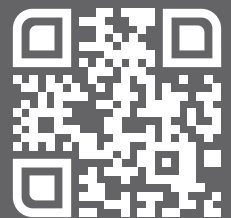




MUGG & BEAN

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

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

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 & the full nutritional guide is on our website.

In partnership with Chef Mokgadi Itsweng, we're offering more delicious choices made with future thinking, locally sourced ingredients like sorghum & beans. Make sure to also try our new dairy-free shakes, made with coconut milk. Find them using the  symbol.

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



THINK COMMUNITY

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 expanded our partnership with Cupcakes of Hope by raising over R2,8 million in the past year. We are committed to continuing to raise awareness & funds for kids affected by childhood cancer.

As part of the YES (Youth Employment Service) Programme we permanently placed 22 young black South Africans in our restaurants.

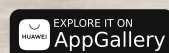


GET MORE WITH OUR NEW LOYALTY APP

1. Earn reward Beans & spend them any time
2. Link your bank card to make quick, safe & contactless payments
3. Order ahead & collect conveniently
4. Get your Coffee Subscription & save



SCAN TO DOWNLOAD OUR NEW 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 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

Double shot of espresso with texturised milk.

35 | 394 kJ

CAPPUCCINO

Espresso with texturised milk.

Short (single shot): 33 | 366 kJ

Easy (double shot): 37 | 479 kJ

Serious (double shot): 42 | 760 kJ

CAFFÈ LATTE

Single shot of espresso with texturised milk.

39 | 705 kJ

CORTADO NEW

30 | 170 kJ

Double shot of espresso with an equal amount of texturised milk.

CAFFÈ MOCHA

Hot chocolate & a single shot of espresso with texturised milk.

44 | 1190 kJ

Add Hazelnut Syrup*

+8 | 136 kJ

FILTER COFFEE

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

SINGLE CUP

29 | 151 kJ

BOTTOMLESS

39 | 151 kJ

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



Americano

Cappuccino



NEW

Cortado



BREAKFAST & BRUNCH

Served all day

OMELETTES

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

Buttered sourdough toast +4 | 1220 kJ

CALIFORNIA

Filled with cheddar, mozzarella & fresh basil. Topped with avo[^], beef macon, feta & basil pesto** mayo. Served with roasted rosemary cherry tomatoes.

139 | 5659 kJ

RANCHEROS

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

135 | 6404 kJ

CREATE YOUR OWN

57 | 2415 kJ

FILLINGS:

Onion	+12		84 kJ
Tomato	+15		67 kJ
Herbed Mushrooms	+32		270 kJ
Cheddar	+22		679 kJ
Mozzarella	+22		589 kJ
Beef Macon	+27		400 kJ
Pastrami	+31		369 kJ

BAGELS

BREAKFAST

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

79 | 3279 kJ

BEEF MACON & BLUEBERRY

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

89 | 3610 kJ

EGGS BENEDICT

Two poached eggs, hollandaise sauce & a toasted 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.

129 | 5593 kJ

SOUTH AFRICAN

Topped with a boerewors patty & corn chakalaka.

116 | 3423 kJ

Add two hash browns

+28 | 1204 kJ

BUFFALO CHICKEN & BLUE CHEESE NEW 119 | 3883 kJ

Sesame-crusted^o chicken strips coated in hot sauce, blue cheese crumbles & an extra drizzle of hot sauce.

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

^oSubject to availability

**Contains nuts

*May contain nuts

^oContains sesame seeds

NEW

Buffalo Chicken & Blue Cheese Eggs Benedict



Beef Macon & Blueberry Bagel

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.

65 | 3261 kJ

CLASSIC

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

89 | 6516 kJ

SOUTH AFRICAN FARM

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

137 | 8225 kJ

Add a sweetcorn fritter +21 | 1841 kJ

Add a portion of chicken livers +34 | 3053 kJ

Add a 200g rump steak +132 | 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.

106 | 3618 kJ

Buttered sourdough toast +4 | 1220 kJ

APPLE CRUMBLE FRENCH TOAST


67 | 3231 kJ **NEW** 

Sourdough French toast, caramelised apple wedges, fresh strawberries, gingerbread cookie crumble & butterscotch sauce. Served with whipped cream.

