



# MUGG & BEAN

GIVING YOU MORE AND MORE



Scan here to view  
our menu online

# HOW WE MAKE FOOD

WITH THOUGHT

We go the extra mile to do more than just make food, by making food with thought.



## THINK QUALITY

From the first bite to the last sip, you can taste the difference.

All our food is made only with free-range eggs.

Our burger patties are made with a 100% pure mix of the best prime cuts.

Our coffee is globally-sourced, locally-roasted & professionally poured.


We leave the skin on our fries because they're more nutritious that way.




## THINK WELLNESS

We do our best to offer you more and more, no matter your dietary requirements.

To help you make more informed choices, kilojoule counts are listed next to each meal & you can find the full nutritional guide on our website.

We've partnered with Chef Mokgadi Itsweng to bring you more and more choices that are better for you & the planet – find them using the  symbol.

We're Vitality HealthyDining partners – find approved meals using the  symbol.



## THINK COMMUNITY

We understand that a meal is only as good as the ingredients that were used to prepare it, so we source the majority from local farmers & suppliers.

We've been committed to raising awareness & funds for kids affected by childhood cancer for over a decade through our partnership with Cupcakes of Hope.



## GET MORE WITH OUR LOYALTY APP

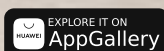
We created the Mugg & Bean Loyalty App so that you can get something extra every time you visit us.

Scan the QR code on your bill to earn cashback rewards in the form of Beans & use them to settle your next bill.

Go cardless: link your bank card to make quick, easy & safe payments. Show some generosity by sending a voucher to somebody special. Enjoy more special offers & the latest news.



SCAN TO DOWNLOAD OUR LOYALTY APP



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

# THE ROASTERY

Our baristas pour their passion & professionalism into every cup of coffee they make. Whether you like a creamy & velvety cappuccino or a reliable & robust filter coffee, we offer a variety of creations to satisfy your craving. We know that you have discerning tastes, so we've provided milk alternatives too.

Soy milk no charge | Almond milk\*\* +10 | Oat Milk +10 | Decaf +4 | Whipped cream +10

## ESPRESSO

Single shot of espresso.

24 | 1 kJ

## DOPPIO ESPRESSO

Double shot of espresso.

28 | 2 kJ

## AMERICANO

Double shot of espresso with hot water.

32 | 151 kJ

\*May contain nuts

\*\*Contains nuts

## FLAT WHITE NEW

Double shot of espresso with texturised milk.

35 | 394 kJ

## CAPPUCCINO

Espresso with texturised milk.

Short (single shot): 33 | 366 kJ

Easy (double shot): 36 | 479 kJ

Serious (double shot): 42 | 760 kJ

## CAFFÈ LATTE

Single shot of espresso with texturised milk.

39 | 705 kJ

## GINGERBREAD LATTE

NEW 43 | 1568 kJ

Double shot of espresso with texturised milk & gingerbread syrup. Served with mini gingerbread cookies.

## CAFFÈ MOCHA

Hot chocolate & a shot of espresso with texturised milk.

42 | 1190 kJ

Add Hazelnut Syrup\*

+7 | 136 kJ

## FILTER COFFEE

Our coffee beans are locally roasted & ground.  
Choose between **HOUSE BLEND** or **MOCCA JAVA**.

## SINGLE CUP NEW

29 | 151 kJ

## BOTTOMLESS

39 | 151 kJ

Served & charged per person.  
Unfortunately, sharing is not allowed.



Cappuccino

NEW

Gingerbread Latte

Americano



# BREAKFAST & BRUNCH

Served all day

## OMELETTES

Three-egg or egg white omelette. Served with buttered white, wholewheat or rye toast.

**NEW** Buttered sourdough toast +4 | 1220 kJ

### CALIFORNIA

Filled with cheddar, mozzarella & fresh basil. Topped with avo<sup>^</sup>, beef macon, feta & basil pesto\*\* mayo. Served with roasted rosemary cherry tomatoes.

134 | 5659 kJ

### RANCHEROS 129 | 6404 kJ

Filled with cheddar, mozzarella & shakshuka sauce. Topped with spicy beef macon bits, avo<sup>^</sup>, baby potatoes, charred corn, cherry tomatoes & sriracha mayo. Served with sour cream.

