

# MUGG & BEAN

## ON THE★MOVE

## ★ NUTRITIONAL INFORMATION ★

### *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) ensures the accuracy of all information included. Here's what we found.

### *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 & 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 everyday
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

**SUN-DRIED TOMATO PESTO,  
MOZZARELLA & BABY SPINACH  
TOASTED SANDWICH**

★ *Vegetarian* ★



**CHICKEN MAYO  
TOASTED SANDWICH**

# *Fruit* ICED-FREEZE DUOS

	ENERGY (kJ)	PROTEIN (g)	CARBS (g)	TTL FAT (g)	DIETARY FIBRE (g)	TTL SODIUM (mg)
Berry Apple Duo	755	0.3	55	0.1	1.4	17
Mango Berry Duo	1238	0.4	72	0.1	1.4	<1
Matcha, Mint & Apple Freezo	1697	2.1	87	3.4	3.3	171
Mixed Berry, Coconut & Lemon Freezo	1051.07	0.27	60.03	2.5	0.07	14
Mango & Coconut Freezo	1166.34	0.35	65.97	1.44	0.04	10.4

# MUGGACHINOS

	ENERGY (kJ)	PROTEIN (g)	CARBS (g)	TTL FAT (g)	DIETARY FIBRE (g)	TTL SODIUM (mg)
Chino	1348	7.13	51.74	10.65	1	193
Skinny Chino	1323	10.8	33	13.8	1	193
Mocha	1348	7.13	51.74	10.65	1	193
Chocolate	1740	5.5	66	15.85	2	293
Skinny Chocolate	1323	12.8	33	14.8	1	234



**MUGGACHINO**

*Available in skinny*

# POWER SMOOTHIES

with FUTURELIFE® HIGH PROTEIN Smartfood™

	ENERGY (kJ)	PROTEIN (g)	CARBS (g)	TTL FAT (g)	DIETARY FIBRE (g)	TTL SODIUM (mg)
Peanut Butter & Banana Blitz	2079.19	19.93	66.17	18.71	6.5	299.2
Green Apple & Chia Seeds	1337.85	15.07	4.93	8.24	3.3	203.6
Caramel Espresso crunch with FUTURELIFE® CRUNCH Smartfood™	1908.6	15.75	68.12	13.19	4	202.5

## CHOCOLATE SPECIALITIES

	ENERGY (kJ)	PROTEIN (g)	CARBS (g)	TTL FAT (g)	DIETARY FIBRE (g)	TTL SODIUM (mg)
Classic Hot Chocolate Short	1058.4	16	29.6	7.6	0	66.6
Classic Hot Chocolate Easy	1465.8	22.2	37.8	11.7	0	100
Classic Hot Chocolate Serious	2045.4	29.8	57	15.1	0	133.3
White Hot Chocolate Short	1150.8	7.6	36.6	10.36	0	141.2
White Hot Chocolate Easy	1581.3	11.7	46.55	15.15	0	203
White Hot Chocolate Serious	2207.1	15.1	69.25	19.93	0	268.8
Caffè Mocha Short	1192.55	21.65	34.76	6.95	0	143.8
Caffè Mocha Easy	1510.91	22.59	38.42	12.09	0	242.18
Caffè Mocha Serious	1912.18	28.22	54.6	13.52	0	296.6
Carribbean Mocha Easy	1110	11.8	24	13.4	0.3	207

BANANA, CARAMEL,  
ESPRESSO CRUNCH  
POWER SMOOTHIE

GREEN APPLE  
& CHIA SEEDS  
POWER SMOOTHIE

★  
M&B

★  
M&B



# ★ OUR FAMOUS COFFEE ★

	ENERGY (kJ)	PROTEIN (g)	CARBS (g)	TTL FAT (g)	TTL SODIUM (mg)
Cappuccino Short	608.75	6.25	14.36	6.25	72
Cappuccino Easy	1028.75	10.25	25.36	10.25	91
Cappuccino Serious	1412.38	12.82	39.2	12.82	144
Caffè Latte Short	608.75	6.25	14.36	6.25	118
Caffè Latte Easy	1028.75	10.25	25.36	10.25	177
Caffè Latte Serious	1412.38	12.82	39.2	12.82	236
Caramel Peanut Butter Latte Easy	1765.2	12.86	44.12	20.61	118.75
Americano Short	0	0	0	0	0
Americano Easy	0	0	0	0	0
Americano Serious	0	0	0	0	0
Filter Coffee Short (Single Serving)	0	0	0	0	0
Filter Coffee Easy (Single Serving)	0	0	0	0	0
Filter Coffee Serious (Single Serving)	0	0	0	0	0
Single Espresso Short	0	0	0	0	0
Doppio Espresso Short	0	0	0	0	0



