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HOW WE MAKE



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.

We are committed to only using 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, lentils & beans.

Find Mokgadi's creations using the M 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.

Together with our partners, Cupcakes of Hope, we are committed to raising awareness & funds for kids affected by childhood cancer.

As part of the YES (Youth Employment Service) Programme, we continue to employ young black South Africans in our restaurants every year.

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



Mokgadi's Creations



TRY OUR NEW AFFOGATOS Nutella® Affogato Single shot of espresso, ice cream, Nutella®** & a mini choc-chip cookie. 39 | 1500 kJ Biscoff® Affogato Single shot of espresso, ice cream, Biscoff® spread & a Biscoff® cookie. **39** | 1319 kJ October 2025

TRY OUR NEW HEALTHY BREAKFASTS



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 Espresso: Single +7 Double +14 | Whipped cream +13 Syrups +10: Vanilla | Hazelnut* | Caramel | Apple Pie

Espresso

Single shot. **30** | 11 kJ

Doppio EspressoDouble shot.

32 | 23 kJ

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

38 | 183 kJ Biscoff® NEW
Nutella®** NEW **39** 643 kJ **44** | 602 kJ

Flat White

Double shot of espresso with **39** | 637 kJ

Caffè Latte

Single shot of espresso with texturised milk.

45 | 679 kJ

Cappuccino

Short (Single Shot) Easy (Double Shot) **39** | 569 kJ 45 Serious (Double Shot) 49 | 1224 kl

Americano

Double shot of espresso with hot water. **39** | 76 kj

Caffè Mocha

Hot chocolate & a single shot of espresso with texturised milk. **52** | 1111 kJ

CHILLED

Iced Latte NEW

Single shot of espresso, cold milk, ice & milk foam.

39 | 438 kJ

Chino Muggachino

Refreshingly blended iced coffee.

Spanish Latte

Single shot of espresso with texturised milk & condensed milk.

FILTER COFFEE

Our coffee beans are locally roasted & ground. Choose between House Blend or Mocca Java.

Bottomless Single Cup **49** | 76 kj 35 | 76 kj

Unfortunately, sharing is not allowed.

Served & charged per person.

59 | 1323 kJ **39** | 474 kJ Cortado October 2025

HOT & CHILLED DRINKS

HOT

Caribbean Mocha
Coconut, coffee & chocolate flavours with texturised milk.
65 | 1486 kJ

Strawberry, Hibiscus & Ginger Slush

Red Cappuccino®

With texturised milk. 49 | 1353 kJ

Pot of Tea

Five Roses® Rooibos **30** | 139 kJ

CHILLED

Soft Drinks 🧀

No Sugar Soft Drinks 60 34 | 15 kJ

Slushes
Pineapple & Cucumber **6 59** | 873 kJ



Strawberry, Hibiscus & Ginger **69** | 452 kJ









BREAKFAST & BRUNCH

Served all day.

EGGS BENEDICT

Poached egg, hollandaise sauce & a toasted English muffin.

Classic

Topped with hickory ham. Served with grilled tomato & a hash brown.

SINGLE **69** | 2892 kl DOUBLE **114** | 4187 kJ

South African

Topped with a boerewors patty & corn chakalaka.

SINGLE **77** | 3270 kJ DOUBLE **129** | 5745 kJ

Topped with baby spinach, grilled tomato, hash brown, cheddar, hickory ham, back bacon & a battered onion ring.

SINGLE 89 | 2871 kJ DOUBLE 145 | 5711 kJ

Buffalo Chicken & Blue Cheese

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

SINGLE 79 | 2600 kj DOUBLE 129 | 4404 kJ

152 | 5088 kJ

Filled with cheddar, mozzarella & fresh basil. Topped with avo, back bacon, feta & basil pesto** mayo. Served with roasted rosemary cherry tomatoes.

+6 | 1548 kl

Three-egg or egg white omelette. Served with buttered

Rancheros

California

OMELETTES

white, wholewheat or rye toast. Buttered sourdough toast

Filled with cheddar, mozzarella & shakshuka sauce. Topped with spicy bacon bits, avo, baby potatoes, charred corn, cherry tomatoes & chilli mayo. Served with sour cream.

