

DELIVERY MENU

Get more out of your winter with our new seasonal menu. Whether you're in the mood for breakfast, lunch, coffee or something sweet, we'll send over a generous delivery, freshly made just for you. **Not all restaurants will offer our entire range. Please refer to delivery partner menus for details*.**

BREAKFAST

BREAKFAST BUN ^o (with beef macon) 2445 kJ	65
BREAKFAST BAGEL ^r (with beef macon) 4101 kJ	65
MUSHROOM, TOMATO & ONION FRITTATA ^{**} V 2028 kJ	59
BEEF MACON, JALAPEÑO, SPINACH & FETA FRITTATA 2287 kJ	62
PEANUT BUTTER ^{**} & BLUEBERRY OATS V 2887 kJ	50
BLUEBERRY & VANILLA OATS ^o V 2621 kJ	50

TOASTED SANDWICHES

Served on your choice of lightly buttered white, wholewheat or rye toast.

MEDITERRANEAN VEG ^{**} V 3403 kJ	50
CHEDDAR & TOMATO V 3237 kJ	56
PASTRAMI & CHEDDAR 2770 kJ	59
PASTRAMI, CHEDDAR & CARAMELISED ONION 2812 kJ	65
BEEF MACON & EGG 2847 kJ	66
CHICKEN MAYO 3417 kJ	66
CLUB (with beef macon) 4474 kJ	81

WRAPS

FALAFEL N V 3012 kJ	57
CHICKEN MAYO 2806 kJ	60
SWEET CHILLI CHICKEN 2265 kJ	60
KATSU CHICKEN CURRY N 2594 kJ	64
MLT WITH SMOKY MAYO 2462 kJ	67
CHEESY CHICKEN & BEEF MACON N 2852 kJ	74

BAGELS

ROASTED VEG, HUMMUS ^o & FETA ^{**} V 2598 kJ	55
PASTRAMI, GHERKIN & CREAM CHEESE ^r 2688 kJ	62

HEARTY MEALS

ROASTED BUTTERNUT & BEEF MACON PASTA BAKE N 2213 kJ	63
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FILLERS

SPICY POTATO & PEA V 1433 kJ	28
CHICKEN, JALAPEÑO & CORN 1679 kJ	35
SPINACH & FETA V 1779 kJ	31
MEXICAN CHILLI MINCE N 2687 kJ	38

SALADS

ROASTED BUTTERNUT, CHICKPEA & FETA PASTA ^{**} V 2764 kJ	66
SATAY BEEF & NOODLE ^{**} 1854 kJ	79

QUICHES

SPINACH & FETA V 1371 kJ	44
CHICKEN & MUSHROOM 1468 kJ	46
QUICHE LORRAINE (with pastrami) 1620 kJ	50

FRESHLY BAKED

FAMOUS GIANT MUFFIN ^r 4266 kJ	44
SCONE 1929 kJ	43
SALTED CARAMEL BANANA BREAD N 1184 kJ	23

SWEET SQUARES[^]

COCOA BROWNIE 1104 kJ	
PECAN NUT ^{**} 1290 kJ	
CARAMEL PEPPERMINT CRISP ^o 884 kJ	
BROWN BUTTER BLONDIE ^{**} N 1515 kJ	



COMBO OFFERINGS

TOASTED CHICKEN MAYO & EASY CAPPUCCINO 4065 kJ 84

TOASTED BEEF MAÇON & EGG & EASY CAPPUCCINO 3495 kJ 87

BREAKFAST BUN^o (with beef maçon) & **EASY CAPPUCCINO** 3093 kJ 94

BREAKFAST BAGEL^o (with beef maçon) & **EASY CAPPUCCINO** 4749 kJ 94

FAMOUS GIANT MUFFIN^o & EASY CAPPUCCINO 4914 kJ 72

SALTED CARAMEL BANANA BREAD & EASY AMERICANO **N** 1271 kJ 44

COLD DRINKS

SMOOTHIES

BLUEBERRY, APPLE & VANILLA 1584 kJ

MANGO, PINEAPPLE & COCONUT 1525 kJ

PEANUT BUTTER^o, BANANA & HONEY 2815 kJ

GREEN **VN** 1168 kJ

OVER ICE COFFEE

CLASSIC 338 kJ 42

VANILLA | CARAMEL | HAZELNUT^o 566 kJ 46

ORIGINAL MUGGACHINOS

BAR-ONE^o 1699 kJ | **CHINO** 1348 kJ 50



CRAFT LEMONADES

50

DRAGON FRUIT & RASPBERRY 723 kJ

KIWI & WATERMELON 821 kJ

HOT DRINKS

			
	SHORT	EASY	SERIOUS
FILTER COFFEE	29 77 kJ	32 151 kJ	36 253 kJ
AMERICANO	33 57 kJ	36 87 kJ	41 115 kJ
CAPPUCCINO	37 507 kJ	40 648 kJ	45 901 kJ
CAFFÈ LATTE	36 506 kJ	39 647 kJ	44 900 kJ
CAFFÈ MOCHA	40 894 kJ	43 1229 kJ	48 1384 kJ
HOT CHOCOLATE (Classic White)	41 978 kJ 991 kJ	44 1392 kJ 1410 kJ	49 1862 kJ 1885 kJ
CLASSIC CHAI	42 971 kJ	45 1381 kJ	50 1755 kJ
RED CAPPUCCINO^o	41 507 kJ	44 648 kJ	49 901 kJ
CINNAMON PANCAKE N	45 1333 kJ	49 1643 kJ	52 2233 kJ

Almond milk^o +10 | Soy milk no charge

★ | We are committed to only using free-range eggs

★ | Made adhering to the strictest hygiene protocols

*May contain nuts **Contains nuts

^oContains sesame seeds [^]Subject to availability

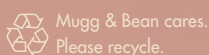
N New products **V** Lacto-ovo vegetarian: includes dairy products &/or eggs

VN No use of, or containing any animal products



We don't just make food. We make food with thought. Visit our website to find out more & to view nutrition & allergen info: www.muggandbean.co.za

T&Cs apply. *Delivery conditions apply. Our cakes are baked fresh in our OTMs with a 3-day shelf-life. Ingredients may vary subject to availability & seasonality. Menu descriptors do not contain full ingredients. If you require any allergen information prior to ordering, please ask a member of our team to assist. We use a lot of different ingredients & shared equipment in our kitchens, as well as some products that have been produced by suppliers. Due to this, we cannot guarantee that our food is completely free of allergens or traces of allergens. Portion weights are raw weights. Any change or addition to our original recipes will result in kilojoule count variations. Some items are calculated on the highest kilojoule variant. All visuals are suggested servings only & for descriptive purposes only, size & appearance may vary. All extras will be charged for. Certain menu items are made from non-dairy cream. For full nutritional information, please visit our website www.muggandbean.co.za. While stocks last.



SPILL THE BEANS: 0860 672326

www.muggandbean.co.za

Third Party Halaal Delivery OTM Winter 2022. Prices quoted in rands & inclusive of VAT.

