



BENUGO

DELIVERY MENU

AUTUMN/WINTER 2024/25

FREE DELIVERY
MINIMUM ORDER £40

NEXT DAY DELIVERY
WHEN YOU ORDER BY 11AM

20% OFF YOUR FIRST ORDER
WITH CODE DELIVER20

ORDER ONLINE AT
[BENUGO.COM/ORDER-ONLINE](https://benugo.com/order-online)

Prices excluding VAT

BREAKFAST

BAGELS, PASTRIES,
MUFFINS, FRUIT
AND YOGHURT POTS



BREAKFAST

Allergens are subject to change, please speak to us about allergens before ordering

(V) vegetarian
(VG) vegan

BREAKFAST BOXES



BREAKFAST BRIOCHE BOX £28

12 pieces of freshly made brioche rolls

- Free-range egg mayonnaise and cress (V)
- Free-range egg and bacon
- Hot-smoked salmon, lemon crème fraîche and mustard cress

2237 kcal per box

Allergens: milk, egg, wheat, rye, fish, mustard



BREAKFAST BAGEL BOX £31

12 pieces of freshly made seeded bagels

- Free-range egg mayonnaise and sun-blushed tomato (V)
- Pastrami, Emmental and wholegrain mustard
- Hot-smoked salmon, lemon crème fraîche and rocket

2363 kcal per box

Allergens: milk, egg, wheat, rye, fish, mustard, sesame, soya



CUT FRUIT BOX (VG) £30

Fresh fruits cut into bite size

- Pineapple, galia melon, watermelon, grapes, blueberries and lime

387 kcal per box



CINNAMON ROLL BOX (VG) £25.75

6 vegan cinnamon rolls

3210 kcal per box

Allergens: wheat, rye, soya



MINI PASTRIES BOX (V) £17.50

18 pieces of freshly made mini pastries

- Croissant x6
- Pain au chocolat x6
- Pain aux raisins x6

669 kcal per box

Allergens: wheat, milk, egg, soya



MIXED PASTRIES BOX (V) £15

6 pieces of freshly made pastries

- Croissant x2
- Almond croissant x1
- Pain au chocolat x2
- Pain aux raisins x1

1712 kcal per box

Allergens: wheat, milk, egg, nuts, soya

BREAKFAST

BREAKFAST BOXES



VEGAN PASTRIES BOX (VG)

£16.50

- Cherry flaxseed crown ×2
- Raspberry-filled croissant ×2
- Spelt and quinoa croissant ×2

1693 kcal per box

Allergens: wheat, barley, rye, nuts



BLUEBERRY MUFFIN BOX (V)

£17.50

- Blueberry, oat and rye muffin ×6

1880 kcal per box

Allergens: wheat, rye, oat, milk, egg



MIXED MUFFIN BOX (V)

£17.50

- Blueberry, oat and rye muffin ×3
- Double chocolate muffin ×3

2039 kcal per box

Allergens: wheat, rye, oat, milk, egg

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FRUIT, YOGHURT POTS AND PORRIDGE

VEGAN COCONUT AND BLUEBERRY YOGHURT (VG)

£3.45

Coconut yoghurt, blueberry compote, banana, goji berries and almond granola

278 kcal

Allergens: nuts, oat

MANGO, PASSION FRUIT AND PISTACHIO YOGHURT (V)

£3.45

Lemon and chia yoghurt, mango, passion fruit and lime coulis, pomegranate and pistachio

331 kcal

Allergens: nuts, milk

BLUEBERRY AND ALMOND GRANOLA YOGHURT (V)

£3.45

Lemon and chia yoghurt, blueberry compote, nutty granola and fresh blueberries

399 kcal

Allergens: nuts, oat, milk

FRUIT POT (VG)

£3.50

Blueberries, mixed grapes, melon and pineapple

121 kcal

ORIGINAL PORRIDGE (V)

£2.95

No added sugar

233 kcal

Allergens: milk

CRANBERRY AND RAISIN PORRIDGE (V)

£2.95

249 kcal

Allergens: milk

ALMOND BUTTER AND SALTED CARAMEL PORRIDGE (V)