### CREATE YOUR OWN

54 | 2415 kJ

#### FILLINGS:

Onion	+11   84 kJ
Tomato	+14   67 kJ
Herbed Mushrooms	+30   270 kJ
Cheddar	+22   679 kJ
Mozzarella	+22   589 kJ
Beef Macon	+25   400 kJ
Pastrami	+29   369 kJ

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

## EGGS BENEDICT

Two poached eggs, hollandaise sauce & a toasted English muffin.

★ | For a healthier option, order without an English muffin

### CLASSIC

Topped with pastrami. Served with grilled tomato & a hash brown.

99 | 4748 kJ

### BIG BEN

Topped with baby spinach, grilled tomato, hash browns, cheddar, pastrami, beef macon & battered onion rings.

125 | 5593 kJ

### SOUTH AFRICAN

Topped with a boerewors patty & corn chakalaka.

112 | 3423 kJ

Add two hash browns

+24 | 1204 kJ

## BAGELS

### BREAKFAST

Buttered & toasted bagel\*, beef macon, scrambled egg, rocket, tomato chutney & basil pesto\*\* hollandaise sauce.

74 | 3279 kJ

### BEEF MACON & BLUEBERRY

Buttered & toasted bagel\*, cream cheese, beef macon, blueberry & vanilla coulis, candied walnuts\*\* & honey.

84 | 3610 kJ

<sup>^</sup>Subject to availability <sup>\*\*</sup>Contains nuts <sup>\*</sup>May contain nuts



South African Benedict

Ranjeros Omelette




## NUTRITIOUS & DELICIOUS

### SPICY BEANS ON TOAST 54

2270 kJ / 1633 kJ / 1663 kJ

Spiced tomato four bean medley served on buttered & toasted sourdough with a poached egg & pea pesto.

For a healthier option, choose wholewheat or rye. 



Story behind the dish

### VEG ROSTI\*

Two veg rostis topped with pea pesto, herbed mushrooms & pickled cherry tomatoes.

65 | 3393 kJ



Story behind the dish

### AVO^ ON TOAST

Cucumber, baby spinach, lemon zest & sesame seeds<sup>o</sup> on lightly buttered wholewheat or rye toast.

69 | 1358 kJ / 1388 kJ

 Buttered sourdough toast<sup>o</sup> +4 | 1220 kJ

### LOW-CARB BREAKFAST

Two poached eggs, grilled halloumi, avo^, sautéed baby spinach & roasted rosemary cherry tomatoes.

104 | 2877 kJ

### YOGHURT, FRUIT & NUT BOWL

Full-cream plain yoghurt, fresh seasonal fruit, honey & a sprinkle of walnuts\*\*.

86 | 1386 kJ

<sup>^</sup>Subject to availability

<sup>o</sup>Contains sesame seeds

\*\*Contains nuts

\*May contain nuts

<sup>o</sup>Excluded from HealthyDining



Spicy Beans On Toast

## CLASSICS

Fried, scrambled or poached eggs. Served with buttered white, wholewheat or rye toast.

 Buttered sourdough toast +4 | 1220 kJ

### ON-THE-GO

Two eggs, beef macon & grilled tomato.

64 | 3261 kJ

### CLASSIC

Two eggs, honey-glazed beef macon, grilled tomato & a hash brown. Served with rosemary-salted skin-on fries.

84 | 6516 kJ

### SOUTH AFRICAN FARM

Two eggs, beef macon, a hash brown, grilled tomato & boerewors topped with tomato chutney.

129 | 8225 kJ

Add a veg rosti\* +9 | 2632 kJ

Add a sweetcorn fritter +19 | 1841 kJ

Add a portion of chicken livers +32 | 3053 kJ

Add a 200g rump steak +119 | 1133 kJ

## SOMETHING DIFFERENT

### SWEETCORN FRITTER STACK

Cheddar & spring onion sweetcorn fritters, beef macon, roasted rosemary cherry tomatoes, avo^ & ranch dressing. Served with buttered white, wholewheat or rye toast.

