



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'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

 Discovery Vitality Healthy Dining **LC** Lower in carbohydrates **NEW** New products

Espresso	1	0	0	0	0	0								
Filter Coffee – Brazil Single Origin (Almond Milk)	31	0	1	11	0	35						x		
Filter Coffee – Brazil Single Origin (Full Cream Milk)	151	2	2	2	0	26			x					
Filter Coffee – Brazil Single Origin (Soy Milk)	118	2	3	11	0	2				x				
Filter Coffee – House Blend (Almond Milk)	31	0	1	11	0	35						x		
Filter Coffee – House Blend (Full Cream Milk)	151	2	2	2	0	26			x					
Filter Coffee – House Blend (Soy Milk)	118	2	3	11	0	2				x				
Filter Coffee – Mocca Java (Almond Milk)	31	0	1	11	0	35						x		
Filter Coffee – Mocca Java (Full Cream Milk)	151	2	2	2	0	26			x					
Filter Coffee – Mocca Java (Soy Milk)	118	2	3	11	0	2				x				
Flat White (Almond Milk)	74	1	1	1	0	99						x		
Flat White (Full Cream Milk)	394	4	7	5	0	58			x					
Flat White (Soy Milk)	318	5	8	3	3	4				x				
Hot Chocolate (Almond Milk)	826	2	31	7	1	198	"_"		x	"_"		x		
Hot Chocolate (Full Cream Milk)	1,466	10	44	14	0	115	"_"		x	"_"				
Hot Chocolate (Soy Milk)	1,313	10	47	9	7	8	"_"		x	x				
Red Cappuccino Easy (Almond Milk)	105	1	1	2	1	142						x		
Red Cappuccino Easy (Full Cream Milk)	562	6	10	8	0	82			x					
Red Cappuccino Easy (Soy Milk)	544	8	14	4	6	7				x				
Red Cappuccino Serious (Almond Milk)	158	1	1	3	1	213						x		
Red Cappuccino Serious (Full Cream Milk)	844	10	15	11	0	124			x					
Red Cappuccino Serious (Soy Milk)	681	10	18	5	7	9				x				
Red Espresso	1	0	0	0	0	0								
Hazelnut Syrup (100ml)	1,362	0	80	0	0	7						x		

White Sugar (1 Each)	85	0	5	0	0	0								
Brown Sugar (1 Each)	85	0	5	0	0	0								

ALLERGENS

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

All American Breakfast	7,468	57	53	148	6	1,483	x	x	x		x		x	
All American Breakfast (Halaal)	7,428	51	53	150	6	2,351	x	x	x		x		x	
Avo On Toast [Vitality]	620	2	6	14	4	9								x
Back Bacon	426	17	0	3	0	39								x
Big Ben Eggs Benedict	5,585	51	67	103	5	1,892	x	x	x	x	x			
Big Ben Eggs Benedict (Halaal)	5,593	48	66	105	5	2,513	x	x	x	x	x			
Big Grill Breakfast	6,343	93	45	97	3	1,101					x		x	
Big Grill Breakfast (Halaal)	6,316	89	45	98	3	1,680					x		x	
Breakfast Bagel	3,306	40	63	41	5	1,133	x	x	x	x	x	x	x	
Breakfast Bagel (Halaal)	3,279	37	63	43	5	1,712	x	x	x	x	x	x	x	
Breakfast Bun	2,471	36	33	35	3	639	x	x	x	x	x		x	x
Breakfast Bun (Halaal)	2,445	32	33	36	3	1,218	x	x	x	x	x		x	x
Build Your Own Omelette	1,647	15	2	36	0	580			x		x			
Build Your Own Omelette Add-On Back Bacon	426	17	0	3	0	39								
Build Your Own Omelette Add-On Beef Macon	400	13	0	5	0	618								
Build Your Own Omelette Add-On Cheddar	679	10	1	14	0	258			x					