149 | 5046 kJ

Create Your Own FILLINGS:	65	1724 kJ
Onion	+11	100 kJ
Tomato	+14	70 kJ
Herbed Mushrooms	+29	188 kJ
Cheddar	+19	646 kJ
Mozzarella	+22	533 kJ
Bacon Bits	+14	331 kJ
Hickory Ham	+36	352 kJ

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



CLASSICS

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

Buttered sourdough toast

+6 | 1548 kl

On-The-Go

Two eggs, back bacon & grilled tomato. **69** | 3014 kJ

Classic

Two eggs, honey-glazed back bacon, grilled tomato & a hash brown. Served with rosemary-salted skin-on fries. **99** | 4758 kl

South African Farm

Two eggs, back bacon, a hash brown, grilled tomato & boerewors topped with tomato chutney. **149** | 7390 kJ

Hearty Grill

100g BBQ basted rump, back bacon, a pork banger, two eggs, a hash brown, grilled tomato & herbed mushrooms. 179 | 5157 kJ

Nutritious & Delicious

Avo^ On Toast 🕜 🛛

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

85 1151 kj / 1252 kj

Low-Carb Breakfast 🕜 🛛



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

Something Different

Spicy Beans On Toast 🕪 🛛

a poached egg & pea pesto.







For a healthier option, choose wholewheat or rye. 🕜 **69** | 1946 kj / 1798 kj / 2022 kj

Breakfast Bagel

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

89 | 3539 kJ

Sweetcorn Fritter Stack

Cheddar & spring onion sweetcorn fritters, back bacon, roasted rosemary cherry tomatoes, avoî & ranch dressing. Served with buttered white, wholewheat or rye toast.

119 | 3902 k/

Buttered sourdough toast

+6 | 1548 kJ



FRESH SALADS

Monte Cristo

Beef strips, bacon bits, avo, blue cheese, cherry tomatoes & spring onion with mixed lettuce.
Served with honey mustard dressing & bagel*

Light **125** | 2520 kJ Regular **199** | 3892 kJ

Summer Nourish 🐠 🅐 🛚
Feta, chilled sorghum, lentils, beetroot hummus, red onion,



cucumber, cherry tomatoes & fresh herbs. Served with a honey citrus dressing. Regular **85** | 1581 kJ

Asian Crispy Veg Fresh Salad WW

Cucumber, carrot, red cabbage, cherry tomatoes, coriander, mint & spring onion. Served with veg pakoras &

OPEN SANDWICHES

Mediterranean Veg 🕜 🛛

Grilled mixed peppers, roasted rosemary cherry tomatoes, basil pesto** mayo, Kalamata olives, feta & shakshuka sauce. Served on wholewheat or rye toast.

67 | 1479 kJ / 1581 kJ

Smoked Trout ©

Cucumber ribbons, cream cheese, chives, red onion, lemon zest & black pepper. Served on lightly buttered wholewheat or rye toast.

127 | 1473 kJ / 1567 kJ

Sesame-crusted beef strips in Asian BBQ sauce, grilled peppers & cabbage, pickled ginger, sesame seeds & spring onion on buttered & toasted sourdough. Served with rosemary-salted skin-on fries, sweet potato fries or a side salad.

117 | 3498 kj



TOASTED **SANDWICHES**

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

Cheddar & Tomato

79 | 3845 kJ

Chicken Mayo 89 | 3985 kJ

Back Bacon & Egg

Alabama Chicken Stack

Shredded chicken breast, tomato, back bacon & melted mozzarella on buttered sourdough toast. Topped with mustard cheddar sauce, honey mustard dressing & avo.

145 | 4977 kj

Croque Madame
Hickory ham, cheddar, sautéed onions & creamy
mustard cheddar sauce on buttered & toasted
sourdough. Topped with melted cheddar & a fried egg. **105** | 4199 kJ

Roast Beef Baguette
Buttered & toasted baguette, thinly sliced rare
roast beef, dijon mustard, melted mozzarella, crispy chipotle onions & rocket. Served with red

wine jus. **124** | *3941 kJ*

Alabama Chicken Stack

Smoked Trout Open Sandwich

Italian Baguette 🚥

Buttered & toasted baguette, hickory ham, salami, mayo, mozzarella, Kalamata olives & grilled peppers. Served with rosemary-salted skin-on fries, sweet potato fries or a side salad.

119 | 3558 kJ

BURGERS & BITES

GOURMET BURGERS

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

Veggie 🐠 🛚

Falafel patty, chilli mayo, tomato, lettuce & sautéed onions.

99 | 3327 kj



Buttermilk Chicken

Deep-fried sesame-crusted chicken strips, rainbow slaw, grated Parmesan, tomato, honey citrus dressing, burger mayo & lettuce.

139 | 4819 ki

Beef Burgers

Our premium BBQ basted flame-grilled beef patties are carefully crafted from 100% ground beef. They are cooked medium for more and more flavour, unless requested otherwise.

Creamy JalapeñoCrispy chipotle onions, diced pineapple & creamy jalapeño chilli dressing.

135 | 6069 kJ

BBQ Cheddar

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

149 | 5460 kJ

Big Daddy

Layered with gherkins, tomato, burger mayo, red onion & lettuce. With a fried egg, back bacon, hickory ham & cheddar. Topped with battered onion rings.