99 | 2850 kJ

 Buttered sourdough toast +4 | 1220 kJ



Sweetcorn Fritter Stack



Beef Macon & Blueberry Bagel



# FRESH SALADS

## MOROCCAN BUTTERNUT & CHICKPEA

Roasted butternut, spiced chickpeas, candied walnuts\*\*, cherry tomatoes, feta & spring onions with mixed lettuce. Served with honey mustard dressing.

Light: **59** | 1466 kJ

Regular: **89** | 2520 kJ

## MONTE CRISTO

Beef strips, macon bits, avo<sup>^</sup>, blue cheese, cherry tomatoes & spring onion with mixed lettuce. Served with honey mustard dressing & bagel\* melba toast.

Light: **99** | 2763 kJ

Regular: **159** | 4519 kJ

## JERK CHICKEN & WILD RICE

Spiced jerk chicken skewers & pineapple chutney on chilled wild rice, sweetcorn, mixed peppers & kidney bean salad. Tossed with a citrus honey mustard dressing.

Light: **84** | 3165 kJ

Regular: **149** | 5498 kJ

<sup>^</sup>Subject to availability

<sup>^</sup>Contains sesame seeds

\*\*Contains nuts

\*May contain nuts

# MIX, MATCH & SHARE

## SESAME-CRUSTED<sup>°</sup> CHICKEN STRIPS

Buttermilk fried chicken strips with sweet chilli dipping sauce.

74 | 3134 kJ

## SPICY BUFFALO CHICKEN WINGS<sup>^</sup>

300g, deep-fried & coated in hot sauce. Served with blue cheese dipping sauce.

92 | 3463 kJ

## SHARING PLATTER

Deep-fried halloumi, sesame-cruste<sup>°</sup>d chicken strips, spicy buffalo chicken wings<sup>^</sup>, battered onion rings & falafels, served with sweet chilli & blue cheese dipping sauces.

220 | 9788 kJ

## MINI BURGER<sup>°</sup> PLATTER

Two boerewors patty & cheddar, two buttermilk chicken & two falafel.

195 | 7304 kJ

## MEATY SHARING PLATTER 220 | 10724 kJ

Beef empanadas, BBQ basted boerewors bites, jerk chicken skewers, chargrilled beef rashers & crushed baby potatoes. Served with shakshuka & green herb dipping sauces.



Monte Cristo Salad

**NEW**

Meaty Sharing Platter



# DELICIOUSLY FILLING

## TOASTED SANDWICHES

Buttered & toasted white, wholewheat or rye bread.  
Served with rosemary-salted skin-on fries, sweet potato fries or a side salad.

**NEW** Buttered sourdough +8 | 2440 kJ

### CHEDDAR & TOMATO

69 | 5136 kJ

### CHICKEN MAYO

78 | 5297 kJ

### BEEF MACON & EGG

86 | 5706 kJ

## BAGELS

Buttered & toasted bagel\*, served with rosemary-salted skin-on fries, sweet potato fries or a side salad.

### SMOKED TROUT

Herbed cream cheese with red onion & cucumber salad.

105 | 4586 kJ

### PASTRAMI

Mustard mayo, rocket, gherkins, jus & battered onion rings.

92 | 5790 kJ

<sup>^</sup>Subject to availability

<sup>°</sup>Contains sesame seeds

<sup>\*\*</sup>Contains nuts

<sup>\*M</sup>ay contain nuts

<sup>°</sup>Excluded from HealthyDining

## OPEN SANDWICHES

**NEW** Buttered sourdough toast<sup>°</sup>

+4 | 1220 kJ

### SMOKED TROUT

Cucumber ribbons, cream cheese, chives, red onion, lemon zest & black pepper.

Served on lightly buttered wholewheat or rye toast.

105 | 2105 kJ / 2135 kJ

### MEDITERRANEAN VEG

Grilled mixed peppers, roasted rosemary cherry tomatoes, basil pesto\*\* mayo, kalamata olives, feta & shakshuka sauce.

Served on wholewheat or rye toast.

54 | 2154 kJ / 2184 kJ

### SMASHED CHICKPEA MAYO

Hummus<sup>°</sup>, red apple, red onion & cucumber.

Served on wholewheat or rye toast.