# ★ STEAMING TEA SELECTION ★

	ENERGY (kJ)	PROTEIN (g)	CARBS (g)	TTL FAT (g)	TTL SODIUM (mg)
Classic Chai Short	1123.08	8.42	36.36	9.26	129.3
Classic Chai Easy	1546.65	12.73	46.25	13.78	269.5
Classic Chai Serious	2158.59	16.54	68.83	18.01	301.8
Red Cappuccino Short	608.75	6.25	14.36	6.25	0
Red Cappuccino Easy	1028.75	10.32	25.36	10.25	0
Red Cappuccino Serious	1412.38	12.82	39.2	12.82	0
Red Latte Short	608.75	6.25	14.36	6.25	77.5
Red Latte Easy	1028.75	10.32	25.36	10.25	125.8
Red Latte Serious	1412.38	12.82	39.2	12.82	158.8
Matcha Latte	990.62	8.81	25.15	9.25	0
Matcha Cappuccino Short	990.62	8.81	25.15	9.95	141.2
Matcha Cappuccino Easy	1427.82	11.78	38.55	13.78	203
Matcha Cappuccino Serious	2174.14	18.43	57.48	21.29	268.8
Ceylon Tea Short	194.88	0.32	10.48	0.32	3.8
Ceylon Tea Easy	249.23	0.97	11.44	0.97	11.6
Ceylon Tea Serious	443.52	1.28	21.92	1.28	15.47
Rooibos Tea Short	194.88	0.32	10.48	0.32	3.87
Rooibos Tea Easy	194.88	0.32	10.48	0.32	11.6
Rooibos Tea Serious	443.52	1.28	21.92	1.28	15.5
Green Tea Short	194.88	0.32	10.48	0.32	3.8
Green Tea Easy	249.23	0.97	11.44	0.97	11.6
Green Tea Serious	443.52	1.28	21.92	1.28	15.47

# Toasted SANDWICHES

	ENERGY (kJ)	PROTEIN (g)	CARBS (g)	TTL FAT (g)	DIETARY FIBRE (g)	TTL SODIUM (mg)
Cheddar on M&B white bread	2034.94	15.2	36.45	31.59	1	630
Cheddar on M&B wholewheat bread	2210.68	18.9	36.52	29.82	5	750
Cheddar & Tomato on M&B white bread	2182.78	17.14	43.21	31.59	2	645
Cheddar & Tomato on M&B wholewheat bread	2358.52	20.84	43.28	29.82	6	765
Ham, Cheddar & Tomato on M&B white bread	2518.78	29.14	45.87	34.92	2	995
Ham, Cheddar & Tomato on M&B wholewheat bread	2694.52	32.84	45.94	33.15	6	1115
Back Bacon & Cheddar on M&B white bread	3438.94	33.6	36.45	61.19	1	1330.2
Back Bacon & Cheddar on M&B wholewheat bread	3614.68	37.3	36.52	59.42	5	1450.2
Chicken Mayo on M&B white bread	2878.16	30.14	43	43.90	1	400.2
Chicken Mayo on M&B wholewheat bread	3053.9	33.84	43.07	42.13	5	520.2
Chicken Mayo & Mozzarella on M&B wholewheat bread	3465.93	40.84	44.5	49.13	5	640
Chicken Mayo & Mozzarella on M&B white bread	3290.19	37.14	44.43	50.9	1	520
Chicken Mayo & Basil Pesto on M&B wholewheat bread	3405.02	35.34	45.33	49.78	6.05	679.75
Chicken Mayo & Basil Pesto on M&B white bread	3229.28	31.64	45.26	51.55	2.05	559.75
Crispy Back Bacon, Cranberry & Brie on M&B white bread	3542.5	30.24	47.25	60.55	2	1298
Crispy Back Bacon, Cranberry & Brie on M&B wholewheat bread	3718.24	33.94	47.32	58.78	6	1478
Crispy Beef Macon, Cranberry & Brie on M&B white bread	2367.82	23.24	47.25	31.55	2	1218
Crispy Beef Macon, Cranberry & Brie on M&B wholewheat bread	2543.56	26.94	47.32	29.78	6	1398
Sun-dried Tomato Pesto, Mozzarella & Baby Spinach on M&B white bread	4104.12	21.83	72.23	68.95	7	1519.53
Sun-dried Tomato Pesto, Mozzarella & Baby Spinach on M&B wholewheat bread	4279.86	25.53	72.30	67.18	10	1699.53
Club on M&B white bread	5480.03	47.78	70.7	96.17	3.5	1533.6
Club on M&B wholewheat bread	5655.77	51.48	70.77	94.39	7.5	1713.6
Club (Halaal) on M&B white bread	4305.35	40.78	70.7	46.28	3.5	1453.6
Club (Halaal) on M&B wholewheat bread	4480.89	44.48	70.77	41.97	7.5	1633.6