185 | 8463 kj

Buttermilk Chicken Gourmet Burger

Big Daddy Gourmet Burgei

^Subject to availability, **Contains nuts, *May contain nuts

October 2025

Mini Burger Duo Choose any two from: Boerewors Patty & Cheddar Sesame-crusted Buttermilk Chicken Served with rosemary-salted skin-on fries, sweet potato fries or a side salad.

99 | 3833 kJ



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

BITES

Sesame-Crusted Buttermilk Chicken Strips
Deep-fried & served with sweet chilli dipping sauce. **89** | 5050 kJ

Coated Spicy Buffalo Chicken Wings Deep-fried & served with blue cheese dipping sauce.



HEARTY & GENEROUS

Chipotle Chicken Livers

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

92 | 5128 kJ

Mediterranean Veg Bowl 🐠 🕜 💴

Sorghum, roasted cherry tomatoes, mushrooms, baby marrows, mixed peppers & basil.



Roasted Tomato & Basil Soup **▼**

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

99 | 6555 kJ

Chicken & Mushroom Pot Pie

Creamy chicken, mushroom & veg filling. Topped with a rosemary & poppy seed puff pastry lid. Served with rosemary-salted skin-on fries, sweet potato fries or a side salad.

119 | 6555 kJ

Sesame-Crusted Chicken & Veg Bowl

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

139 | 3983 kJ

Meaty Sharing Platter

Herbed pork empanadas, BBQ basted boerewors bites, spiced jerk chicken skewers, chargrilled pork belly rashers & crushed baby potatoes. Served with creamy jalapeño chilli dipping sauce & tomato chutney.



GRILLS

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.

255 | 7460 kJ

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

Rump, Wings & Rings

100g BBQ basted rump, deep-fried coated spicy buffalo chicken wings & battered onion rings. Served with blue cheese dipping sauce.

159 | 6115 kJ

Rib & Wing Combo

200g BBQ basted pork ribs & deep-fried coated BBQ chicken wings.

219 | 8093 kj

Grilled Rump

250g BBQ basted rump, topped with herb butter. Served with battered onion rings & red wine jus. **267** | *5765 kJ*

Pit Boss BBQ Grill

200g BBQ basted rump, chargrilled pork belly rashers, boerewors, deep-fried coated BBQ chicken wings & half a grilled corn on the cob. Served with a creamy mustard cheddar dipping sauce.

295 | 8385 kJ

October 2025

Local Braai Plate Rump, Wings & Rings

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?

Cake Slice^{*}

84 | 5343 kJ

Add ice cream or whipped cream. +16 | 222 kJ / 118 kJ

Pie or Tart Slice^{^*}

Served with ice cream or whipped cream.

74 | 4534 kJ

Famous Giant Muffin^{*}

50 | *5294 kJ*

Add butter, strawberry jam & cheddar. +10 | 1392 kj

Made from scratch with the same recipe for over two decades.



October 2025



BREAKFAST & BRUNCH

Egg In A Nest

Fried egg in a slice of white, wholewheat or rye toast with back bacon & grated cheddar.

59 | 2112 kJ

Smashed Avoˆ & Poached Egg ▼

Served on buttered white toast.

69 | 1742 kJ

Choose wholewheat or rye toast to make it better for you. 🕜

1928 kJ / 1742 kJ

Big Boy Breakfast

Scrambled egg, a pork banger, toast soldiers & skin-on fries.

69 | 3102 kJ

Small Bowl of Goodness 🕜 🛛



Fresh fruit sticks & yoghurt dip.

49 | 586 kJ

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

BURGERS & BITES

Served with skin-on fries. For a healthier option, swop skin-on fries for sweet potato fries, a side salad, carrot sticks or apple slices.

Chicken Burger

Grilled chicken breast with mayo.

69 | 2887 kJ

Beef Burger

100% ground beef patty, BBQ sauce & mayo.

95 | 5556 kl

Add a slice of tomato & lettuce +11 | 34 k/

Sesame-Crusted Buttermilk Chicken Strips

85 | 2813 kJ

Choose grilled chicken strips & a light side salad to make it better for you. 🕜

95 | 1740 kJ

DRINKS

Little Chino

Texturised milk dusted with hot chocolate powder. **17** | 363 kJ

Classic Milkshakes & Fruit Juices

Ask our team about available options.





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



Scan here to view our menu online



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. Beef macon is available as a substitute for back 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. Any change or addition to our original recipes will result in kilojoule count variations. Some items are calculated on the highest kilojoule variant. Consuming raw or under-cooked meats, poultry or eggs may increase your risk of foodborne illness & is done so at your own risk. 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.





