



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 | PEANUTS | NUTS | FISH | SHELLFISH/ CRUSTACEAN | VEGETARIAN | VEGAN FRIENDLY |
|-----------------------------------|-------------|-------------|-----------|--------------------------|---------------|----------------------------|-------------------|-------------------|--------|-------|------------|------|-----|---------|------|------|-----------------------|------------|----------------|
| THE ROASTERY - HOT DRINKS | | | | | | | | | | | | | | | | | | | |
| AMERICANO | 76 | 1 | 2 | 1 | 1 | 1 | 0 | 18 | | | x | | | | | | | x | |
| CAFFÈ LATTE | 877 | 11 | 16 | 15 | 11 | 7 | 0 | 165 | | | x | | | | | | | x | |
| CAFFÈ MOCHA | 1482 | 12 | 46 | 35 | 13 | 9 | 1 | 211 | | | x | | | | | | | x | |
| CAPPUCCINO (EASY) | 797 | 8 | 17 | 12 | 10 | 6 | 0 | 137 | x | x | x | | x | | | | | x | |
| CAPPUCCINO (SERIOUS) | 1358 | 12 | 28 | 20 | 18 | 11 | 1 | 226 | x | x | x | | x | | | | | x | |
| CAPPUCCINO (SHORT) | 732 | 7 | 15 | 11 | 10 | 6 | 0 | 123 | x | x | x | | x | | | | | x | |
| CLASSIC CORTADO | 183 | 2 | 4 | 3 | 2 | 1 | 0 | 38 | | | x | | | | | | | x | |
| DOPPIO ESPRESSO | 23 | 0 | 1 | 0 | 0 | 0 | 0 | 8 | | | | | | | | | | x | x |
| 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 | x | | x | | | | | x | |
| SPANISH LATTE | 474 | 3 | 18 | 17 | 3 | 2 | 0 | 44 | | | x | | | | | | | x | |
| STICKY TOFFEE LATTE | 1304 | 11 | 37 | 35 | 13 | 9 | 0 | 247 | 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 | PEANUTS | NUTS | FISH | SHELLFISH/ CRUSTACEAN | VEGETARIAN | VEGAN FRIENDLY |
|--|-------------|-------------|-----------|--------------------------|---------------|----------------------------|-------------------|-------------------|--------|-------|------------|------|-----|---------|------|------|-----------------------|------------|----------------|
| MILKSHAKE (MEDIUM) | 244 | 3 | 6 | 6 | 2 | 2 | 0 | 153 | | | x | | | | | | | x | |
| MILKSHAKE (SMALL) | 132 | 1 | 4 | 4 | 1 | 1 | 0 | 97 | | | x | | | | | | | x | |
| MILKSHAKE (TALL) | 360 | 4 | 10 | 10 | 3 | 2 | 0 | 247 | | | x | | | | | | | x | |
| 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 |

COLD DRINKS - BOTTOMLESS

| | | | | | | | | | | | | | | | | | | | |
|---|-----|---|----|----|---|---|---|----|--|--|--|--|--|--|--|--|--|---|---|
| GUAVA & GRAPEFRUIT FRUITY FIZZ | 625 | 0 | 36 | 36 | 0 | 0 | 1 | 21 | | | | | | | | | | x | x |
| KIWI & WATERMELON FRUITY FIZZ | 763 | 0 | 44 | 44 | 0 | 0 | 1 | 21 | | | | | | | | | | x | x |
| PEACH ICED TEA | 533 | 1 | 30 | 24 | 0 | 0 | 0 | 0 | | | | | | | | | | x | x |

