

DELIVERY MENU



FREE DELIVERY

MINIMUM ORDER £40

NEXT DAY DELIVERY

WHEN YOU ORDER BY 11AM

20% OFF YOUR FIRST ORDER

WITH CODE DELIVER20

AUTUMN-WINTER 2022/23

ORDER ONLINE AT
→ **[BENUGO.COM/DELIVERY](https://benugo.com/delivery)** ←

This is a sample menu,
visit benugo.com/delivery and
click 'order now' for the latest
menu including allergen and
nutritional information.

Prices excluding VAT.

Images are for illustrative
purposes only.

BREAKFAST

BREAKFAST BOXES



BREAKFAST BOX

£22.00

Six freshly made baguettes

Egg & cress (V), Bacon & egg,
Smoked salmon & cream cheese
(x2 each)

3366 kcal per box

Allergens: gluten, milk, eggs, sesame,
mustard, fish



FAVOURITES CAKE BOX

£19.00

Twenty freshly baked mini cakes

Nutty brownie, Lemon drizzle cake,
Millionaire's shortbread, Carrot cake
(x5 each) (V)

3524 kcal per box

Allergens: nuts, gluten, milk, egg, soya



MIXED PASTRY BOX

£12.00

Six freshly baked pastries

Croissant (x2), Almond croissant,
Pain au chocolat, Pain aux raisins,
Chocolate twist
(V)

1775 kcal per box

Allergens: gluten, milk, eggs, nuts, soya



VEGAN PASTRY BOX

£13.50

Six freshly baked vegan
pastries

Cherry flaxseed crowns (VG)

1765 kcal per box

Allergens: gluten, nuts

NEW!



MINI PASTRY BOX

£12.00

Twelve freshly baked mini pastries

Croissant, Pain au chocolat, Pain aux raisins,
Portuguese custard tart
(x3 each) (V)

737 kcal per box

Allergens: gluten, milk, eggs, soya



CUT FRUIT BOX

£19.00

Selection of seasonal fruit

Pineapple, cantaloupe melon,
red grapes (VG)

591 kcal per box

Allergens: -

Please ask us
about the allergens
in our food

(V) vegetarian
(VG) vegan

BREAKFAST



BLUEBERRY MUFFIN BOX

£14.50

Six freshly baked muffins

Blueberry muffin (V)

430 kcal per serving

Allergens: gluten, milk, eggs, soya



TRIPLE CHOCOLATE MUFFIN BOX

£14.50

Six freshly baked muffins

Triple chocolate muffin (V)

391 kcal per serving

Allergens: gluten, eggs, milk, soya

FRUIT & YOGHURT POTS

BENUGO FRUIT POT

£3.35

Blueberries, grapes, strawberries, melon, pineapple, apple (VG)

105 kcal per serving

Allergens: -

HONEY & BANANA GRANOLA YOGHURT

£2.75

Golden granola, banana, honey, wholemilk yoghurt (V)

251 kcal per serving

Allergens: nuts, gluten, milk

BLUEBERRY GRANOLA YOGHURT

£2.75

Golden granola, blueberry lemon compote, wholemilk yoghurt (V)

235 kcal per serving

Allergens: nuts, gluten, milk, sulphites

BERRIES & CHIA PUDDING

£2.95

Coconut yoghurt, chia seeds, mixed berries, pomegranate seeds (VG)

181 kcal per serving

Allergens: gluten

NEW!

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(VG) vegan

LUNCH BOXES



CLASSIC BOX

£22.00

Six freshly made sandwiches served on sliced wholemeal bread

Egg & cress (V), BLT, Pesto chicken, Tuna & cucumber, Cheddar & tomato (V), Smoked salmon & cream cheese

2369 kcal per box

Allergens: gluten, mustard, egg, milk, fish



VEGGIE CLASSIC BOX

£22.00

Six freshly made veggie sandwiches served on sliced wholemeal bread

Egg & cress (V), Cheddar & tomato (V), Grilled veg (VG) (x2 each)

2584 kcal per box

Allergens: gluten, mustard, egg, milk, sesame



BEST OF BENUGO BOX

£27.50

Six of our favourite freshly made sandwiches

Wiltshire ham & Emmental baguette, West Country Cheddar & farmhouse chutney baguette (V), Middle Eastern meze wrap (VG), Sesame sriracha chicken wrap, Tuna & cucumber, Pesto chicken