NUTRITIOUS & DELICIOUS

SPICY BEANS ON TOAST

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

For a healthier option, choose wholewheat or rye. 

59 | 2270 kJ / 1633 kJ / 1663 kJ

AVO[^] ON TOAST

Cucumber, baby spinach, lemon zest & sesame seeds^o on lightly buttered wholewheat or rye toast.

74 | 1358 kJ / 1387 kJ

Buttered sourdough toast^o +4 | 1220 kJ

LOW-CARB BREAKFAST

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

112 | 2877 kJ

YOGHURT, FRUIT & NUT BOWL

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

94 | 1386 kJ

[^]Subject to availability

^oContains sesame seeds

^{**}Contains nuts

^oExcluded from HealthyDining



Story behind the dish



Spicy Beans On Toast

Low-Carb Breakfast

NEW

Apple Crumble French Toast

FRESH SALADS

MONTE CRISTO

Beef strips, beef macon bits, avo^o, blue cheese, cherry tomatoes & spring onion with mixed lettuce. Served with honey mustard dressing & bagel* melba toast.

Light: 99 | 2516 kJ

Regular: 174 | 3896 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: 89 | 3165 kJ

Regular: 162 | 5498 kJ

MOROCCAN BUTTERNUT & CHICKPEA

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

Light: 62 | 1466 kJ

Regular: 92 | 2520 kJ

SUMMER NOURISH

Grilled halloumi, chilled sorghum, beetroot hummus^o, red onion, cucumber, pickled cherry tomatoes & fresh herbs.

Served with a honey citrus dressing.

Regular: 89 | 2603 kJ



Story behind the dish

MIX, MATCH & SHARE

SESAME-CRUSTED CHICKEN STRIPS

Buttermilk fried chicken strips^o with sweet chilli dipping sauce.

79 | 3134 kJ

SPICY BUFFALO CHICKEN WINGS

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


95 | 3463 kJ

SHARING PLATTER

Deep-fried halloumi, sesame-cruste^o chicken strips, spicy buffalo chicken wings, battered onion rings & falafels, served with sweet chilli & blue cheese dipping sauces.

229 | 9788 kJ

MINI BURGER^o PLATTER

Boerewors Patty & Cheddar
Buttermilk Chicken
Falafel 

One of each: 99 | 3652 kJ

Two of each: 198 | 7304 kJ

MEATY SHARING PLATTER

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

234 | 10724 kJ

^oSubject to availability

^oContains sesame seeds

**Contains nuts

*May contain nuts



Monte Cristo Salad



NEW

Summer Nourish Salad



Mini Burger 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.

Buttered sourdough

+8 | 2440 kJ

CHEDDAR & TOMATO

72 | 5136 kJ

CHICKEN MAYO

82 | 5297 kJ

BEEF MACON & EGG

89 | 5706 kJ

CROQUE MADAME

95 | 6075 kJ

Pastrami, cheddar, sautéed onions & creamy mustard cheddar sauce on buttered & toasted sourdough.
Topped with melted cheddar & a fried egg.

BAGEL

SMOKED TROUT

Buttered & toasted bagel*, herbed cream cheese, red onion & cucumber salad. Served with rosemary-salted skin-on fries, sweet potato fries or a side salad.

112 | 4586 kJ

*Subject to availability

°Contains sesame seeds

**Contains nuts

*May contain nuts

°Excluded from HealthyDining

Smoked Trout
Open Sandwich

NEW

Croque Madame

OPEN SANDWICHES

SMOKED TROUT

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

Served on lightly buttered wholewheat or rye toast.

112 | 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.

59 | 2155 kJ / 2184 kJ

SMASHED CHICKPEA MAYO

Hummus°, red apple, red onion & cucumber.
Served on wholewheat or rye toast.

52 | 1919 kJ / 1948 kJ

Buttered sourdough toast°

Story behind
the dish

+4 | 1220 kJ

ALABAMA CHICKEN STACK

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

129 | 6201 kJ

Alabama Chicken
Stack



GOURMET BURGERS

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

Our premium BBQ basted beef patties are carefully crafted from 100% beef.

They are cooked medium for more and more flavour, unless requested otherwise.