BREAKFAST & BRUNCH - EGGS BENEDICT

| | | | | | | | | | | | | | | | | | | | |
|----------------------------------|------|----|----|----|-----|----|---|------|---|---|---|--|---|--|--|--|--|--|--|
| BIG BEN (DOUBLE) | 5711 | 45 | 66 | 11 | 101 | 30 | 7 | 1623 | x | x | x | | x | | | | | | |
| BIG BEN (DOUBLE) (HALAAL) | 5420 | 49 | 62 | 11 | 93 | 27 | 7 | 2115 | x | x | x | | x | | | | | | |
| BIG BEN (SINGLE) | 2871 | 2 | 33 | 6 | 51 | 16 | 4 | 815 | x | x | x | | x | | | | | | |
| BIG BEN (SINGLE) (HALAAL) | 2725 | 24 | 31 | 5 | 47 | 14 | 3 | 1061 | 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 | PEANUTS | NUTS | FISH | SHELLFISH/ CRUSTACEAN | VEGETARIAN | VEGAN FRIENDLY |
|---|-------------|-------------|-----------|--------------------------|---------------|----------------------------|-------------------|-------------------|--------|-------|------------|------|-----|---------|------|------|-----------------------|------------|----------------|
| BUFFALO CHICKEN & BLUE CHEESE (DOUBLE) | 4404 | 47 | 61 | 15 | 68 | 22 | 3 | 2393 | x | x | x | | x | | | | | | |
| BUFFALO CHICKEN & BLUE CHEESE (SINGLE) | 2600 | 27 | 45 | 9 | 36 | 11 | 2 | 1358 | x | x | x | | x | | | | | | |
| CLASSIC (DOUBLE) | 4187 | 28 | 42 | 7 | 80 | 20 | 3 | 902 | x | x | x | | x | | | | | | |
| CLASSIC (DOUBLE) (HALAAL) | 4216 | 31 | 41 | 7 | 79 | 20 | 3 | 1221 | x | x | x | | x | | | | | | |
| CLASSIC (SINGLE) | 2892 | 15 | 25 | 5 | 59 | 13 | 3 | 552 | x | x | x | | x | | | | | | |
| CLASSIC (SINGLE) (HALAAL) | 2907 | 16 | 25 | 5 | 59 | 13 | 3 | 712 | x | x | x | | x | | | | | | |
| TEX MEX EGGS BENEDICT (DOUBLE) | 3131 | 25 | 40 | 8 | 52 | 17 | 7 | 1243 | x | x | x | x | x | | | | | x | |
| TEX MEX EGGS BENEDICT (SINGLE) | 1581 | 13 | 20 | 4 | 27 | 9 | 4 | 625 | x | x | x | x | x | | | | | x | |

BREAKFAST & BRUNCH - OMELETTES

| | | | | | | | | | | | | | | | | | | | |
|--|------|----|----|---|-----|----|---|------|---|---|---|--|---|--|---|--|--|---|--|
| CALIFORNIA OMELETTE (RYE) | 5199 | 51 | 35 | 6 | 100 | 40 | 4 | 1890 | x | x | x | | x | | x | | | | |
| CALIFORNIA OMELETTE (RYE) (HALAAL) | 4814 | 52 | 31 | 5 | 91 | 36 | 4 | 2097 | x | x | x | | x | | x | | | | |
| CALIFORNIA OMELETTE (WHITE) | 5137 | 50 | 32 | 7 | 100 | 40 | 4 | 1788 | x | x | x | | x | | x | | | | |
| CALIFORNIA OMELETTE (WHITE) (HALAAL) | 4753 | 51 | 28 | 6 | 91 | 37 | 4 | 1995 | x | x | x | | x | | x | | | | |
| CALIFORNIA OMELETTE (WHOLEWHEAT) | 5097 | 51 | 27 | 5 | 100 | 40 | 6 | 1781 | x | x | x | | x | | x | | | | |
| CALIFORNIA OMELETTE (WHOLEWHEAT) (HALAAL) | 4713 | 52 | 23 | 5 | 91 | 37 | 6 | 1988 | x | x | x | | x | | x | | | | |
| CREATE YOUR OWN OMELETTE | 1724 | 20 | 28 | 3 | 24 | 11 | 2 | 886 | 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 | PEANUTS | NUTS | FISH | SHELLFISH/ CRUSTACEAN | VEGETARIAN | VEGAN FRIENDLY |
|--------------------|-------------|-------------|-----------|--------------------------|---------------|----------------------------|-------------------|-------------------|--------|-------|------------|------|-----|---------|------|------|-----------------------|------------|----------------|
| MACON BITS | 191 | 10 | 0 | 0 | 1 | 1 | 0 | 515 | | | | | | | | | | | |
| MOZZARELLA | 533 | 11 | 0 | 0 | 10 | 7 | 1 | 139 | | | x | | | | | | | x | |
| ONION | 100 | 1 | 4 | 3 | 0 | 0 | 1 | 2 | | | | | | | | | | x | x |
| PASTRAMI | 410 | 19 | 1 | 0 | 2 | 1 | 0 | 703 | | | | | | | | | | | |
| PORK BANGER | 645 | 9 | 5 | 0 | 11 | 4 | 3 | 366 | x | x | | | | | | | | | |
| RUMP (100G) | 777 | 26 | 7 | 7 | 6 | 2 | 0 | 249 | | | | | | | | | | | |
| TOMATO | 70 | 0 | 2 | 2 | 0 | 0 | 1 | 3 | | | | | | | | | | x | x |