Build Your Own Omelette Add-On Herb Mushroom	270	3	3	5	1	185								
Build Your Own Omelette Add-On Hickory Ham	339	16	1	1	0	169								
Build Your Own Omelette Add-On Mozzarella	589	12	2	11	0	300			x					
Build Your Own Omelette Add-On Onion	84	1	5	0	1	2								
Build Your Own Omelette Add-On Pastrami	492	17	0	5	0	862								
Build Your Own Omelette Add-On Tomato	67	1	3	0	1	269								
Build Your Own Omelette Excl Toast	1,647	15	2	36	0	580			x		x			
Cheddar	679	10	1	14	0	258			x					
California Omelette	4,918	52	12	104	3	1,548			x		x	x		
California Omelette (Halaal)	4,892	49	12	105	3	2,127			x		x	x		
Classic Breakfast	5,775	36	61	110	5	1,165			x		x			
Classic Breakfast (Halaal)	5,748	32	61	112	5	1,744			x		x			
Classic Eggs Benedict	4,680	27	46	91	5	1,348	x	x	x	x	x			
Classic Eggs Benedict (Halaal)	4,748	30	44	92	5	1,431	x	x	x	x	x			
Flapjack Stack Choc-Chip	5,571	31	214	41	4	773	x	x	x	x	x			
Flapjack Stack Plain	4,578	28	184	27	3	731	x	x	x		x			
Florentine Eggs Benedict	4,596	22	46	91	6	1,539	x	x	x	x	x			
Low-Carb Breakfast [Vitality]	2,877	27	15	58	7	1,765			x		x			
Herbed Mushrooms	270	3	3	5	1	185								
Mozzarella	589	12	2	11	0	300			x					
Mighty Morning Croissant	3,401	33	35	59	2	941	x	x	x		x			
Mighty Morning Croissant (Halaal)	3,375	29	35	61	2	1,520	x	x	x		x			
Onion	84	1	5	0	1	2								

On-The-Go Breakfast	2,520	30	3	51	0	350			x		x			
On-The-Go Breakfast (Halaal)	2,493	26	3	52	0	929			x		x			
Peanut Butter & Banana Toast	3253	24	63	55	7	7						x		
Rancheros Omelette	5,610	43	35	122	5	1,858			x		x			
Rancheros Omelette (Halaal)	5,637	44	35	122	5	1,767	x	x	x		x		x	
South African Farm Breakfast	7,498	57	37	155	3	1,494	x	x	x		x		x	
South African Farm Breakfast (Halaal)	7,457	52	37	157	3	2,363	x	x	x		x		x	
Sweetcorn Fritter Stack	2877	32	34	51	5	133	x	x	x	x	x			
Sweetcorn Fritter Stack (Halaal)	2850	28	34	52	5	1912	x	x	x	x	x			
Sweetcorn Fritter	2850	28	34	52	5	1912	x	x	x	x	x			
Vegan Fry Up	3,892	14	36	82	7	1,669	x	x		x				
Yoghurt, Fruit & Nut Bowl [Vitality]	1,386	7	37	18	3	18			x			x		
Buttered Low-Carb Toast (1 Slice)	714	7	1	16	10	658			x		x	x		
Unbuttered Low-Carb Toast (1 Slice)	404	7	1	8	10	657					x	x		
Buttered Rye Toast (1 Slice)	768	5	19	10	4	148	x	x	x					
Unbuttered Rye Toast (1 Slice)	458	5	19	1	4	147	x	x						
Buttered White Toast (1 Slice)	640	3	15	9	1	182	x	x	x					
Unbuttered White Toast (1 Slice)	330	3	15	1	1	182	x	x						
Buttered Wholewheat Toast (1 Slice)	738	4	16	10	4	218	x	x	x	x				
Unbuttered Wholewheat Toast (1 Slice)	428	4	16	2	4	217	x	x	x					

ALLERGENS

ENERGY (kJ)	PROTEIN (g)	CARBS (g)	FAT (g)	TOTAL FIBRE (g)	TOTAL SODIUM (mg)	GLUTEN	WHEAT	COW'S MILK	SOYA	EGG	NUTS	SULPHATES	SESAME
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FRESH SALADS

