken Livers	5128	57	43	3	93	39	2	1133	x	x	x						
Grilled Rump	5765	93	92	16	67	31	9	2395	x	x	x	x					
Grilled Rump (Halaal)	5736	94	92	16	67	31	9	2424	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
Local Braai Plate	7460	94	126	26	96	46	14	2537	x	x	x	x					
Meaty Sharing Platter	10080	90	113	41	177	58	9	3681	x	x		x					
Meaty Sharing Platter (Halaal)	10368	88	108	43	188	64	9	4199	x	x		x					
Mediterranean Veg Bowl	1619	9	55	23	12	2	8	1227								x	x
Mini Burger Platter (One Of Each)	2371	22	54	18	27	10	6	1378	x	x	x	x	x				
Mini Burger Platter (Two Of Each)	4741	45	109	37	54	20	13	2756	x	x	x	x	x				
Pit Boss BBQ Grill	8385	123	86	32	128	42	10	3745	x	x	x	x	x				
Pit Boss BBQ Grill (Halaal)	8473	124	81	31	132	44	10	3919	x	x	x	x	x				
Rib & Wing Combo	6490	84	64	22	106	28	8	2322	x	x		x	x				
Rib & Wing Combo (Halaal)	6074	89	64	22	92	23	8	2242	x	x		x	x				
Roasted Tomato & Basil Soup (Rye)	3805	42	80	26	45	27	9	2668	x	x	x			x		x	
Rump, Wings & Rings	6117	78	61	8	99	23	9	2127	x	x	x	x	x				
Sesame-Crusted Chicken & Veg Bowl	3707	37	73	26	47	8	10	3713	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
Pineapple & Cucumber Slush	873	2	44	44	1	0	2	22								x	x
Soft Drink	540	0	33	15	0	0	0	21								x	x
Soft Drink (No Sugar)	9	0	0	0	0	0	0	42								x	x
Strawberry, Hibiscus & Ginger Slush	452	1	22	20	1	0	4	41								x	x

SWEET TREATS

Espresso Cheesecake Tartlet	3772	13	86	58	56	35	4	259	x	x	x	x	x	x		x	
Peacan Toffee Pudding	3143	9	94	78	37	22	4	562	x	x	x		x	x			