49 | 1919 kJ / 1948 kJ



Story behind the dish

### ALABAMA CHICKEN STACK 126 | 7415 kJ

Shredded chicken breast, tomato, beef macon & melted mozzarella on buttered sourdough toast. Topped with mustard cheddar sauce, honey mustard dressing & avo<sup>^</sup>. Served with rosemary-salted skin-on fries, sweet potato fries or a side salad.



Alabama Chicken Stack

Smoked Trout Open Sandwich



Smashed Chickpea Mayo Open Sandwich





# GOURMET BURGERS

Served on a sesame brioche bun<sup>o</sup>, with rosemary-salted skin-on fries, sweet potato fries or a side salad.

Our premium BBQ basted 100% beef patties are carefully crafted from only the finest prime cuts. They are cooked medium for more and more flavour, unless requested otherwise.

## BBQ CHEDDAR

Layered with gherkins, tomato, burger mayo, red onion & lettuce.

129 | 5989 kJ

## AVO<sup>^</sup>, BEEF MACON & FETA

Layered with gherkins, tomato, burger mayo, red onion & lettuce.

149 | 7297 kJ

## BIG DADDY

Layered with gherkins, tomato, burger mayo, red onion & lettuce. With a fried egg, beef macon, pastrami & cheddar. Topped with battered onion rings.

165 | 9814 kJ

## CHILLI MACON JAM & FETA 145 | 6058 kJ

With chilli macon jam, whipped feta & rocket.

## FALAFEL <sup>v</sup>

Deep-fried herbed chickpea bites, red onion & cucumber salad, rocket, spiced honey & herbed yoghurt.

79 | 4819 kJ

## BUTTERMILK CHICKEN

Sesame-crusted<sup>o</sup> fried chicken strips, rainbow slaw, grated Parmesan, tomato, honey citrus reduction, burger mayo & lettuce.

115 | 5770 kJ

★ Our fries are locally sourced & we leave the skin on to retain nutrients & reduce waste

<sup>^</sup>Subject to availability  
<sup>o</sup>Contains sesame seeds



Buttermilk Chicken  
Gourmet Burger

Big Daddy  
Gourmet Burger

Chilli Macon  
Jam & Feta  
Gourmet Burger



# HEARTY & GENEROUS

## SORGHUM NOURISH BOWL

**NEW** **VN** 99 | 3856 kJ

Spiced tomato & herb sorghum, sautéed tenderstem broccoli, herbed mushrooms & falafels.

Served with a green herb dressing.



Story behind the dish

## LOCAL BRAAI PLATE

Rosemary & lemon lamb loin chop, spiced jerk chicken skewers, BBQ basted boerewors & a sourdough braai broodjie. Served with creamy coleslaw or potato salad.

210 | 9700 kJ

## CHIPOTLE CHICKEN LIVERS

Pan-fried in a cream, red onion, garlic & smoky chipotle sauce. Served with buttered & toasted sourdough.

74 | 4659 kJ

## FAMOUS ROASTED TOMATO & BASIL SOUP **V**

Topped with basil pesto\*\* & served with a toasted white, wholewheat or rye mozzarella sandwich.

82 | 6321 kJ

**NEW** Buttered sourdough

+8 | 2440 kJ

## SESAME-CRUSTED° BEEF\* & VEG BOWL

Egg-fried basmati rice, stir-fried veg, avo^, spring onion & crispy ginger slices with honey-soy sauce.

149 | 6548 kJ

Substitute beef for sesame-cruste° chicken strips\*

125 | 4785 kJ

Served with rosemary-salted skin-on fries, sweet potato fries or a side salad.

## RIB & WING COMBO

200g Chargrilled BBQ beef ribs & BBQ buffalo chicken wings^.

189 | 9455 kJ

## GRILLED RUMP STEAK

BBQ basted 250g rump, topped with herb butter. Served with battered onion rings & jus.

215 | 6665 kJ

## PIT BOSS BBQ GRILL

BBQ basted 200g rump, chargrilled beef rashers, boerewors, BBQ buffalo chicken wings^ & grilled corn on the cob. With a creamy mustard cheddar dipping sauce.

249 | 10335 kJ

## SWEET & SPICY WINGS & BBQ RUMP

Deep-fried coated buffalo chicken wings^ tossed in sweet & spicy hot sauce, with a chargrilled BBQ basted 250g rump.