Chicken & Sesame Salad (Light) [Vitality]	1,398	21	30	15	5	735						x	x	x
Chicken & Sesame Salad (Regular) [Vitality]	2,431	42	60	20	9	970						x	x	x
Mexican Chicken & Charred Corn Salad (Light)	1,434	14	21	33	3	384				x			x	
Mexican Chicken & Charred Corn Salad (Regular)	2,246	28	36	42	5	702				x			x	
Monte Cristo Salad (Light)	2,776	27	18	56	3	1,541	x	x	x	x	x	x	x	
Monte Cristo Salad (Light) (Halaal)	2,763	26	18	57	3	1,831	x	x	x	x	x	x	x	
Monte Cristo Salad (Regular)	4,546	54	31	87	6	3,046	x	x	x	x	x	x	x	
Monte Cristo Salad (Regular) (Halaal)	4,519	51	31	89	6	3,625	x	x	x	x	x	x	x	
Moroccan Butternut & Chickpea Salad (Light) [Vitality]	1,466	10	30	22	5	537			x			x	x	
Moroccan Butternut & Chickpea Salad (Regular) [Vitality]	2,520	19	52	37	10	975			x			x	x	
Satay Beef Noodle Salad (Light)	2,037	23	53	22	6	849	x	x	"_"	x	x	x	x	x
Satay Beef Noodle Salad (Regular)	4,075	46	106	45	13	1,699	x	x	"_"	x	x	x	x	x

ALLERGENS

	ENERGY (kJ)	PROTEIN (g)	CARBS (g)	FAT (g)	TOTAL FIBRE (g)	TOTAL SODIUM (mg)	GLUTEN	WHEAT	COW'S MILK	SOYA	EGG	NUTS	SULPHATES	SESAME
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MIX, MATCH & SHARE

Asian BBQ Cauliflower Bites	1,924	8	57	21	4	1,080	x	x				x		x
Chipotle Chicken Livers	3,441	12	8	82	1	234			x					
Falafels	1,983	20	31	12	14	491	x	x	x				x	
Beef Trinchado	2,817	33	26	48	2	1,091	x	x	x	x			x	
Sesame-Crusted Chicken Strips	3,134	46	25	50	1	1,539	x	x	x					x

Spiced Honey Halloumi	2,104	22	12	41	0	1,151			x				x	
Spicy Buffalo Wings	3,463	33	11	77	5	501	x	x	x	x			x	
Sweetcorn Fritters	2,152	11	39	35	2	971	x	x	x		x			

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DELICIOUSLY FILLING – BREAD & SIDES CALCULATED SEPARATELY

Alabama Chicken Panino Open Sandwich	3,291	50	26	51	3	1,771	x	x	x	"_"	"_"		x	
Alabama Chicken Panino Open Sandwich (Halaal)	3,264	46	26	53	3	2,350	x	x	x	"_"	"_"		x	
Back Bacon & Egg Toasted Sandwich	2,311	38	1	43	0	202			x		x			
Beef Macon & Egg Toasted Sandwich (Halaal)	2,271	32	1	45	0	1,070			x		x			
Cheddar & Tomato Toasted Sandwich	1,701	20	3	35	0	651			x					
Chicken Mayo Toasted Sandwich	1,862	24	8	35	1	485	x	x	x	x			x	
Halloumi & Avo Bagel	2,677	23	67	32	9	1,087	x	x	x	x	x	x	x	
Hickory Ham, Cheddar & Tomato Toasted Sandwich	1,878	26	5	36	0	999			x					
Pastrami, Cheddar & Tomato Toasted Sandwich (Halaal)	1,947	28	3	37	0	1,082			x					
Mediterranean Veg Open Sandwich	4,243	6	30	97	2	1,355	x	x	x			x		
Pastrami Bagel	3,580	28	77	50	11	1,764	x	x	x	x	x	x	x	
Roast Veg & Feta Bagel	2,543	17	65	31	9	1,469	x	x	x	x	x	x		
Smoked Trout Bagel	2,376	21	52	25	4	1,179	x	x	x	x	x	x	x	
Smoked Trout Open Sandwich	1,367	11	4	24	1	745			x					
Buttered Low-Carb Toast (1 Slice)	714	7	1	16	10	658			x		x	x		

