

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.

PINEAPPLE & CHICKEN WRAP



CHICKEN, RED PEPPER & BABY SPINACH EGG HOT BOX

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 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



**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

CHINO FRAPPÉ
AVAILABLE IN SKINNY



SHAKES

	ENERGY (kJ)	PROTEIN (g)	CARBS (g)	TTL FAT (g)	DIETARY FIBRE (g)	TTL SODIUM (mg)
Chocolate	675.92	7.12	18.72	6.34	2.94	235.6
Vanilla	1085.36	7.78	41.17	6.7	3.36	132.9
Strawberry	1028.72	7.12	39.42	6.28	2.88	120.1
Coffee	1385.69	4.86	10.9	30.2	2.4	84.5

POWER SMOOTHIES

with *FUTURELIFE® HIGH PROTEIN Smart Food™*

	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 Smart Food™	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
Caribbean Mocha Easy	1110	11.8	24	13.4	0.3	207

CHOCOLATE, STRAWBERRY, VANILLA & COFFEE SHAKE



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

CAPPUCCINO



STEAMING TEAS

	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
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 Smart Food™ Berry Blaze Morning Mug	1352.52	7.67	48.10	10.59	7.5	112
Fruit Pot with FUTURELIFE® CRUNCH Smart Food™ 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

**TOASTED CHICKEN
MAYO SANDWICH**



FRESHLY MADE

MAC & CHEESE HOT POTS

	ENERGY (kJ)	PROTEIN (g)	CARBS (g)	TTL FAT (g)	DIETARY FIBRE (g)	TTL SODIUM (mg)
Chicken Mac & Cheese	3228.89	47.65	45.82	43.67	4.58	1193.51
Cheesy Mushroom, Pepper & Tomato Mac & Cheese	2967.15	27.42	49.24	44.9	4.68	1347.22

GOURMET SAUSAGE ROLLS

	ENERGY (kJ)	PROTEIN (g)	CARBS (g)	TTL FAT (g)	DIETARY FIBRE (g)	TTL SODIUM (mg)
Beef, Brie & Caramelised Onion	2866.96	38.46	28.8	49.93	1.88	723.68
Spiced Chickpeas & Mushroom	1820.95	15.42	33.55	26.67	5.32	434.51
Coronation Chicken	2772.17	14.04	34.78	69.07	1.25	1240.98



COUS COUS SALAD SHAKERS

	ENERGY (kJ)	PROTEIN (g)	CARBS (g)	TTL FAT (g)	DIETARY FIBRE (g)	TTL SODIUM (mg)
Cous Cous Beef Salad	1945.19	14.88	37.56	31.68	4.74	1144.97
Chicken Cous Cous	1301.4	18.43	38.08	19.28	5.07	450.37

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
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
Pineapple & Chicken	2304.11	34.38	59.75	20.24	5.32	4011.47
Pico de Gallo	2638.33	26.1	64.73	32	6.04	1719.78

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

BREAKFAST SELECTION

OATS POTS

	ENERGY (kJ)	PROTEIN (g)	CARBS (g)	TTL FAT (g)	DIETARY FIBRE (g)	TTL SODIUM (mg)
Plain	606.1	6.1	25.4	2.4	3.8	278.5

EGG HOT BOXES

	ENERGY (kJ)	PROTEIN (g)	CARBS (g)	TTL FAT (g)	DIETARY FIBRE (g)	TTL SODIUM (mg)
Egg, Back Bacon Mushrooms & Roasted Tomato	3237.7	23.79	9.13	73.61	1.57	1155.18
Egg, Sun-dried Tomato, Baby Spinach & Feta	3049.93	18.74	13.62	66.49	1.43	851.4
Egg, Back Bacon, Cheddar & Potato	3676.51	28.11	19.54	78.71	1.24	1252.38
Egg, Bean, Chorizo & Red Pepper	3602.03	26.37	19.68	76.06	2.97	1122.18
Egg, Chicken, Red Pepper & Baby Spinach	2992.10	31.65	8.37	61.52	2.27	574.67

QUICHES

	ENERGY (kJ)	PROTEIN (g)	CARBS (g)	TTL FAT (g)	DIETARY FIBRE (g)	TTL SODIUM (mg)
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)
Chicken & Mushroom	2475.66	32.23	44.40	30.66	2	660.1
Chicken Trinchado	2963.12	22.11	42.5	49.6	0.66	655.7
Beef & Mushroom						

EGG HOT BOXES



**BABY SPINACH,
FETA & SUN-DRIED
TOMATO**

**BACK BACON,
CHEDDAR &
POTATO**



**BEAN,
CHORIZO &
RED PEPPER**



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
Fudge	1280.09	2.56	37.07	15.6	0	125.06
Peanut Clusters (100g)	1984.63	13.43	36.07	30.81	2.25	165.83
Shortbread	509.34	13.43	36.53	30.81	2.52	165.83
Health Bar	744.27	3.34	18.72	10.51	2.29	36.64

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

IMPULSE RANGE

	ENERGY (kJ)	PROTEIN (g)	CARBS (g)	TTL FAT (g)	DIETARY FIBRE (g)	TTL SODIUM (mg)
Fudge (per 80g)	1280.90	2.56	37.07	15.6	0	131.14
Peanut Clusters (per 100g)	1984.63	13.43	36.53	30.81	2.52	165.83
Health Bars (per bar)	744.27	3.34	18.72	10.51	2.29	36.64



M&B FAMOUS GIANT 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