BREAKFAST & BRUNCH - CLASSICS

| | | | | | | | | | | | | | | | | | | | |
|------------------------------------|------|----|----|----|-----|----|----|------|---|---|---|---|---|--|--|--|--|--|--|
| CLASSIC | 4758 | 32 | 65 | 10 | 81 | 23 | 10 | 1403 | x | x | x | | x | | | | | | |
| CLASSIC (HALAAL) | 4376 | 33 | 60 | 9 | 72 | 20 | 10 | 1610 | x | x | x | | x | | | | | | |
| HEARTY GRILL | 5130 | 71 | 59 | 14 | 78 | 24 | 9 | 1948 | x | x | x | x | x | | | | | | |
| HEARTY GRILL (HALAAL) | 4826 | 74 | 53 | 14 | 73 | 23 | 5 | 2124 | x | x | x | x | x | | | | | | |
| ON-THE-GO | 3014 | 28 | 33 | 4 | 53 | 15 | 2 | 924 | x | x | x | | x | | | | | | |
| ON-THE-GO (HALAAL) | 2631 | 29 | 30 | 4 | 44 | 11 | 2 | 1130 | x | x | x | | x | | | | | | |
| SOUTH AFRICAN FARM | 7390 | 53 | 48 | 10 | 152 | 48 | 5 | 2094 | x | x | x | | x | | | | | | |
| SOUTH AFRICAN FARM (HALAAL) | 6908 | 54 | 42 | 10 | 140 | 43 | 5 | 2356 | 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 | PEANUTS | NUTS | FISH | SHELLFISH/ CRUSTACEAN | VEGETARIAN | VEGAN FRIENDLY |
|--|-------------|-------------|-----------|--------------------------|---------------|----------------------------|-------------------|-------------------|--------|-------|------------|------|-----|---------|------|------|-----------------------|------------|----------------|
| BREAKFAST & BRUNCH - NUTRITIOUS & DELICIOUS | | | | | | | | | | | | | | | | | | | |
| AVO ON TOAST (RYE) | 1252 | 7 | 28 | 2 | 17 | 5 | 4 | 325 | x | x | x | | | | | | | x | |
| AVO ON TOAST (WHOLEWHEAT) | 1151 | 7 | 20 | 2 | 17 | 6 | 7 | 216 | x | x | x | | | | | | | x | |
| LOW-CARB BREAKFAST | 2485 | 28 | 5 | 4 | 50 | 16 | 4 | 1190 | | | x | | x | | | | | | |
| SUMMER OATS | 2598 | 23 | 61 | 31 | 29 | 9 | 11 | 587 | x | x | x | | | x | x | | | x | |
| YOGHURT, FRUIT & GRANOLA BOWL | 1449 | 10 | 19 | 19 | 24 | 14 | 8 | 62 | | | x | | | | | | | x | |
| BREAKFAST & BRUNCH - SOMETHING DIFFERENT | | | | | | | | | | | | | | | | | | | |
| BREAKFAST BAGEL | 3539 | 32 | 82 | 8 | 42 | 18 | 3 | 1740 | x | x | x | | x | | x | | | | |
| BREAKFAST BAGEL (HALAAL) | 3152 | 33 | 78 | 8 | 33 | 15 | 2 | 1945 | x | x | x | | x | | x | | | | |
| SPICY BEANS ON TOAST (RYE) | 2022 | 18 | 40 | 12 | 27 | 8 | 6 | 1269 | x | x | x | | x | | | | | x | |
| SPICY BEANS ON TOAST (SOURDOUGH) | 1946 | 14 | 45 | 10 | 24 | 8 | 5 | 919 | x | x | x | | x | | | | | x | |
| SPICY BEANS ON TOAST (WHOLEWHEAT) | 1798 | 15 | 31 | 11 | 25 | 8 | 8 | 1092 | x | x | x | | x | | | | | x | |
| SWEETCORN FRITTER STACK (RYE) | 3608 | 29 | 61 | 10 | 55 | 19 | 6 | 1451 | x | x | x | | x | | | | | | |
| SWEETCORN FRITTER STACK (WHITE) | 3546 | 28 | 58 | 11 | 55 | 19 | 6 | 1349 | x | x | x | | x | | | | | | |
| SWEETCORN FRITTER STACK (WHOLEWHEAT) | 3506 | 29 | 53 | 10 | 55 | 19 | 9 | 1342 | x | x | x | | x | | | | | | |
| SWEETCORN FRITTER STACK (RYE) (HALAAL) | 3459 | 30 | 60 | 10 | 50 | 17 | 6 | 1508 | 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 | PEANUTS | NUTS | FISH | SHELLFISH/ CRUSTACEAN | VEGETARIAN | VEGAN FRIENDLY |
|--|-------------|-------------|-----------|--------------------------|---------------|----------------------------|-------------------|-------------------|--------|-------|------------|------|-----|---------|------|------|-----------------------|------------|----------------|
| SWEETCORN FRITTER STACK (WHITE) (HALAAL) | 3398 | 29 | 57 | 11 | 51 | 17 | 6 | 1406 | x | x | x | | x | | | | | | |
| SWEETCORN FRITTER STACK (WHOLEWHEAT) (HALAAL) | 3358 | 30 | 53 | 9 | 51 | 17 | 9 | 1399 | x | x | x | | x | | | | | x | |