Unuttered Low-Carb Toast (1 Slice)	404	7	1	8	10	657					x	x		
Buttered Rye Toast (1 Slice)	768	5	19	10	4	148	x	x	x					
Unbuttered Rye Toast (1 Slice)	768	5	19	10	4	148	x	x	x					
Buttered White Toast (1 Slice)	640	3	15	9	1	182	x	x	x					
Unbuttered White Toast (1 Slice)	330	3	15	1	1	181	x	x						
Buttered Wholewheat Toast (1 Slice)	738	4	16	10	4	218	x	x	x	x				
Unbuttered Wholewheat Toast (1 Slice)	428	4	16	2	4	217	x	x	x					
Rosemary-Salted Skin-On Fries	2,210	5	39	40	3	515								
Rosemary-Salted Sweet Potato Skin-On Fries	2,059	2	30	40	5	583								
Side Salad	733	3	13	12	1	349			x				x	

ALLERGENS

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

Avo, Bacon & Feta Burger	5,114	56	50	91	8	1,924	x	x	x	x	x		x	x
Avo, Beef Macon & Feta Burger (Halaal)	5,087	52	50	93	8	2,503	x	x	x	x	x		x	x
BBQ Burger	3,440	35	46	58	5	1,699	x	x	x	x	x		x	x
BBQ Cheese Burger	3,779	40	46	65	5	1,827	x	x	x	x	x		x	x
Big Daddy Burger	7,563	71	59	144	5	2,446	x	x	x	x	x		x	x
Big Daddy Burger (Halaal)	7,605	70	57	147	5	3,108	x	x	x	x	x		x	x
Buttermilk Chicken Burger	3,560	33	43	60	3	2,233	x	x	x	x	x		x	x

Falafel Burger	2,609	22	91	21	14	759	x	x	x	x	x		x	x
Rosemary-Salted Skin-On Fries	2,210	5	39	40	3	515								
Rosemary-Salted Sweet Potato Skin-On Fries	2,059	2	30	40	5	583								
Side Salad	733	3	13	12	1	349			x				x	

ALLERGENS

	ENERGY (kJ)	PROTEIN (g)	CARBS (g)	FAT (g)	TOTAL FIBRE (g)	TOTAL SODIUM (mg)	GLUTEN	WHEAT	COW'S MILK	SOYA	EGG	NUTS	SULPHATES	SESAME
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HEARTY & GENEROUS & DINNER MENU – SIDES CALCULATED SEPARATELY

Asian Coconut Chicken Breasts	5,558	49	73	94	7	2,015			x	x			x	
BBQ Spare Ribs	6,015	92	8	112	0	539							x	
BBQ Beef Ribs (Halaal)	3,942	71	8	71	0	622							x	
Beef & Mushroom Pot Pie	3,138	76	59	55	4	5,600	x	x	x	x	x			
Butter Chicken Curry Bowl	5,331	66	87	73	3	1,704			x				x	
Butter Chicken Pot Pie	4,260	62	62	90	2	986	x	x	x	x	x			
Chicken & Bacon Mac & Cheese	3,823	67	55	46	3	2,416	x	x	x					
Chicken & Beef Macon Mac & Cheese (Halaal)	3,816	66	55	46	3	2,560	x	x	x					
Chicken & Mushroom Pot Pie	2,428	55	49	49	2	1,041	x	x	x	x	x			
Crispy Sesame Chicken Bowl	3,256	32	56	47	6	2,321	x	x	x	x	x		x	x
Famous Roasted Tomato & Basil Soup	2,750	29	29	50	4	3,427	x	x	x	x		x		
Grilled Rump Steak	4,458	72	31	69	1	1,082	x	x	x	x			x	
Grilled Rump Steak (Halaal)	4,458	72	31	69	1	1,082	x	x	x	x			x	
Lamb Chops	6,799	77	60	121	8	1,977	x	x	x	x			x	
Lamb Chops (Halaal)	6,799	77	60	121	8	1,977	x	x	x	x			x	