# Fresh BREAKFAST POTS

	ENERGY (kJ)	PROTEIN (g)	CARBS (g)	TTL FAT (g)	DIETARY FIBRE (g)	TTL SODIUM (mg)
Fruit Pot with FUTURELIFE® CRUNCH Smartfood™ Berry Blaze Morning Mug	1352.52	7.67	48.10	10.59	7.5	112
Fruit Pot with FUTURELIFE® CRUNCH Smartfood™ Honey & Nut Morning Mug	906.83	16.70	24.82	29.94	15	0
Fruit Pot	1043.26	7.32	38.52	7.68	10	141



# ★ FRESHLY MADE ★

## *Health Sandwiches*

	ENERGY (kJ)	PROTEIN (g)	CARBS (g)	TTL FAT (g)	DIETARY FIBRE (g)	TTL SODIUM (mg)
Chicken Mayo	2450.22	28.99	42.32	29	7.5	430
Roast Beef Honey & Mustard	2551.42	31.66	49.01	27.89	8.5	855
Caprese	2177.78	19.27	44.11	25.52	10.35	976

## *Cold Wraps*

	ENERGY (kJ)	PROTEIN (g)	CARBS (g)	TTL FAT (g)	DIETARY FIBRE (g)	TTL SODIUM (mg)
BLT	4248.82	45.28	44.66	74.74	5.9	1890
Sweet Chilli Chicken	2147.18	15.75	48.12	36.64	5.9	700.1
Shanghai BBQ Beef	2648.55	20.13	56.64	43.91	5.9	560.5
Chicken Mayo	2154.18	25.88	41.31	27.68	3	750
Breakfast	2292.15	28.70	14.49	33.92	1	990

## *Hot Wraps*

	ENERGY (kJ)	PROTEIN (g)	CARBS (g)	TTL FAT (g)	DIETARY FIBRE (g)	TTL SODIUM (mg)
Smoky Chipotle Chicken, Mozzarella & Beef Macon	2955.28	45.19	45.92	37.48	3.5	2090
Smoky Chipotle Chicken, Mozzarella & Back Bacon	4535.54	52.39	48.44	76.15	3.5	2080
Chipotle Chicken & Spinach	2333.8	26.7	45.6	30.1	1749.3	5.2

## *M&B Boxes*

	ENERGY (kJ)	PROTEIN (g)	CARBS (g)	TTL FAT (g)	DIETARY FIBRE (g)	TTL SODIUM (mg)
Protein	2542.48	41.33	11.92	45.43	0.5	1939.1
Salad	3521.6	79.14	24.33	45.77	2	2770.32
Fruit	816.15	2.11	50.04	0.58	4.56	2.11

# ★ FRESHLY MADE ★

## Baguettes

	ENERGY (kJ)	PROTEIN (g)	CARBS (g)	TTL FAT (g)	DIETARY FIBRE (g)	TTL SODIUM (mg)
Hickory Ham, Mozzarella, Cheddar & Basil Pesto Baguette	2775.79	35.18	65.43	30.48	2.01	1949.8
Chicken Mayo & Cheddar Baguette	3239.77	35.53	65.35	40.83	2.01	1009.2
Mozzarella, Cheddar, Tomato & Basil Pesto Baguette	2419.63	19.12	68.14	25.48	2.5	671.8

## Snack Pots

	ENERGY (kJ)	PROTEIN (g)	CARBS (g)	TTL FAT (g)	DIETARY FIBRE (g)	TTL SODIUM (mg)
BBQ Beef, Back Bacon & Danish-style Feta Snack Pot	1819.50	14.04	7.86	41.56	0.85	875.61
BBQ Beef, Beef Macon & Danish-style Feta Snack Pot	1599.76	14.74	6.86	34.86	0.85	1070.61
Chickpea Greek Snack Pot	902.83	7.25	27.74	7.97	5.28	509.73
Chipotle Chicken & Bulgur Wheat Snack Pot	1276.60	12.14	25.93	17.33	3.55	249.18

