



# OTM NUTRITIONAL **ANALYSIS**

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**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.

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## 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**

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We've gone the extra mile to provide you with your familiar favourites, as well as new seasonal dishes. We take flavour inspiration from around the world & generously stack each plate with fresh ingredients of the highest quality, so that you always enjoy the taste of more.

We are proud of our South African heritage & we source over 90% of our ingredients from local farming communities & suppliers. It's the right thing to do.

When it comes to 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.

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.

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.

**V** Lacto-ovo vegetarian: includes dairy products & or eggs    **VN** No use of, or containing any animal products

**V** Discovery Vitality HealthyDining    **LC** Lower in carbohydrates    **NEW** New products

# ALLERGENS

	CARBS (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	TOTAL SODIUM (mg)	TOTAL FIBRE (g)	GLUTEN	WHEAT	COW'S MILK	SOYA	EGG	NUTS	SULPHATES	SESAME
<b>HOT BEVERAGES – SUGAR CALCULATED SEPARATELY</b>														
Dirty Chai Cappuccino Short	25	6	9	878	128	-			x	x				
Dirty Chai Cappuccino Easy	31	8	12	1,112	162	-			x	x				
Dirty Chai Cappuccino Serious	44	11	17	1,551	226	-			x	x				
Cappuccino Short	9	6	7	507	74	-			x					
Cappuccino Easy	11	7	9	648	95	-			x					
Cappuccino Serious	16	10	12	901	132	-			x					
Caffè Latte Short	9	6	7	506	74	-			x					
Caffè Latte Easy	11	7	9	647	95	-			x					
Caffè Latte Serious	16	10	12	900	132	-			x					
Espresso	-	0	0	1	-	-								
Doppio Espresso	-	0	0	2	-	-								
Caffè Mocha Short	26	6	9	894	74	-			x					
Caffè Mocha Easy	37	8	12	1,229	95	-			x					
Caffè Mocha Serious	42	9	13	1,384	103	-			x					
Americano Short	1	1	1	57	8	-			x					
Americano Easy	1	1	1	87	12	-			x					
Americano Serious	2	1	2	115	16	-			x					
Filter Short	1	1	1	77	14	-			x					
Filter Easy	2	2	2	151	26	-			x					
Filter Serious	4	4	3	253	51	-			x					

Classic Hot Chocolate Short	30	7	10	991	74	-			x					
Classic Hot Chocolate Easy	43	10	14	1,410	107	-			x					
Classic Hot Chocolate Serious	56	13	19	1,885	148	-			x					
Milo Short	21	8	8	812	74	-	x	x	x					
Milo Easy	28	11	12	1,113	107	-	x	x	x					
Milo Serious	39	15	16	1,548	148	-	x	x	x					
White Hot Chocolate Short	29	6	11	978	74	-			x	x				
White Hot Chocolate Easy	40	9	15	1,392	107	-			x	x				
White Hot Chocolate Serious	53	12	21	1,862	148	-			x	x				
Caribbean Mocha Easy	23	7	10	882	114	-	x		x					
Caribbean Mocha Short	31	10	14	1,201	157	-	x		x					
Caribbean Mocha Serious	40	14	18	1,576	208	-	x		x					
Tea 5 Roses Short	1	1	1	56	8	-			x					
Tea 5 Roses Easy	1	1	1	84	12	-			x					
Tea 5 Roses Serious	2	1	2	112	16	-			x					
Tea Rooibos Short	1	1	1	56	8	-			x					
Tea Rooibos Easy	1	1	1	84	12	-			x					
Tea Rooibos Serious	2	1	2	112	16	-			x					
Red Cappuccino Short	9	6	7	507	74	-			x					
Red Cappuccino Easy	11	7	9	648	95	-			x					
Red Cappuccino Serious	16	10	12	901	132	-			x					
Classic Chai Short	29	6	10	971	142	-			x	x				
Classic Chai Easy	41	9	14	1,381	202	-			x	x				
Classic Chai Serious	50	12	19	1,755	256	-			x	x				