Mushroom, Lentil & Roasted Veg Pot Pie	1,618	17	57	43	7	2,171	x	x	x	x	x			
Pepper Steak Pot Pie	3,641	83	68	62	4	6,151	x	x	x	x	x			
Pit Boss BBQ Grill	7,515	100	40	154	4	2,251	x	x	x	"_"	"_"		x	
Pit Boss BBQ Grill (Halaal)	7,066	105	36	143	4	2,564	x	x	x	"_"	"_"		x	
Pork Belly	6,294	89	68	98	8	2,576	x	x	x	x			x	
Rib & Wing Combo	8,281	76	4	181	0	382							x	
Rib & Wing Combo (Halaal)	7,245	65	4	161	0	424							x	
Roasted Cauliflower Soup	2,039	7	22	44	8	1,489	x	x				x		x
Sweet & Spicy Wings & BBQ Rump	5,577	91	33	92	1	1,073	x	x	x		x		x	x
T-Bone Steak	4,442	107	23	58	4	2,266	x	x	x	x			x	
T-Bone Steak (Halaal)	4,442	107	23	58	4	2,266	x	x	x	x			x	
Welsh Rarebit Crumbed Chicken	3,731	81	20	53	6	2,577	x	x	x	"_"	"_"			
Welsh Rarebit Crumbed Chicken (Halaal)	3,705	77	20	54	6	3,156	x	x	x	"_"	"_"			
Mozzarella Sandwich (Excl. Bread)	1,177	25	4	21	1	600			x					
Rosemary-Salted Skin-On Fries	2,210	5	39	40	3	515								
Rosemary-Salted Sweet Potato Skin-On Fries	2,059	2	30	40	5	583								
Side Salad	733	3	13	12	1	349			x				x	

ALLERGENS

	ENERGY (kJ)	PROTEIN (g)	CARBS (g)	FAT (g)	TOTAL FIBRE (g)	TOTAL SODIUM (mg)	GLUTEN	WHEAT	COW'S MILK	SOYA	EGG	NUTS	SULPHATES	SESAME
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FRESHLY BAKED – CREAM, ICE CREAM & PRESERVES CALCULATED SEPARATELY

Bacon & Cheddar Muffin	2,898	29	59	37	1	473	x	x	x		x		x	
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Banana Muffin	3,618	13	115	38	2	1,127	x	x	x		x			
Belgian Chocolate Mousse Cake Slice	4,705	18	115	64	8	121	x	x	x	x	x	x	x	
Blueberry Cheesecake Slice	3,993	18	89	55	1	535	x	x	x		x		x	
Blueberry Muffin	3,585	13	113	38	2	1,127	x	x	x		x			
Bran Muffin	4,662	18	113	63	12	1,025	x	x			x			
Caramel Cheesecake Slice	4,166	20	92	58	0	571	x	x	x	x	x		x	
Caramel Popcorn Cheesecake Slice	4,296	20	97	59	1	593	x	x	x	x	x	x	x	
Carrot Cake Slice	5,305	10	125	80	4	371	x	x	x		x	x	x	
Cookie Monster Muffin	5,755	15	162	73	2	1,147	x	x	x	x	x			
Choc-Chip Muffin	3,884	14	121	42	2	1,141	x	x	x	x	x			
Coconut Fruit Tart Slice	2,748	6	75	44	4	43	x	x	x		x			
Date & Nut Muffin	4,266	15	124	52	4	1,127	x	x			x	x		
Honey & Rooibos Cake Slice	5,881	12	134	90	1	518	x	x	x		x		x	
Lemon Meringue Slice	4,521	18	183	29	0	348	x	x	x		x		x	
Lemon-Poppy Muffin	3,711	14	113	41	3	1,129	x	x	x		x			
Millionaire's Cake Slice	4,942	12	123	74	4	104	x	x	x	x	x	x	x	
Pecan Pie Slice	4,369	13	89	74	7	235	x	x	x		x	x		
Peppermint Crisp Cake Slice	3,463	10	89	47	0	186	x	x	x	x	x	x	x	
Plain Cheesecake Slice	3,768	18	76	55	0	531	x	x	x		x		x	
Rich Chocolate Cake Slice	4,404	11	109	63	4	64	x	x	x	x	x	x	x	
Scone	1,929	12	91	4	2	85	x	x	x		x			
Strawberry Cheesecake Slice	3,947	18	87	55	1	535	x	x	x		x		x	
Ice Cream – 30ml	263	1	7	3	0	24			x					