## Quiches

	ENERGY (kJ)	PROTEIN (g)	CARBS (g)	TTL FAT (g)	DIETARY FIBRE (g)	TTL SODIUM (mg)
Chicken, Back Bacon, Danish-style Feta & Peppadew™	4054.08	39.46	34.40	75.56	1	892.1
Chicken & Mushroom	2983.66	19.04	49.62	48.82	4.2	437
Quiche Lorraine	2633.87	29.96	29.78	44.72	1	812
Spinach & Feta	2181.07	13.82	27.45	39.77	4.2	357.1

## Pot Pies

	ENERGY (kJ)	PROTEIN (g)	CARBS (g)	TTL FAT (g)	DIETARY FIBRE (g)	TTL SODIUM (mg)
North African Chicken	2502.35	31.62	45.50	31.08	2	960.2
Chicken & Mushroom	2475.66	32.23	44.40	30.66	2	660.1
Savoury Mince	2497.15	23.78	41.89	38.30	3	960.2
Chicken Trinchado	2963.12	22.11	42.5	49.6	0.66	655.7

# ★ FRESHLY BAKED ★

## *Cookies & Treats*

	ENERGY (kJ)	PROTEIN (g)	CARBS (g)	TTL FAT (g)	DIETARY FIBRE (g)	TTL SODIUM (mg)
Cranberry & White Chocolate Cookies	898.05	2.10	37.39	7.89	1.5	9.9
Mini Choc Chip Cookie	154.56	0.22	3.86	2.32	0.6	2.5
Triple Chocolate Brownie	2405.76	6.49	53.48	38.26	1.65	343.1
Shortbread	509.34	0.16	7.07	10.0	0.1	0.3

## *Mini Cakes*

	ENERGY (kJ)	PROTEIN (g)	CARBS (g)	TTL FAT (g)	DIETARY FIBRE (g)	TTL SODIUM (mg)
Carrot Mini Cake	5174.60	9.12	125.93	78.92	10.2	520
Rich Chocolate Mini Cake	4641.87	7.50	134.90	69.31	1	360
Lemon Meringue Mini Cake	3274.48	14.44	136.43	24.77	0.5	487
nutella® Slice	1539.95	3.82	37.98	21.80	0.4	53.2

## *Butter Croissants*

	ENERGY (kJ)	PROTEIN (g)	CARBS (g)	TTL FAT (g)	DIETARY FIBRE (g)	TTL SODIUM (mg)
Butter Croissant	420	1	12	6	2	221
Pain au Chocolat	995.4	5	25	13.8	2	250
All-Day Breakfast	2644.23	28.70	14.49	52.43	1	990
Hickory Ham, Mozzarella & Basil Pesto	1728.24	24.66	18.26	28.58	1	1270
Sriracha Chicken Mayo	8031.82	21.57	50.86	182.93	1	260.2

# WINTER INDULGENCE

	ENERGY (kJ)	PROTEIN (g)	CARBS (g)	TTL FAT (g)	DIETARY FIBRE (g)	TTL SODIUM (mg)
Lemon Meringue Croissant	1802.69	8.98	69.36	14.37	280	280
Lemon Swirl Cheesecake	2162.13	10.51	55.3	37.97	338	337.99
Lemon Meringue Smoothie	2214.16	20.33	71.92	19.09	0.13	128.77

# Muffins

	ENERGY (kJ)	PROTEIN (g)	CARBS (g)	TTL FAT (g)	DIETARY FIBRE (g)	TTL SODIUM (mg)
Bran	3374.73	15.76	49.32	68.34	14.1	836.6
Cheddar & Beef Macon	3338.66	23.51	64.04	15.45	1.1	600
Cheddar & Parsley	2984.12	26.94	68.45	38.05	1.1	400
Blueberry	3724.5	16.39	105.21	44.91	5.3	580
Choc Chip	4001.70	17.45	111.87	49.50	5.3	611.7
Lemon Poppy	3818.58	17.57	103.44	47.83	5.3	543
Banana	3764.58	16.59	107.25	44.95	6.2	523.8
Strawberry, White Chocolate & Walnut	3262.86	14.66	84.07	43.81	4.6	290
Triple Chocolate	3699.82	15.24	100.77	47.80	4.6	370
Cheddar & Back Bacon	3338.66	30.51	64.04	45.45	1.1	600
Sun-dried Tomato, Spinach & Danish-style Feta	2474.63	17.98	71.03	24.63	2.82	1204.98



**M&B FAMOUS GIANT CHOCOLATE CHIP MUFFIN**