Cinnamon Pancake Hot Chocolate Short	48	8	10	1,333	120	0	x	x	x	x	x			
Cinnamon Pancake Hot Chocolate Easy	61	9	12	1,643	128	0	x	x	x	x	x			
Cinnamon Pancake Hot Chocolate Serious	79	14	17	2,233	178	0	x	x	x	x	x			
Chai Red Cappuccino Short	25	6	9	878	128	-			x	x				
Chai Red Cappuccino Easy	30	7	11	1,028	150	-			x	x				
Chai Red Cappuccino Serious	44	11	17	1,551	226	-			x	x				
Hot Salted Caramel Short	33	6	9	1,005	75	-			x	x				
Hot Salted Caramel Easy	53	10	14	1,590	116	-			x	x				
Hot Salted Caramel Serious	59	12	16	1,815	146	-			x	x				
Brown Sugar Sachet	5	-	-	85	-	-								
White Sugar Sachet	5	-	-	85	-	-								
Soy Milk – 250ml	15	8	5	566	8	6				x				
Almond Milk – 250ml	1	1	3	131	177	1						x		

## ALLERGENS

	CARBS (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	TOTAL SODIUM (mg)	TOTAL FIBRE (g)	GLUTEN	WHEAT	COW'S MILK	SOYA	EGG	NUTS	SULPHATES	SESAME
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## BREAKFAST – TOAST CALCULATED SEPARATELY

Peanut Butter & Blueberry Oats	74	16	40	2,887	213	9	x		x			x	x	
Blueberry & Vanilla Oats	80	12	32	2,621	214	8	x		x				x	x
Breakfast Bun with Back Bacon	33	36	35	2,471	639	3	x	x	x	x	x		x	x
Breakfast Bun with Beef Macon	33	32	36	2,445	1,218	3	x	x	x	x	x		x	x
Breakfast Bagel with Back Bacon	65	45	60	4,128	1,260	4	x	x	x	x	x	x		

Breakfast Bagel with Beef Macon	65	41	62	4,101	1,839	4	x	x	x	x	x	x		
Smashed Avo & Egg on Toast	6	14	27	1,313	147	4			x		x			
Buttered Rye Toast (1 Slice)	19	5	10	768	148	4	x	x	x					
Buttered White Toast (1 Slice)	15	3	9	640	182	1	x	x	x					
Buttered Wholewheat Toast (1 slice)	16	4	10	738	218	4	x	x	x	x				
Mushroom, Onion & Cherry Tomato Frittata	9	18	42	2,028	1,892	2			x		x	x		
Back Bacon, Jalapeño, Spinach & Feta Frittata	7	35	43	2,314	1,854	2			x		x			
Beef Macon, Jalapeño, Spinach & Feta Frittata	7	32	44	2,287	2,433	2			x		x			

## ALLERGENS

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## SALADS

Satay Beef Noodle Salad	46	22	21	1,854	843	5	x	x	"-"	x	x	x	x	x
Roasted Butternut, Chickpea & Feta Pasta Salad	75	13	41	2,764	1,495	7	x	x	x	x		x	x	

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## TOASTED SANDWICHES – BREAD CALCULATED SEPARATELY

Toasted Cheddar	1	19	35	1,668	516	-			x					
Toasted Cheddar & Tomato	3	20	35	1,701	651	0			x					
Toasted Bacon & Cheddar	1	26	25	1,415	298	-			x					

Toasted Beef Macon & Cheddar	1	23	26	1,388	877	-			x				
Toasted Chicken Mayo	8	24	35	1,881	1,439	0	x	x	x	x			x
Toasted Hickory Ham & Cheddar	3	16	23	1,166	607	-			x				
Toasted Pastrami & Cheddar	1	18	24	1,234	690	-			x				
Toasted Hickory Ham, Cheddar & Tomato	4	16	23	1,199	741	0			x				
Toasted Pastrami, Cheddar & Tomato	2	19	24	1,268	824	0			x				
Toasted Back Bacon & Egg	1	29	21	1,338	182	-			x		x		
Toasted Beef Macon & Egg	1	26	22	1,311	761	-			x		x		
Toasted Back Bacon, Cheddar & Tomato	2	27	33	1,758	433	0			x				
Toasted Beef Macon, Cheddar & Tomato	2	23	34	1,732	1,012	0			x				
Toasted Back Bacon Egg & Cheddar	1	39	43	2,327	441	-			x		x		
Toasted Beef Macon Egg & Cheddar	1	36	44	2,300	1,020	-			x		x		
Toasted Club with Back Bacon	8	51	51	2,964	800	-	x	x	x	x			x
Toasted Club with Beef Macon	8	47	53	2,938	1,379	-	x	x	x	x			x
Toasted Jalapeño, Back Bacon & Cream Cheese	3	28	32	1,774	382	1			x				
Toasted Jalapeño, Beef Macon & Cream Cheese	3	41	37	2,173	1,000	1			x				
Toasted Hickory Ham, Cheddar & Caramelised Onion Sandwich	5	16	23	1,207	608	0			x				
Toasted Pastrami Cheddar & Caramelised Onion Sandwich	2	19	24	1,276	691	0			x				
Toasted Mediterranean Veg	13	5	42	1,867	615	1			x			x	
Buttered Rye Toast (1 Slice)	19	5	10	768	148	4	x	x	x				
Buttered White Toast (1 Slice)	15	3	9	640	182	1	x	x	x				
Buttered Wholewheat Toast (1 Slice)	16	4	10	738	218	4	x	x	x	x			