245 | 7826 kJ

^Subject to availability

°Contains sesame seeds

\*\*Contains nuts

\*May contain nuts

Rib & Wing Combo

**NEW**

Sorghum Nourish Bowl

Local Braai Plate





# FRESHLY BAKED

Our cakes, pies, tarts & muffins are freshly baked on site by our skilled Master Bakers with delicious locally sourced ingredients, so that you always get a taste of home. As everything is fresh, our selection may vary. If your favourite isn't available today, how about trying something new?

## PIE OR TART SLICE<sup>\*\*</sup>

Served with ice cream or whipped cream.

69 | 4521 kJ

## CAKE SLICE<sup>\*\*</sup>

69 | 5966 kJ

Add ice cream or whipped cream.

+16 | 263 kJ / 441 kJ

## FAMOUS GIANT MUFFIN<sup>\*\*</sup> 45 | 4662 kJ

Add butter, strawberry jam & cheddar.

+10 | 926 kJ

Available in sweet or savoury options. Made from scratch with the same recipe for over two decades.

<sup>^</sup>Subject to availability <sup>\*</sup>May contain nuts



Lemon Meringue  
Slice

Cinnamon  
Pancake

NEW

Cherry Bakewell  
Tart



# HOT & CHILLED DRINKS

## HOT

### CARIBBEAN MOCHA

Coconut, coffee & chocolate flavours with texturised milk.

54 | 1257 kJ

### RED CAPPUCCINO®

With texturised milk.

Easy: 44 | 562 kJ

Serious: 49 | 844 kJ

### CINNAMON PANCAKE 49 | 2071 kJ

White hot chocolate with texturised milk, maple flavoured syrup & mini pancakes.

## BOTTOMLESS

| Served & charged per person.  
| Unfortunately, sharing is not allowed.

### HOT CHOCOLATE

With texturised milk.

55 | 1466 kJ

### DRAGON FRUIT & RASPBERRY FIZZ KIWI & WATERMELON FIZZ

52 | 300 kJ / 821 kJ

### LEMONADE

52 | 783 kJ

### PEACH ICED TEA

52 | 1747 kJ

Strawberry, Hibiscus  
& Ginger Slush

## CHILLED

### CHINO MUGGACHINO

Refreshingly blended iced coffee.

49 | 1083 kJ

### STRAWBERRY, HIBISCUS & GINGER SLUSH

72 | 319 kJ



Story behind  
the drink

### COLD BEVERAGES

SOFT DRINKS 

29 | 636 kJ

NO SUGAR SOFT DRINKS 

28 | 5 kJ

### FRUIT JUICE

Ask our team about available options.

### DOUBLE THICK MILKSHAKES

CHOCOLATE | VANILLA | STRAWBERRY | BUBBLEGUM | LIME

Small (270ml)

Medium (350ml)

Large (460ml)

42 | 1332 kJ

49 | 1887 kJ

54 | 2886 kJ

### SUMMER SHAKES (350ML) 57

LEMON MERINGUE

3102 kJ

PEPPERMINT CRISP®

3524 kJ

NEW

Citrus & Ginger  
Muffin



OREO® Whispers  
Cheesecake Slice





# #MYMUGGTABLE

Love what you see on your table?  
Snap a photo & post it using #MyMuggTable &  
we could be featuring you on our social media pages!

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



**FOOD**  
WITH THOUGHT

We don't just make food. We make food with thought. Visit our website to find out how we make food that's good for the environment, for local communities & for you.



Scan here to  
view nutritional &  
allergen info



Discovery Vitality members get up to 25% back on all qualifying HealthyDining meal options, plus 50% back on Vitality kids' HealthyDining meals for under 12s. To get your rewards, activate HealthyDining on the Discovery app, purchase a Mugg & Bean HealthyDining meal (you can spot it with the 'V' indicator), and scan your receipt in the HealthyDining section of the Discovery app. Discovery Vitality (Pty) Ltd. Registration number: 1999/007736/07. Limits, terms and conditions apply.

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. 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. While stocks last.



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Mugg & Bean cares.  
Please recycle.

*Halal Winter 2023. Prices quoted in rands & inclusive of VAT.*