OPEN SANDWICHES

| | | | | | | | | | | | | | | | | | | | |
|--|------|----|----|----|----|----|----|------|---|---|---|---|---|--|--|---|--|--|--|
| BBQ STEAK (ROSEMARY-SALTED SKIN-ON FRIES) (SOURDOUGH) | 3498 | 32 | 82 | 13 | 40 | 15 | 10 | 1614 | 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 | | | |

TOASTED SANDWICHES

| | | | | | | | | | | | | | | | | | | | |
|---|------|----|-----|----|----|----|----|------|---|---|---|--|---|--|--|--|--|--|--|
| ALABAMA CHICKEN STACK (ROSEMARY-SALTED SKIN-ON FRIES) (SOURDOUGH) | 4977 | 55 | 101 | 11 | 61 | 27 | 10 | 1748 | x | x | x | | | | | | | | |
| ALABAMA CHICKEN STACK (ROSEMARY-SALTED SKIN-ON FRIES) (SOURDOUGH) (HALAAL) | 4607 | 56 | 97 | 10 | 52 | 23 | 11 | 1957 | x | x | x | | | | | | | | |
| BACK BACON & EGG TOASTED SANDWICH (ROSEMARY-SALTED SKIN-ON FRIES) (RYE) | 3877 | 36 | 79 | 5 | 50 | 19 | 9 | 1425 | x | x | x | | x | | | | | | |
| BACK BACON & EGG TOASTED SANDWICH (ROSEMARY-SALTED SKIN-ON FRIES) (WHITE) | 3781 | 33 | 73 | 7 | 51 | 19 | 9 | 1253 | x | x | x | | x | | | | | | |
| BACK BACON & EGG TOASTED SANDWICH (ROSEMARY-SALTED SKIN-ON FRIES) (WHOLEWHEAT) | 3694 | 36 | 64 | 5 | 51 | 19 | 14 | 1207 | 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 | PEANUTS | NUTS | FISH | SHELLFISH/ CRUSTACEAN | VEGETARIAN | VEGAN FRIENDLY |
|--|-------------|-------------|-----------|--------------------------|---------------|----------------------------|-------------------|-------------------|--------|-------|------------|------|-----|---------|------|------|-----------------------|------------|----------------|
| BEEF MACON & EGG TOASTED SANDWICH (ROSEMARY-SALTED SKIN-ON FRIES) (RYE) (HALAAL) | 3510 | 36 | 75 | 5 | 42 | 15 | 10 | 1630 | x | x | x | | x | | | | | | |
| BEEF MACON & EGG TOASTED SANDWICH (ROSEMARY-SALTED SKIN-ON FRIES) (WHITE) (HALAAL) | 3781 | 33 | 73 | 7 | 51 | 19 | 9 | 1253 | x | x | x | | x | | | | | | |
| BEEF MACON & EGG TOASTED SANDWICH (ROSEMARY-SALTED SKIN-ON FRIES) (WHOLEWHEAT) (HALAAL) | 3327 | 36 | 60 | 4 | 42 | 16 | 14 | 1414 | x | x | x | | x | | | | | | |
| CHEDDAR & TOMATO TOASTED SANDWICH (ROSEMARY-SALTED SKIN-ON FRIES) (RYE) | 3845 | 33 | 76 | 5 | 52 | 30 | 9 | 1252 | x | x | x | | | | | | | x | |
| CHEDDAR & TOMATO TOASTED SANDWICH (ROSEMARY-SALTED SKIN-ON FRIES) (WHITE) | 3745 | 31 | 70 | 7 | 52 | 31 | 10 | 1049 | x | x | x | | | | | | | x | |
| CHEDDAR & TOMATO TOASTED SANDWICH (ROSEMARY-SALTED SKIN-ON FRIES) (WHOLEWHEAT) | 3661 | 33 | 61 | 4 | 53 | 31 | 14 | 1035 | x | x | x | | | | | | | x | |
| CHICKEN MAYO TOASTED SANDWICH (ROSEMARY-SALTED SKIN-ON FRIES) (RYE) | 3965 | 51 | 83 | 25 | 45 | 11 | 13 | 2204 | x | x | x | x | | | | | | | |
| CHICKEN MAYO TOASTED SANDWICH (ROSEMARY-SALTED SKIN-ON FRIES) (WHITE) | 3867 | 46 | 77 | 27 | 45 | 11 | 10 | 1999 | x | x | x | x | | | | | | | |
| CHICKEN MAYO TOASTED SANDWICH (ROSEMARY-SALTED SKIN-ON FRIES) (WHOLEWHEAT) | 3782 | 53 | 68 | 24 | 45 | 11 | 14 | 1988 | x | x | x | x | | | | | | | |
| CROQUE MADAME TOASTED SANDWICH (ROSEMARY-SALTED SKIN-ON FRIES) (SOURDOUGH) | 4199 | 35 | 95 | 5 | 53 | 24 | 8 | 949 | 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 | PEANUTS | NUTS | FISH | SHELLFISH/ CRUSTACEAN | VEGETARIAN | VEGAN FRIENDLY |
|--|-------------|-------------|-----------|--------------------------|---------------|----------------------------|-------------------|-------------------|--------|-------|------------|------|-----|---------|------|------|-----------------------|------------|----------------|
| PEANUT SATAY CHICKEN | 4598 | 74 | 60 | 17 | 59 | 19 | 14 | 1990 | x | x | x | x | | x | | | | | |
| SESAME-CRUSTED CHICKEN & VEG BOWL | 3707 | 37 | 73 | 26 | 47 | 8 | 10 | 3713 | x | x | x | x | x | | | | | | |