# ALLERGENS

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## FRESHLY BAKED

Muffin Bran	113	18	63	4,662	1,025	12	x	x			x			
Muffin Lemon & Poppy Seed	113	14	41	3,711	1,129	3	x	x			x			
Muffin Blueberry	113	13	38	3,585	1,127	2	x	x			x			
Muffin Chocolate Chip	121	14	42	3,884	1,141	2	x	x		x	x			
Muffin Date & Nut	124	15	52	4,266	1,127	4	x	x			x	x		
Muffin Bacon & Cheese	59	29	37	2,898	473	1	x	x	x		x		x	
Muffin Macon & Cheese	59	28	37	2,891	634	1	x	x	x		x		x	
Muffin Banana	115	13	38	3,618	1,127	2	x	x			x			
Muffin Triple Chocolate	108	13	40	3,586	820	3	x	x		x	x			
Muffin Cappuccino	122	14	41	3,864	1,000	2	x	x		x	x			
Plain Croissant	31	6	14	1,137	313	2	x	x	x		x			
Triple Chocolate Brownie	56	7	39	2,533	48	2	x	x	x	x	x	x		
Nutella® Loaf Cake	54	6	22	1,885	26	1	x	x	x	x	x	x		
Brownie Square	29	3	14	1,104	16	2	x	x	x		x			
Pecan Pie Square	34	3	18	1,290	140	1	x	x	x		x	x		
Peppermint Crisp® Square	35	3	7	884	95	0			x	x		x		
Peanut Clusters	37	13	31	1,985	166	3			x	x		x		
Chocolate Chip Cookies	29	3	12	983	148	0	x	x	x	x	x			
Shortbread	17	1	10	706	2	0	x	x	x					

Cranberry & White Chocolate Cookies	37	2	8	958	34	1	x	x		x	x		x	
Salted Caramel Banana Bread	35	4	14	1,184	397	1	x	x	x		x		x	
Brown Butter Oat & Raisin Cookies	39	3	8	1,014	72	2	x	x	x		x		x	
Brown Butter Blondie Square	50	4	17	1,515	168	1	x	x	x	x	x	x		

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## HEARTY MEALS

Roasted Tomato & Basil Soup	24	4	18	1,153	2,776	3	x	x	x	x		x		
Roasted Tomato & Basil Soup & Mozzarella Sandwich – add bread selection	29	29	50	2,750	3,427	4	x	x	x	x		x		
Beef & Cheddar Burger	46	40	69	3,974	1,570	4	x	x	x	x			x	x
Butter Chicken Curry Bowl	43	48	52	3,486	898	2	x	x	x				x	
Chicken Liver Bun	36	14	59	3,053	534	4	x	x	x	x				x
Falafel Bowl	94	24	33	3,229	1,775	14	x	x	x				x	
Philly Cheese Steak Roll	46	46	45	3,166	1,925	4	x	x	x	x	"-"		x	x
Roasted Butternut & Back Bacon Pasta Bake	67	26	19	2,224	1,364	5	x	x	x					
Roasted Butternut & Beef Macon Pasta Bake	67	24	19	2,213	1,605	5	x	x	x					

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## WRAPS, SANDWICHES & BAGELS