Lime Milkshake (Medium)	1,887	8	58	20	0	114			x					
Lime Milkshake (Small)	1,332	5	41	15	0	78			x					
Lime Milkshake (Tall)	2,886	12	91	30	0	170			x					
Mixed Berry Smoothie	1,625	8	68	12	4	4	x		x					
Peach Iced Tea	1,747	2	113	0	0	0								
Pineapple & Coconut Milkshake (Medium)	1,938	8	56	23	0	118			x					
Salted Caramel Milkshake (Small)	1,332	6	35	17	0	82			x					
Salted Caramel Milkshake (Medium)	1,852	8	51	23	0	112			x					
Salted Caramel Milkshake (Tall)	2,810	11	79	34	0	168			x					
Strawberry Milkshake (Medium)	1,887	8	58	20	0	114			x					
Strawberry Milkshake (Small)	1,332	5	41	15	0	78			x					
Strawberry Milkshake (Tall)	2,886	12	91	30	0	170			x					
Vanilla Milkshake (Medium)	1,887	8	58	20	0	114			x					
Vanilla Milkshake (Small)	1,332	5	41	15	0	78			x					
Vanilla Milkshake (Tall)	2,886	12	91	30	0	170			x					

ALLERGENS

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

BBQ Steak Strips & Fries	3,437	30	34	64	2	1,165				x			x	
Beef Burger	6,534	38	67	129	6	1,711	x	x	x	x	x		x	x
Big Boy Breakfast	5,069	21	27	113	2	1,010	x	x	x		x		x	

Chicken Burger	5,258	25	61	102	5	862	x	x	x	x	x		x	x
Egg In A Nest	1,616	30	1	28	0	303			x		x			
Egg In A Nest (Halaal)	1,590	27	1	30	0	882			x		x			
Flapjack	1,598	9	58	12	1	251	x	x			x			
Grilled Chicken Strips & Salad [Vitality]	1,962	21	5	39	1	799			x				x	
Little Chino	146	1	3	2	0	19	"_"		x	"_"				
Kiddies Peanut Butter & Banana Toast	1,626	12	31	27	3	4							x	
Sesame-Crusted Chicken Strips & Fries	3,485	20	28	71	2	788	x	x	x					x
Small Bowl Of Goodness [Vitality]	567	3	20	6	3	1			x					
Smashed Avo & Egg On Toast [Vitality]	702	8	6	14	4	75					x			
Soup & Sandwich	1,356	11	28	19	3	1,719	x	x	x	x				
Toasted Cheddar & Tomato Sandwich	2,525	18	28	47	2	864			x					
Toasted Cheddar Sandwich	2,491	17	27	47	2	730			x					
Vitality Oats [Vitality]	1,753	14	55	17	6	91	x		x				x	
Cream – 30ml	441	1	1	11	0	8			x					
Ice Cream – 30ml	263	1	7	3	0	24			x					

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

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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. While stocks last.



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