HEARTY & GENEROUS - SOUPS

| | | | | | | | | | | | | | | | | | | | |
|--|------|----|----|----|----|----|----|------|---|---|---|--|--|--|--|--|--|---|--|
| LOADED POTATO SOUP (SOURDOUGH) | 3954 | 33 | 75 | 12 | 56 | 33 | 5 | 1904 | x | x | x | | | | | | | | |
| LOADED POTATO SOUP (HALAAL) (SOURDOUGH) | 3806 | 34 | 75 | 11 | 52 | 31 | 5 | 1961 | x | x | x | | | | | | | | |
| ROASTED TOMATO & BASIL SOUP (RYE) | 3639 | 36 | 78 | 26 | 42 | 26 | 10 | 2562 | x | x | x | | | | | | | x | |
| ROASTED TOMATO & BASIL SOUP (SOURDOUGH) | 3753 | 34 | 89 | 23 | 42 | 26 | 8 | 2002 | x | x | x | | | | | | | x | |
| ROASTED TOMATO & BASIL SOUP (WHITE) | 3517 | 34 | 72 | 28 | 43 | 27 | 10 | 2358 | x | x | x | | | | | | | x | |
| ROASTED TOMATO BASIL SOUP (WHOLEWHEAT) | 3437 | 36 | 63 | 25 | 43 | 27 | 15 | 2345 | x | x | x | | | | | | | x | |

HEARTY & GENEROUS - GRILLS

| | | | | | | | | | | | | | | | | | | | |
|------------------------------------|------|-----|-----|----|-----|----|----|------|---|---|---|---|---|--|--|--|--|--|--|
| 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 | | | | | | | |
| LOCAL BRAAI PLATE | 7460 | 94 | 126 | 26 | 96 | 46 | 14 | 2537 | 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 | 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 | PEANUTS | NUTS | FISH | SHELLFISH/ CRUSTACEAN | VEGETARIAN | VEGAN FRIENDLY |
|---|-------------|-------------|-----------|--------------------------|---------------|----------------------------|-------------------|-------------------|--------|-------|------------|------|-----|---------|------|------|-----------------------|------------|----------------|
| BERRY & LIME CAKE | 4299 | 10 | 123 | 86 | 54 | 20 | 4 | 728 | x | 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 | |
| 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 | |

| | 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 | PEANUTS | NUTS | FISH | SHELLFISH/ CRUSTACEAN | VEGETARIAN | VEGAN FRIENDLY |
|---|-------------|-------------|-----------|--------------------------|---------------|----------------------------|-------------------|-------------------|--------|-------|------------|------|-----|---------|------|------|-----------------------|------------|----------------|
| 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 CRINKLE COOKIE | 1030 | 3 | 35 | 28 | 10 | 1 | 2 | 117 | 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 FRUIT TART | 3291 | 8 | 69 | 49 | 52 | 37 | 7 | 241 | x | x | x | | x | | | | | x | |
| 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 | |
| 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 | |

| | 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 | PEANUTS | NUTS | FISH | SHELLFISH/ CRUSTACEAN | VEGETARIAN | VEGAN FRIENDLY |
|---|-------------|-------------|-----------|--------------------------|---------------|----------------------------|-------------------|-------------------|--------|-------|------------|------|-----|---------|------|------|-----------------------|------------|----------------|
| 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 | |
| OREO® WHISPERS CHEESECAKE | 4119 | 18 | 91 | 68 | 61 | 35 | 2 | 390 | x | x | x | x | x | | | | | x | |
| PECAN PIE | 4399 | 14 | 83 | 61 | 73 | 21 | 7 | 170 | x | x | x | | x | | x | | | x | |
| PEPPERMINT CRISP® CAKE | 3531 | 10 | 82 | 60 | 53 | 26 | 1 | 371 | x | x | x | x | x | x | | | | x | |
| 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 | 4602 | 11 | 112 | 82 | 66 | 21 | 7 | 721 | x | x | x | | x | | x | | | x | |
| SCONES | 3837 | 19 | 115 | 40 | 41 | 21 | 5 | 1629 | 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 | |

| | 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 | PEANUTS | NUTS | FISH | SHELLFISH/ CRUSTACEAN | VEGETARIAN | VEGAN FRIENDLY |
|---|-------------|-------------|-----------|--------------------------|---------------|----------------------------|-------------------|-------------------|--------|-------|------------|------|-----|---------|------|------|-----------------------|------------|----------------|
| 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 | |