FRESHLY BAKED

Apple Crumble Cheesecake	3283	15	79	57	45	29	2	331	x	x	x		x			x	
Back Bacon & Cheddar Muffin	2833	28	57	4	37	24	3	1236	x	x	x		x				
Back Bacon & Cheddar Muffin (Preserves)	4225	36	75	20	63	41	3	1518	x	x	x		x				
Baked Cheesecake	2737	14	60	43	40	25	1	272	x	x	x		x			x	
Banana Muffin	2259	15	49	3	31	4	2	1079	x	x	x		x			x	
Banana Muffin (Preserves)	3651	23	67	19	57	22	2	1361	x	x	x		x			x	
Beef Macon & Cheddar Muffin	2760	28	56	4	35	23	3	1276	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
Beef Macon & Cheddar Muffin (Preserves)	4152	36	74	20	61	41	3	1558	x	x	x						
Berry & Lime Cake	4299	10	123	86	54	20	4	728	x	x	x					x	
Blueberry Cheesecake	3524	17	85	64	48	31	2	329	x	x	x		x			x	
Blueberry Muffin	2226	15	48	2	31	4	2	1080	x	x	x		x			x	
Blueberry Muffin (Preserves)	3618	23	66	18	57	22	2	1362	x	x	x		x			x	
Bran Muffin	3902	19	109	62	45	6	11	1078	x	x	x		x			x	
Bran Muffin (Preserves)	5294	26	127	78	71	24	11	1360	x	x	x		x			x	
Brown Butter Oat & Raisin Cookie	1011	3	37	24	9	5	2	170	x	x	x		x			x	
Brownie Tart	3733	10	71	60	63	26	6	395	x	x	x		x	x		x	
Cappuccino Cookie	241	1	6	2	3	2	0	31	x	x	x		x			x	
Cappuccino Muffin	2733	16	59	10	39	7	2	1114	x	x	x		x			x	
Cappuccino Muffin (Preserves)	4125	24	77	26	65	24	2	1396	x	x	x		x			x	
Caramel Cheesecake	3689	18	88	68	51	32	1	365	x	x	x		x			x	
Caramel Popcorn Cheesecake	3798	19	92	72	51	32	1	379	x	x	x		x			x	
Carrot Cake	4868	10	94	66	83	25	6	710	x	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
Carrot Cheesecake	3276	10	78	60	47	22	4	354	x	x	x		x	x		x	
Chai Pistachio Muffin	2587	16	61	13	34	5	3	1081	x	x	x		x	x		x	
Chai Pistachio Muffin (Preserves)	3979	24	79	29	60	22	3	1363	x	x	x		x	x		x	
Choc-Chip Cookie	1016	2	30	19	12	6	1	141	x	x	x		x			x	
Choc-Chip Muffin	2590	16	56	9	37	4	2	1084	x	x	x		x			x	
Choc-Chip Muffin (Preserves)	3982	24	74	25	63	22	2	1366	x	x	x		x			x	
Chocolate Brownie	2016	5	42	35	32	16	2	253	x	x	x	x				x	
Chocolate Crinkle Cookie	1030	3	35	28	10	1	2	117	x	x	x		x			x	
Chocolate Mousse Cake	4132	16	110	82	53	15	4	347	x	x	x		x			x	
Chocolate, Peanut Butter & Banana Cake	3690	10	88	70	54	25	5	466	x	x	x		x	x		x	
Cinnamon Ginger Cookie	952	2	31	17	10	6	2	197	x	x	x		x			x	
Citrus & Ginger Muffin	2639	15	64	21	34	9	2	1011	x	x	x		x			x	
Citrus & Ginger Muffin (Preserves)	4031	23	82	37	61	27	2	1293	x	x	x		x			x	
Coconut Chocolate Loaf Cake	1080	3	41	25	14	6	2	325	x	x	x					x	
Coconut Fruit Tart	3291	8	69	49	52	37	7	241	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
Cranberry & White Chocolate Cookie	922	1	31	30	7	1	1	75	x	x	x		x			x	
Date & Nut Muffin	2935	17	57	11	45	6	4	1081	x	x	x		x	x		x	
Date & Nut Muffin (Preserves)	4327	25	75	27	71	23	6	1363	x	x	x		x	x		x	
Gingerbread Loaf Cake	1385	4	51	23	12	2	2	325	x	x						x	x
Honey & Rooibos Cake	5967	12	160	121	81	26	4	488	x	x	x		x			x	
Hot Cross Muffin	2908	17	72	21	37	5	4	1086	x	x	x		x			x	
Hot Cross Muffin (Preserves)	4300	24	90	37	63	22	4	1368	x	x	x		x			x	
Lemon Meringue	4529	22	180	167	29	18	1	265	x	x	x		x			x	
Lemon Poppy Muffin	2384	17	48	1	34	5	3	1081	x	x	x		x			x	
Lemon Poppy Muffin (Preserves)	3776	24	66	16	60	23	3	1363	x	x	x		x			x	
Millionaire's Cake	5343	14	126	90	79	33	5	537	x	x	x	x	x			x	
Nutella Loaf Cake	1798	6	52	36	22	13	1	309	x	x	x	x	x	x		x	
Oreo Whispers Cheesecake	4119	18	91	68	61	35	2	390	x	x	x	x	x			x	
Pecan Nut Sweet Square	1312	3	32	21	19	7	2	207	x	x	x		x	x		x	
Pecan Pie	4399	14	83	61	73	21	7	170	x	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
Pineapple & Coconut Cheesecake	3518	17	82	62	49	32	2	367	x	x	x		x			x	
Raspberry & Pistachio Panna Cotta Tart	1900	7	42	30	29	18	1	63	x	x	x		x	x		x	
Rich Chocolate Cake	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	
Shortbread	698	1	17	7	11	7	1	92	x	x	x					x	
Snickerdoodle Cookie	973	2	30	18	11	7	1	216	x	x	x		x			x	
Spiced Apple Crumble Muffin	2432	14	58	12	32	7	3	987	x	x	x		x			x	
Spiced Apple Crumble Muffin (Preserves)	3824	22	76	27	58	24	3	1269	x	x	x		x			x	
Strawberry & Walnut Muffin	2310	14	46	11	35	4	2	779	x	x	x		x	x		x	
Strawberry & Walnut Muffin (Preserves)	3702	21	64	27	61	22	2	1061	x	x	x		x	x		x	
Strawberry Cheesecake	3481	17	83	61	48	31	1	329	x	x	x		x			x	
Triple Chocolate Muffin	2809	15	60	25	41	4	4	803	x	x	x		x			x	
Triple Chocolate Muffin (Preserves)	4201	22	78	41	67	22	4	1085	x	x	x		x			x	
Add On: Preserves (Butter, Strawberry Jam & Ched- dar)	1392	8	18	16	26	18	0	282			x					x	
Add On: Ice Cream	222	1	6	6	3	2	1	20			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: Whipped Cream	118	0	0	0	3	2	0	2			x					x	
KIDS' MENU																	
Beef Burger	5556	65	76	30	83	33	10	3234	x	x	x		x				
Big Boy Breakfast	3102	25	49	4	47	15	11	1230	x	x	x		x				
Big Boy Breakfast (Halaal)	3797	37	46	4	62	25	7	1487	x	x	x	x	x				
Chicken Burger	2887	30	56	11	37	12	9	1027	x	x	x		x				
Egg In A Nest	2112	27	21	3	35	19	1	773	x	x	x		x				
Egg In A Nest (Halaal)	1742	28	17	3	26	15	2	981	x	x	x		x				
Grilled Chicken Strips & Salad	1740	22	4	3	35	6	1	656			x						
Little Chino	363	2	9	5	5	3	0	49	x	x	x		x				
Sesame-Crusted Butter-milk Fried Chicken Strips	2813	29	44	2	41	9	8	1465	x	x	x						
Small Bowl of Goodness	586	2	16	16	5	3	3	26			x						
Smashed Avo & Poached Egg (Rye)	1742	11	25	4	28	10	5	292	x	x	x		x			x	
Smashed Avo & Poached Egg (White)	1701	12	21	2	28	10	7	286	x	x	x		x			x	
Smashed Avo & Poached Egg (Wholewheat)	1928	16	29	3	30	11	5	465	x	x	x		x			x	



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T&Cs apply. Bottomless menu items available for sit-down customers only. Ingredients may vary subject to availability & seasonality. Menu descriptors do not contain full ingredients. Beef macon is available as a substitute for back bacon at selected restaurants 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. Only certain pies & tarts are served with cream or ice cream. 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. Not all items on this menu are available as takeaway.

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