Sweet Chilli Chicken Wrap	62	29	19	2,265	397	2	x	x	x				x	
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BLT Wrap with Smokey Mayo	53	42	23	2,515	293	2	x	x	x	x				
MLT Wrap with Smokey Mayo	54	35	26	2,462	1,451	2	x	x	x	x				
Chicken Mayo Wrap	57	32	34	2,806	559	2	x	x	x	x			x	
Cheesy Chicken & Back Bacon Wrap	63	47	27	2,879	738	3	x	x	x					
Cheesy Chicken & Beef Macon Wrap	63	44	28	2,852	1,317	3	x	x	x					
Falafel Wrap	103	23	25	3,012	1,424	12	x	x	x				x	
Katsu Chicken Curry Wrap	66	30	27	2,594	881	5	x	x		x				
Chicken Mayo Health Sandwich	42	29	30	2,466	962	9	x	x	x	x			x	
Caprese Health Sandwich	44	19	26	2,177	976	10	x	x	x			x		
Sriracha Egg Mayo Health Sandwich	41	20	27	2,073	565	8	x	x	x		x			
Pastrami, Gherkins & Cream Cheese Bagel	54	24	36	2,688	1,299	4	x	x	x	x	x	x	x	
Roasted Veg, Hummus Feta Bagel	66	17	32	2,598	1,462	9	x	x	x	x	x	x		

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## POT PIES & SAUSAGE ROLLS

Coronation Chicken Sausage Roll	34	41	39	2,779	780	4	x	x	x	x	x		x	
Lentil & Roasted Veg Sausage Roll	33	16	30	1,973	435	5	x	x	x	x	x			
Asian BBQ Beef Sausage Roll	34	24	36	2,260	1,255	3	x	x	x	x	x	"-"	x	x
Chicken & Mushroom Pot Pie	49	55	49	2,428	1,041	2	x	x	x	x	x			
Beef & Mushroom Pot Pie	59	76	55	3,138	5,600	4	x	x	x	x	x			
Butter Chicken Pot Pie	62	62	90	4,260	986	2	x	x	x	x	x			

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## FILLERS & QUICHES

Spinach & Feta Filler	44	13	23	1,779	716	5	x	x	x					
Chicken Jalapeño & Corn Filler	40	20	19	1,679	595	3	x	x	x					
Spicy Potato & Pea Filler	66	9	6	1,433	884	4	x	x	"_"	"_"	"_"			
Chicken & Mushroom Quiche	25	21	41	1,468	404	1	x	x	x	x	x		x	
Spinach & Feta Quiche	29	14	40	1,371	586	2	x	x	x	x	x			
Quiche Lorraine with Pastrami	26	26	43	1,620	1,118	1	x	x	x	x	x			
Quiche Lorraine with Hickory Ham	28	23	41	1,534	1,015	1	x	x	x	x	x			
Mexican Beef Mince Filler	91	24	20	2,687	515	4	x	x	x	x				

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## COLD DRINKS

Vanilla Shake	15	6	58	2,531	105	2			x					
Chocolate Shake	20	6	58	2,599	340	3			x					
Strawberry Shake	20	6	58	2,599	340	3			x					
Coffee Shake	11	5	30	1,386	85	2			x					
Chino Muggachino	52	7	11	1,348	44	-			x	x				
Bar-One® Muggachino	63	6	14	1,699	346	2			x	x				

Mocha Muggachino	78	24	30	2,760	630	12			x	x				
Salted Caramel Muggachino	76	8	15	2,001	132	0			x	x				
Dark Chocolate Muggachino	78	24	30	2,760	630	12								
Mango, Pineapple & Coconut Smoothie	54	8	14	1,525	14	3			x					
Blueberry, Apple & Vanilla Smoothie	58	7	14	1,584	9	3			x					
Peanut Butter, Banana & Honey Smoothie	59	21	44	2,815	6	5			x					
Green Smoothie	68	0	0	1,168	67	3								
Classic Over Ice Coffee	6	4	5	338	49	-			x					
Vanilla Over Ice Coffee	19	4	5	566	49	0			x					
Caramel Over Ice Coffee	19	4	5	566	49	0			x					
Hazelnut Over Ice Coffee	19	4	5	566	49	0			x					
Kiwi & Watermelon Craft Lemonade	48	-	-	821	29	-								
Blood Orange Craft Lemonade	44	-	-	746	12	-								
Dragon Fruit & Raspberry Lemonade	42	0	0	723	8	0							x	

Allergens: Everything marked with an "x" is present in the dish, everything marked with a "-" may be present in the dish.

[www.muggandbean.co.za](http://www.muggandbean.co.za)

T&Cs apply. Our cakes are baked fresh in our restaurant with a 3-day shelf-life. 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 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. Only certain crumbles, 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](http://www.muggandbean.co.za). While stocks last.



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