FRESHLY BAKED - ADD ON

| | | | | | | | | | | | | | | | | | | | |
|---|------|---|----|----|----|----|---|-----|--|--|---|--|--|--|--|--|--|---|--|
| ICE CREAM | 222 | 1 | 6 | 6 | 3 | 2 | 1 | 20 | | | x | | | | | | | x | |
| PRESERVES (BUTTER, STRAWBERRY JAM & CHEDDAR) | 1392 | 8 | 18 | 16 | 26 | 18 | 0 | 282 | | | x | | | | | | | x | |
| WHIPPED CREAM | 118 | 0 | 0 | 0 | 3 | 2 | 0 | 2 | | | x | | | | | | | x | |

KID'S MENU - BREAKFAST & BRUNCH

| | | | | | | | | | | | | | | | | | | | |
|--|------|----|----|----|----|----|----|------|---|---|---|--|---|--|--|--|--|---|--|
| 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 | | | | | | |
| 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 | | | | | | |
| SMALL BOWL OF GOODNESS | 586 | 2 | 16 | 16 | 5 | 3 | 3 | 26 | | | x | | | | | | | x | |
| SMASHED AVO & POACHED EGG (RYE) | 1742 | 11 | 25 | 4 | 28 | 10 | 5 | 292 | 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 | PEANUTS | NUTS | FISH | SHELLFISH/ CRUSTACEAN | VEGETARIAN | VEGAN FRIENDLY |
|---|-------------|-------------|-----------|--------------------------|---------------|----------------------------|-------------------|-------------------|--------|-------|------------|------|-----|---------|------|------|-----------------------|------------|----------------|
| 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 | |

KID'S MENU - BURGERS & BITES

| | | | | | | | | | | | | | | | | | | | |
|---|------|----|----|----|----|----|----|------|---|---|---|---|---|--|--|--|--|--|--|
| BEEF BURGER | 5556 | 65 | 76 | 30 | 83 | 33 | 10 | 3234 | x | x | x | x | x | | | | | | |
| CHICKEN BURGER | 2887 | 30 | 56 | 11 | 37 | 12 | 9 | 1027 | x | x | x | x | x | | | | | | |
| GRILLED CHICKEN STRIPS & SALAD | 1740 | 22 | 4 | 3 | 35 | 6 | 1 | 656 | | | x | | | | | | | | |
| SESAME-CRUSTED BUTTERMILK CHICKEN STRIPS | 2813 | 29 | 44 | 2 | 41 | 9 | 8 | 1465 | x | x | x | | x | | | | | | |

KID'S MENU - DRINKS

| | | | | | | | | | | | | | | | | | | | |
|---------------------|-----|---|---|---|---|---|---|----|---|---|---|--|---|--|--|--|--|--|--|
| LITTLE CHINO | 363 | 2 | 9 | 5 | 5 | 3 | 0 | 49 | x | x | x | | x | | | | | | |
|---------------------|-----|---|---|---|---|---|---|----|---|---|---|--|---|--|--|--|--|--|--|

DINNER MENU - STARTERS

| | | | | | | | | | | | | | | | | | | | |
|--|------|----|----|----|----|----|---|-----|---|---|---|---|---|--|--|--|--|---|---|
| ASIAN BBQ CAULIFLOWER BITES | 1180 | 4 | 24 | 12 | 19 | 2 | 2 | 387 | x | x | | x | | | | | | x | x |
| CHEESY CHILLI BEEF EMPANADAS | 3104 | 12 | 36 | 4 | 61 | 27 | 3 | 572 | x | x | x | x | | | | | | | |
| CHIPOTLE CHICKEN LIVERS | 2215 | 28 | 19 | 4 | 38 | 14 | 3 | 838 | x | x | x | | | | | | | | |
| GARLIC & PARMESAN CHICKEN WINGS | 2895 | 43 | 3 | 2 | 57 | 23 | 1 | 839 | | | x | | x | | | | | | |
| THAI BASIL CHICKEN SPRING ROLLS | 1374 | 23 | 31 | 11 | 12 | 2 | 2 | 780 | x | x | | x | | | | | | | |
| THAI BASIL PORK SPRING ROLLS | 1261 | 19 | 30 | 11 | 11 | 2 | 3 | 715 | 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 | PEANUTS | NUTS | FISH | SHELLFISH/ CRUSTACEAN | VEGETARIAN | VEGAN FRIENDLY |
|--|-------------|-------------|-----------|--------------------------|---------------|----------------------------|-------------------|-------------------|--------|-------|------------|------|-----|---------|------|------|-----------------------|------------|----------------|
| WHIPPED FETA BRUSCHETTA & BALSAMIC TOMATO SALAD | 1173 | 8 | 30 | 11 | 13 | 7 | 3 | 780 | x | x | x | | | | | | | x | |