3093 kcal per box

Allergens: gluten, mustard, egg, milk, sesame, fish, sulphites, soya



VEGGIE BOX

£25.80

Four of our signature vegetarian sandwiches

Middle Eastern meze wrap (VG) (x1), Chennai chickpea wrap (VG) (x1), Egg & cress (V) (x2), West Country Cheddar & farmhouse chutney baguette (V) (x2)

3518 kcal per box

Allergens: gluten, mustard, egg, milk, sesame, sulphites, soya

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LUNCH



BAGUETTE BOX

£25.80

Six freshly made sourdough baguettes

Wiltshire ham & Emmental, West Country Cheddar & farmhouse chutney (V), Semi-dried tomato chicken & grilled veg (*2 each)

3564 kcal per box
Allergens: gluten, mustard, egg, milk, sesame, sulphites



WRAP BOX

£26.40

Six freshly filled tortilla wraps

Sesame sriracha chicken, Chennai chickpea (VG), Middle Eastern meze (VG) (*2 each)

3131 kcal per box
Allergens: gluten, mustard, sesame, soya, sulphites

VEGAN WRAP BOX



£26.40

Six freshly filled vegan tortilla wraps

Chennai chickpea (VG), Middle Eastern meze (VG) (*3 each)

3367 kcal per box
Allergens: gluten, mustard, sesame, sulphites

BAGUETTES

SEMI-DRIED TOMATO CHICKEN & GRILLED VEG

£3.96

British chicken, tomato & chilli mayo, semi-dried tomatoes, grilled pepper & onion, rocket, sourdough baguette

536 kcal per serving
Allergens: gluten, egg, mustard, sulphites

HAM & EMMENTAL

£3.96

Sliced Wiltshire ham, Emmental, Dijon mayo, sourdough baguette

562 kcal per serving
Allergens: gluten, egg, milk, mustard, sulphites

WEST COUNTRY CHEDDAR & FARMHOUSE CHUTNEY

£3.96

Thick-sliced West Country Cheddar, farmhouse chutney, peppery rocket, multigrain baguette (V)

685 kcal per serving
Allergens: gluten, milk, sesame, mustard

SESAME SRIRACHA CHICKEN

£4.58

British chicken, sriracha tahini mayo, fried onion, cucumber & carrot slaw, seeded wrap

457 kcal per serving
Allergens: gluten, sesame, soya, sulphites

WRAPS

MIDDLE EASTERN MEZE

£4.46

Falafel, hummus, aubergine tapenade, piquant peppers, tomato, cucumber, spinach, seeded wrap (VG)

594 kcal per serving
Allergens: gluten, sesame, sulphites

CHENNAI CHICKPEA

£4.46

Curried chickpeas, vegan mayo, mango chutney, cucumber, carrot slaw & spinach, seeded wrap (VG)

506 kcal per serving
Allergens: gluten, mustard, sesame, sulphites

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SANDWICHES

EGG & CRESS

£3.29

Creamy egg mayo, fresh cress, wholemeal bread **(V)**

525 kcal per serving

Allergens: gluten, mustard, egg

GRILLED VEG

£3.30

Hummus, cucumber, grilled peppers & onion, spinach, malted bread **(VG)**

410 kcal per serving

Allergens: gluten, sesame

CHEDDAR & TOMATO

£2.92

Sliced mature Cheddar, tomato, butter, wholemeal bread **(V)**

357 kcal per serving

Allergens: gluten, milk

BLT

£3.75

Crispy bacon, sliced tomato, mixed leaves, mayo, wholemeal bread

411 kcal per serving

Allergens: gluten, egg

TUNA & CUCUMBER

£3.13

Tuna mayo, cucumber, wholemeal bread

391 kcal per serving

Allergens: gluten, fish, egg, mustard

PESTO CHICKEN

£3.80

British chicken, green pesto mayo, Grana Padano, tomato, spinach, malted bread

399 kcal per serving

Allergens: gluten, egg, milk

SAVOURY BOXES



SAUSAGE ROLL BOX

£19.50

Twelve handmade and freshly baked sausage rolls

Cumberland & Dijon mustard sausage rolls

289 kcal per serving

Allergens: gluten, mustard, sulphites, eggs



QUICHE BOX

£17.00

Twelve handmade quiche bites

Ham & Emmental, Spinach & feta **(V)**
(x6 each)