£2.95

218 kcal

Allergens: milk



LUNCH

**SANDWICHES,
WRAPS AND
SALADS**

LUNCH BOXES



BEST OF BENUGO BOX £33

22 pieces of our favourite freshly made sandwiches

- Hot-smoked salmon, lemon crème fraîche and rocket sandwich
- Free-range egg mayonnaise and mustard cress sandwich **(V)**
- West Country Cheddar and sweet pickle brioche roll **(V)**
- Wiltshire ham, Emmental and mustard mayonnaise brioche roll
- Katsu cauliflower wrap **(VG)**
- Pastrami, Emmental and grain mustard bagel
- Indian spiced chicken wrap

3021 kcal per box

Allergens: wheat, barley, rye, egg, milk, mustard, sulphites, fish, sesame, soya



BAGEL BOX £31

12 pieces of freshly made seeded bagels

- Free-range egg mayonnaise and sun-blushed tomato **(V)**
- Pastrami, Emmental and wholegrain mustard
- Hot-smoked salmon, lemon crème fraîche and rocket

2363 kcal per box

Allergens: milk, egg, wheat, rye, fish, mustard, sesame, soya



WRAP BOX £32

12 pieces of freshly filled tortilla wraps

- Indian spiced chicken x4
- Katsu cauliflower **(VG)** x4
- Falafel, hummus and sriracha aioli **(VG)** x4

3277 kcal per box

Allergens: wheat, barley, egg, milk, sesame, soya, sulphites, mustard



BRIOCHE BOX £29

12 pieces of freshly made brioche rolls

- Arrabiata spiced chicken x4
- West Country Cheddar and sweet pickle **(V)** x4
- Wiltshire ham, Emmental and mustard mayonnaise x4

2207 kcal per box

Allergens: wheat, rye, egg, milk, mustard, sulphites

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(V) vegetarian
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LUNCH

LUNCH BOXES



VEGGIE BOX (V) £30

20 pieces of freshly made sandwiches

- Free-range egg mayonnaise and mustard cress sandwich **(V)**
- Katsu cauliflower wrap **(VG)**
- Falafel, hummus and sriracha mayonnaise wrap **(VG)**
- Cheddar and tomato sandwich **(V)**

2121 kcal per box

Allergens: wheat, barley, egg, milk, mustard, sesame, soya, sulphites



VEGAN BOX (VG) £29.50

20 pieces of freshly made vegan sandwiches

- Falafel, hummus and sriracha mayonnaise wrap
- Katsu cauliflower wrap
- Hummus, roasted red pepper and spinach sandwich

2709 kcal per box

Allergens: wheat, barley, sesame, soya, sulphites, mustard



CLASSIC BOX £26.50

24 pieces of freshly made sandwiches

- Free-range egg mayonnaise and mustard cress **(V)**
- Cheddar and tomato **(V)**
- Tuna mayonnaise and cucumber
- Hot-smoked salmon, lemon crème fraîche and spinach
- Wiltshire ham and Cheddar
- Indian spiced chicken

2166 kcal per box

Allergens: wheat, barley, egg, milk, fish, mustard

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LUNCH

TYPICALLY SERVES 4-6

SALAD BOXES



ASIAN SLAW (VG)

£25

Asian vegetable slaw, pickled ginger, miso ginger and lime dressing, crispy onions, cashew nuts and coriander

Add British sliced chicken breast for £3.95

721 kcal per box
(with chicken 874 kcal per box)

Allergens: wheat, nuts, soya



GORGEOUS GREEN GRAINS AND FETA (V)

£25

Herbaceous chickpea, lentil and quinoa mix, Greek feta, pomegranate, pickled red onions, toasted omega seeds, coriander, toasted cumin and yoghurt dressing

Add British sliced chicken breast for £3.95

1756 kcal per box
(with chicken 1909 kcal per box)

Allergens: egg, milk, sesame, soya



GREEK SALAD (V)

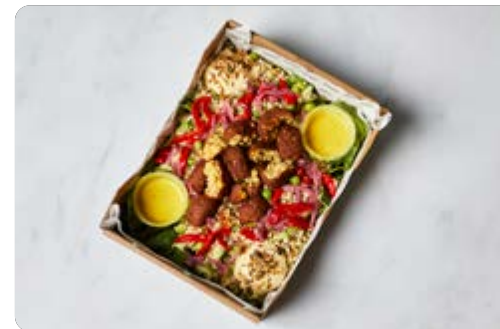
£25

Cos lettuce, rocket, French dressing, tomato, cucumber, pickled onions, black olives, sun-blush tomato, red pepper, pickled red onions, Greek feta