BBQ CHEDDAR

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

134 | 5989 kJ

AVO[^], BEEF MACON & FETA

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

154 | 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.

169 | 9814 kJ

CHILLI BEEF MACON JAM & FETA 149 | 6058 kJ

With chilli beef macon jam, whipped feta & rocket.

FALAFEL ^v

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

84 | 4819 kJ

BUTTERMILK CHICKEN

Sesame-crusted^o fried chicken strips, rainbow slaw, grated Parmesan, tomato, honey citrus dressing, burger mayo & lettuce.

122 | 5770 kJ

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

[^]Subject to availability

^oContains sesame seeds

Chilli Beef Macon Jam & Feta Gourmet Burger

Buttermilk Chicken Gourmet Burger

Falafel Gourmet Burger



HEARTY & GENEROUS

HEARTY NOURISH BOWL

Spiced tomato & herb sorghum, sautéed broccoli, roasted butternut & falafels. Served with a green herb dressing.

99 | 4333 kJ



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.

219 | 9700 kJ

CHIPOTLE CHICKEN LIVERS

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

79 | 4659 kJ

FAMOUS ROASTED TOMATO & BASIL SOUP

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

86 | 6321 kJ

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.

159 | 6548 kJ

Substitute beef for sesame-cruste° chicken strips*

134 | 4785 kJ

^Subject to availability

°Contains sesame seeds

**Contains nuts

*May contain nuts

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.

194 | 9455 kJ

GRILLED RUMP STEAK

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

232 | 6665 kJ

PIT BOSS BBQ GRILL 266 | 10335 kJ

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

SWEET & SPICY WINGS & BBQ RUMP

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

259 | 7826 kJ

Sesame-Cruste° Beef & Veg Bowl

Grilled Rump Steak

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**

Served with ice cream or whipped cream.

75 | 4521 kJ

CAKE SLICE**

75 | 5966 kJ

Add ice cream or whipped cream.

+18 | 263 kJ / 441 kJ

FAMOUS GIANT MUFFIN** 47 | 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.

**Subject to availability *May contain nuts*

Citrus & Ginger
Giant Muffin

Lemon Meringue
Pie

Roasted Pineapple
& Coconut
Cheesecake

Cherry Bakewell
Tart



HOT & CHILLED DRINKS

HOT

CARIBBEAN MOCHA

Coconut, coffee & chocolate flavours with texturised milk.

56 | 1257 kJ

RED CAPPUCCINO®

With texturised milk.

Easy: 44 | 562 kJ

Serious: 49 | 844 kJ

BOTTOMLESS

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

HOT CHOCOLATE

With texturised milk.

59 | 1466 kJ

FRUITY FIZZES 54

KIWI & WATERMELON 821 kJ

APPLE, MELON & MINT **NEW** 662 kJ

ZESTY LITCHI **NEW** 647 kJ

LEMONADE

54 | 783 kJ

PEACH ICED TEA

54 | 1747 kJ

CHILLED

CHINO MUGGACHINO

Refreshingly blended iced coffee.

49 | 1083 kJ

STRAWBERRY, HIBISCUS & GINGER SLUSH **M**

74 | 319 kJ



Story behind the drink

COLD BEVERAGES

SOFT DRINKS **Coca-Cola**

29 | 496 kJ

NO SUGAR SOFT DRINKS **Coca-Cola**

28 | 0 kJ

CLASSIC MILKSHAKES^ & FRUIT JUICES^

Ask our team about available options.

SUMMER SHAKES

62

LEMON MERINGUE

3102 kJ

PEPPERMINT CRISP®

3524 kJ

CHERRY & LEMON **NEW**

2806 kJ

COCONUT MILK SHAKES **M** **NEW** **VN** 65

Refreshing dairy-free blend of coconut cream, oat milk & maple flavoured syrup.

CHOCOLATE* 4275 kJ

PISTACHIO* & WHITE CHOCOLATE 4863 kJ



Story behind the drinks

^Subject to availability

*May contain nuts

NEW

Chocolate Coconut Milk Shake

NEW

Apple, Melon & Mint Fizz

NEW

Cherry & Lemon Summer Shake



★
#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



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.

Halaal Summer 2023. Prices quoted in rands & inclusive of VAT.