DINNER MENU - FRESH SALADS

| | | | | | | | | | | | | | | | | | | | |
|------------------------------------|------|----|-----|----|----|----|----|------|---|---|---|---|---|--|--|--|--|---|--|
| BEEF BURRITO (LIGHT) | 1406 | 10 | 17 | 3 | 24 | 13 | 4 | 611 | x | | x | x | | | | | | | |
| BEEF BURRITO (REGULAR) | 2442 | 19 | 32 | 5 | 40 | 22 | 7 | 1041 | x | | x | x | | | | | | | |
| CHICKEN TABBOULEH (LIGHT) | 3036 | 27 | 52 | 22 | 43 | 7 | 6 | 874 | x | x | x | | | | | | | | |
| CHICKEN TABBOULEH (REGULAR) | 5725 | 54 | 104 | 43 | 78 | 12 | 12 | 1748 | x | x | x | | | | | | | | |
| GREEK (LIGHT) | 1485 | 10 | 36 | 16 | 18 | 7 | 4 | 1632 | x | x | x | | x | | | | | x | |
| GREEK (REGULAR) | 2969 | 20 | 72 | 31 | 36 | 14 | 8 | 3264 | x | x | x | | x | | | | | x | |

DINNER MENU - GOURMET BURGERS & BUNS

| | | | | | | | | | | | | | | | | | | | |
|---|------|----|-----|----|-----|----|----|------|---|---|---|---|---|--|--|--|--|--|--|
| BACON & BLUE CHEESE GOURMET BURGER (ROSEMARY-SALTED SKIN-ON FRIES) | 6139 | 78 | 82 | 22 | 90 | 39 | 12 | 3871 | x | x | x | x | x | | | | | | |
| BBQ BEEF BUN (ROSEMARY-SALTED SKIN-ON FRIES) | 4004 | 27 | 72 | 26 | 60 | 24 | 11 | 2071 | x | x | x | x | x | | | | | | |
| BBQ CHEDDAR GOURMET BURGER (ROSEMARY-SALTED SKIN-ON FRIES) | 6751 | 71 | 101 | 26 | 101 | 40 | 11 | 3091 | x | x | x | | x | | | | | | |
| BBQ PORK BUN (ROSEMARY-SALTED SKIN-ON FRIES) | 3887 | 38 | 72 | 26 | 52 | 19 | 11 | 1190 | x | x | x | x | x | | | | | | |
| GARLIC CHICKEN PARMESAN BUN (ROSEMARY SALTED FRIES) | 4535 | 46 | 91 | 16 | 57 | 19 | 12 | 1314 | x | x | x | | x | | | | | | |
| LAMB GOURMET BURGER (ROSEMARY-SALTED SKIN-ON FRIES) | 3666 | 36 | 69 | 6 | 49 | 20 | 9 | 1114 | 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 | PEANUTS | NUTS | FISH | SHELLFISH/ CRUSTACEAN | VEGETARIAN | VEGAN FRIENDLY |
|---|-------------|-------------|-----------|--------------------------|---------------|----------------------------|-------------------|-------------------|--------|-------|------------|------|-----|---------|------|------|-----------------------|------------|----------------|
| MACON & BLUE CHEESE GOURMET BURGER (ROSEMARY-SALTED SKIN-ON FRIES) | 5819 | 79 | 78 | 22 | 82 | 36 | 12 | 4043 | x | x | x | x | x | | | | | | |
| VEGGIE GOURMET BURGER (ROSEMARY-SALTED SKIN-ON FRIES) | 3414 | 15 | 90 | 19 | 41 | 13 | 12 | 1547 | x | x | x | | x | | | | | x | |