Add British sliced chicken breast for £3.95

745 kcal per box
(with chicken 1052 kcal per box)

Allergens: wheat, milk, mustard



PLANT POWER (VG)

£27

Falafel, hummus, piquillo peppers, herbaceous mixed green grains, pickled red onion, spinach, lemon and tahini dressing

Add British sliced chicken breast for £3.95

1561 kcal per box
(with chicken 1868 kcal per box)

Allergens: mustard, soya, sesame, sulphites



CELLENTANI PESTO PASTA (V)

£25

Green nut-free pesto pasta, mozzarella pearls, sun-blush tomato, rocket, pitted black olives and edamame beans

Add British sliced chicken breast for £3.95

1597 kcal per box
(with chicken 1904 kcal per box)

Allergens: wheat, milk, soya



CRUDITÉS (VG)

£28.50

Cucumber, mange tout, carrots, radishes, red peppers, cherry tomato, spiced chickpeas, basil picos breadsticks, sriracha-spiced hummus

791 kcal per box

Allergens: wheat, sesame

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LUNCH

INDIVIDUAL SANDWICHES

FREE-RANGE EGG MAYONNAISE AND MUSTARD CRESS (V) £3.75

Free-range egg mayonnaise and mustard cress
on malted bread

525 kcal

Allergens: wheat, barley, mustard, egg

TUNA MAYONNAISE AND CUCUMBER £3.75

Tuna mayonnaise with cucumber on malted bread

301 kcal

Allergens: wheat, barley, fish, egg, mustard

HOT SMOKED SALMON AND SPINACH £4

Hot smoked salmon, lemon crème fraîche, spinach
and cucumber on malted bread

378 kcal

Allergens: wheat, barley, egg, milk, fish

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INDIVIDUAL WRAPS

FALAFEL AND HUMMUS (VG) £4.66

Hummus, falafel, tomato, cucumber and spinach with
sriracha lemon aioli sauce on a tortilla wrap

668 kcal

Allergens: wheat, sesame, mustard

INDIAN SPICED CHICKEN £4.79

Indian chicken, cucumber, red pepper, pickled onion, coriander
and spinach with green chilli aioli sauce on a spinach tortilla

478 kcal

Allergens: wheat, egg, milk

KATSU CAULIFLOWER (VG) £4.79

Katsu roasted cauliflower, Asian slaw mix, cucumber,
crispy onions, sriracha chickpeas and spinach with katsu
mayonnaise on a turmeric spiced tortilla

603 kcal

Allergens: wheat, barley, soya, sulphites



INDIVIDUAL SALADS

KOREAN BBQ CHICKEN £6.63

Korean BBQ chicken, slaw mix, quinoa, spinach, cucumber
and sriracha chickpeas with a miso, chilli and lime dressing

478 kcal

Allergens: wheat, soya

SUPER SALMON £6.63

Hot smoked salmon, quinoa, edamame beans, pickled red onion,
courgetti, cucumber, spinach, toasted omega seeds, with a miso,
chilli and lime dressing

361 kcal

Allergens: wheat, fish, sesame, soya

CELLENTANI PESTO PASTA (V) £4.50

Green nut-free pesto, Cellentani pasta, sun-blushed tomatoes,
pitted black olives, edamame beans, spinach, Gran Moravia
cheese and lemon

507 kcal

Allergens: wheat, milk, egg, soya

PLANT POWER (VG) £6.46

Falafel, hummus, piquillo peppers, green grain mix, spinach,
toasted omega seeds and courgetti with a lemon and tahini
dressing

646 kcal

Allergens: sesame, soya, sulphites, mustard

LUNCH

SAVOURY BOXES



VEGAN SAUSAGE ROLL BOX (VG) £27

24 pieces of freshly baked vegan plant-based sausage rolls with rosemary, thyme and garlic

4734 kcal per box

Allergens: wheat, soya, sulphites



FRITTATA BOX (V) £25

12 pieces of freshly baked sun-blushed tomato, black olive, spinach and Greek feta frittatas