457 kcal per 100 g

Allergens: gluten, egg, milk

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LUNCH

INDIVIDUAL SALADS & BOXES



PESTO PASTA

Box (serves 4–5) £18.50
1782 kcal per box

Individual £3.70
595 kcal per serving

Green pesto, fusilli pasta, slow-roasted tomato, coquille olives, edamame beans, Grana Padano, basil, spinach, lemon **(V)**

Allergens: gluten, milk, soya



PLANT POWER

Box (serves 4–5) £23.80
1509 kcal per box

Individual £5.95
468 kcal per serving

Falafel, hummus, roast butternut, pomegranate, courgetti, tomato, cucumber, mixed leaves, omega seeds, Middle Eastern spiced vinaigrette **(VG)**

Allergens: sesame, soya



SPICED SWEET POTATO PAKORA & ROAST CAULIFLOWER

Box (serves 4–5) £23.80
1243 kcal per box

Individual £5.95
390 kcal per serving

Sweet potato pakora, roast cauliflower, toasted coconut, quinoa & lentil mix, mango chutney, spiced yoghurt dressing **(V)**

Allergens: egg, milk, mustard, sulphites



DUKKAH CHICKEN

Box (serves 4–5) £23.80
1622 kcal per box

Individual £5.95
486 kcal per serving

British chicken, quinoa & lentil mix, spinach, piquillo peppers, dukkah & feta, lemon tahini dressing

Allergens: nuts, egg, milk, mustard, sesame, sulphites



GO GREEN POT

£3.65

Broccoli rice, artichoke, olives, lentils, quinoa, edamame, chickpea, smoked almonds, lemon tahini dressing **(V)**

423 kcal per serving

Allergens: nuts, mustard, sesame, soya, sulphites



HAPPY HEART POT

£3.65

Cooked beetroot, black beans, red pepper, quinoa, onion, pickled cabbage & ginger, feta, spring onion, sweet balsamic dressing **(V)**

222 kcal per serving

Allergens: milk, sulphites

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SNACKS

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PIPERS CRISPS

£1.25

Anglesey sea salt (VG)

532 kcal per 40 g bag

Allergens: -

Burrow Hill cider vinegar & sea salt (V)

523 kcal per 40 g bag

Allergens: -

Lye Cross Cheddar & onion (V)

533 kcal per 40 g bag

Allergens: milk

PIPERS KIRKBY MALHAM CHORIZO CRISPS

£1.25

526 kcal per 40 g bag

Allergens: -

PROPER CORN SWEET & SALTY POPCORN

£1.35

(VG)

Allergens: -

BENUGO YUMMY YOGHURT FRUIT & NUTS

£2.50

Allergens: milk, nuts

NEW!

TONY'S CHOCOLONELY BARS

£2.75

Caramel sea salt bar

Milk chocolate bar

Allergens: gluten, soya, milk

NEW!

CAKES

ST CLEMENT'S & ALMOND CAKE SLICE

£2.66

(V)

317 kcal per serving

Allergens: eggs, nuts

LEMON DRIZZLE CAKE SLICE

£2.66

(V)

319 kcal per serving

Allergens: gluten, milk, egg

MILLIONAIRE'S SHORTBREAD

£2.08

(V)

328 kcal per serving

Allergens: gluten, milk, soya

NUTTY CHOCOLATE BROWNIE

£2.08

(V)

345 kcal per serving

Allergens: gluten, milk, nuts, soya, egg

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JUICES

FRESH ORANGE JUICE

£2.20

(VG)

250 ml

Allergens: -

FRESH APPLE JUICE

£2.20

(VG)

250 ml

Allergens: -

WATER & SOFT DRINKS

LIFE WATER

£1.25 / £1.35

Still / sparkling

500 ml

Allergens: -

BENUGO REFILLABLE WATER BOTTLE

£3.50

Still / sparkling

500 ml

Allergens: -

COKE / DIET COKE

£1.35

330 ml

Allergens: -

SANPELLEGRINO

£1.45

Limonata / Aranciata

330 ml

Allergens: -

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NEED MORE INFO?

CALL KIRSTY
ON 07580 814 277

OR E-MAIL
KIRSTY@BENUGO.COM



BENUGO.COM
@BENUGOUK

ORDER ONLINE AT
→ **[BENUGO.COM/DELIVERY](https://www.benugo.com/delivery)** ←

If you have a specific allergy or dietary requirement please let us know. We would love to tell you what is in our food to assist you with your choice.

Adults need around 2000 kcal a day.