DINNER MENU - MAINS

| | | | | | | | | | | | | | | | | | | | |
|---|------|----|----|----|----|----|---|------|---|---|---|---|---|--|--|--|--|---|---|
| BUTTER CHICKEN CURRY BOWL | 3413 | 61 | 59 | 11 | 35 | 20 | 6 | 1439 | | | x | | | | | | | | |
| FRENCH ONION MAC & CHEESE | 3062 | 25 | 56 | 8 | 42 | 24 | 5 | 1401 | x | x | x | x | | | | | | x | |
| FRENCH ONION MAC & CHEESE (HALAAL) | 3364 | 26 | 57 | 9 | 51 | 32 | 5 | 1490 | x | x | x | x | | | | | | x | |
| MEDITERRANEAN VEG BOWL | 1619 | 9 | 55 | 23 | 12 | 2 | 8 | 1227 | | | | | | | | | | x | x |
| MIDDLE EASTERN LAMB PLATE | 2818 | 34 | 49 | 4 | 36 | 15 | 5 | 1143 | x | x | x | | x | | | | | | |
| PERI PERI CHICKEN | 5828 | 78 | 52 | 6 | 95 | 40 | 7 | 1024 | | | x | | | | | | | | |
| SUNDRIED TOMATO GNOCCHI | 2717 | 18 | 79 | 7 | 28 | 14 | 5 | 995 | x | x | x | | | | | | | x | |

DINNER MENU - GRILLS

| | | | | | | | | | | | | | | | | | | | |
|---|------|-----|----|----|----|----|---|------|--|--|--|---|--|--|--|--|--|--|--|
| 400g BBQ BEEF RIBS (ROSEMARY-SALTED SKIN-ON FRIES) | 4948 | 58 | 56 | 19 | 80 | 31 | 7 | 1009 | | | | x | | | | | | | |
| 400g BBQ PORK RIBS (ROSEMARY-SALTED SKIN-ON FRIES) | 4280 | 58 | 56 | 19 | 62 | 21 | 7 | 1143 | | | | x | | | | | | | |
| 800g BBQ BEEF RIBS (ROSEMARY-SALTED SKIN-ON FRIES) | 7894 | 111 | 56 | 19 | 35 | 56 | 7 | 1155 | | | | x | | | | | | | |
| 800g BBQ PORK RIBS (ROSEMARY-SALTED SKIN-ON FRIES) | 6559 | 110 | 56 | 19 | 99 | 36 | 7 | 1423 | | | | 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 | PEANUTS | NUTS | FISH | SHELLFISH/ CRUSTACEAN | VEGETARIAN | VEGAN FRIENDLY |
|---------------------------------|-------------|-------------|-----------|--------------------------|---------------|----------------------------|-------------------|-------------------|--------|-------|------------|------|-----|---------|------|------|-----------------------|------------|----------------|
| WHISKEY PEPPERCORN SAUCE | 318 | 1 | 3 | 1 | 7 | 4 | 0 | 127 | | | x | | | | | | | x | |

DINNER MENU - DESSERTS

| | | | | | | | | | | | | | | | | | | | |
|---------------------------------|------|----|----|----|----|----|---|-----|---|---|---|---|---|--|---|--|--|---|--|
| BISCOFF® AFFOGATO | 1319 | 4 | 36 | 28 | 17 | 8 | 2 | 142 | x | x | x | x | | | | | | x | |
| CARAMEL POPCORN AFFOGATO | 993 | 3 | 34 | 32 | 9 | 7 | 1 | 132 | x | x | x | x | x | | | | | x | |
| CHOCOLATE TART | 3580 | 10 | 81 | 64 | 54 | 34 | 5 | 712 | x | x | x | | x | | | | | x | |
| NUTELLA® AFFOGATO | 1500 | 5 | 41 | 36 | 19 | 10 | 2 | 129 | x | x | x | x | | | x | | | x | |
| PAVLOVA STACK | 1420 | 2 | 38 | 36 | 19 | 11 | 4 | 34 | | | x | | x | | | | | x | |
| PECAN TOFFEE PUDDING | 3143 | 9 | 94 | 78 | 37 | 22 | 4 | 562 | x | x | x | | x | | x | | | x | |

DINNER MENU - DECADENT ENDINGS

| | | | | | | | | | | | | | | | | | | | |
|---|------|----|-----|----|-----|----|---|-----|---|---|---|---|---|--|---|--|--|---|--|
| AMARULA & SALTED CARAMEL SIT DOWN SPIKED SHAKE | 6461 | 13 | 65 | 63 | 138 | 89 | 2 | 340 | x | x | x | | x | | | | | x | |
| DOM PEDRO | 1566 | 6 | 50 | 49 | 16 | 13 | 2 | 190 | | | x | | | | | | | x | |
| IRISH COFFEE | 705 | 1 | 14 | 14 | 12 | 8 | 0 | 12 | | | | | | | | | | x | |
| KAHLUA & NUTELLA SPIKED SHAKE | 2645 | 9 | 59 | 59 | 58 | 40 | 2 | 205 | | | x | x | | | x | | | x | |
| LIMONCELLO & WHITE CHOCOLATE SPIKED SHAKE | 3889 | 10 | 101 | 94 | 54 | 36 | 2 | 236 | | | 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.

For full nutritional information, please visit our website www.muggandbean.co.za. While stocks last.



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