1633 kcal per box

Allergens: egg, milk



MIXED QUICHE BOX £27

12 pieces of freshly baked quiches

- West Country Cheddar, dry-cured crispy bacon and caramelized onion ×6
- Roasted butternut squash, cranberry, mature Cheddar and thyme (V) ×6

1775 kcal per box

Allergens: wheat, barley, egg, milk



SAUSAGE ROLL BOX £28

24 pieces of handmade and freshly baked Cumberland pork sausage rolls

3637 kcal per box

Allergens: mustard, wheat, egg, sulphites

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SWEET TREAT BOXES



CINNAMON ROLL BOX (VG) £25.75

6 pieces of vegan cinnamon rolls
3210 kcal per box

Allergens: wheat, rye, soya



FLAPJACK BITES BOX (V) £33

20 pieces of freshly made flapjacks
• Coconut and dark chocolate flapjack x10
• Fruit and nut granola x10

No gluten containing ingredients
4640 kcal per box

Allergens: oat, nuts, sulphites



MINI COOKIE BOX (V) £28.50

18 pieces of freshly made mini cookies

- Pumpkin and fig cookie x6
- Oat and raisin cookie x6
- Double chocolate cookie x6

4397 kcal per box

Allergens: nuts, egg, soya, milk, wheat, oat



SEASONAL CAKE BOX £33

20 pieces of freshly made seasonal cakes

- Pumpkin, pistachio and salted caramel loaf cake (V) x5
- Mango, coconut and raspberry loaf cake (V) x5
- Vegan carrot cake (VG) x5
- Seasonal blondie (V) x5

7790 kcal per box

Allergens: wheat, nuts, milk, egg, soya, sulphites



BROWNIE AND BLONDIE BITES BOX (V) £33

20 pieces of freshly made brownies and blondies

- Ultimate chocolate brownie x10
- Seasonal blondie x10

3675 kcal per box

Allergens: wheat, egg, milk, soya



BEST OF BENUGO LOAF CAKE BOX (V) £28

18 pieces of freshly made cakes

- Lemon drizzle x6
- Mango, coconut and raspberry x6
- Pumpkin pistachio and salted caramel x6

6855 kcal per box

Allergens: wheat, nuts, milk, egg, sulphites

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CHRISTMAS

BOXES



CHRISTMAS BOX £32

16 pieces of freshly made Christmas sandwiches

- Brie and cranberry brioche (V)
- Pulled turkey, bacon and cranberry brioche
- Honey roast ham and Cheddar sandwich

2388 kcal per box

Allergens: wheat, barley, rye, egg, milk, mustard



CHRISTMAS TREAT BOX £31

18 delicious Christmassy treats

- Mince pie Bakewell slice (VG) x7
- Gingerbread crackle cookie (V) x6
- Winter spiced fruit cake bite (VG) x5

2987 kcal per box

Allergens: wheat, barley, almonds, pistachios, egg, milk, soya, sulphites

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INDIVIDUAL SANDWICHES

CHRISTMAS TURKEY AND BACON SANDWICH £4.50

Pulled sage and caramelised onion turkey, bacon, crispy onion and rocket with grain mustard mayonnaise and cranberry sauce on malted bread

463 kcal

Allergens: gluten, egg, mustard

HONEY ROAST PULLED HAM AND CHEDDAR SANDWICH £4.25

Honey roast pulled ham, Cheddar, apple cider chutney, grain mustard mayonnaise and spinach on malted bread

481 kcal

Allergens: gluten, egg, milk, mustard

AVAILABLE 7 NOVEMBER - 27 DECEMBER



CAKES, SNACKS AND DRINKS



CAKES

INDIVIDUAL CAKES

LEMON DRIZZLE (V)

£3.75

435 kcal

Allergens: wheat, milk, egg

MANGO, COCONUT AND RASPBERRY (V)

£3.75

339 kcal

Allergens: wheat, egg, milk,
sulphites

PUMPKIN, PISTACHIO AND SALTED CARAMEL (V)

£3.75

390 kcal

Allergens: wheat, nuts, egg, milk

FRUIT AND NUT GRANOLA (V)

£3.45

653 kcal

Allergens: oat, nuts, sulphites

ULTIMATE CHOCOLATE BROWNIE (V)

£3.45

336 kcal

Allergens: wheat, egg, milk, soya

WHOLE LOAF CAKES



PUMPKIN, PISTACHIO AND SALTED CARAMEL (V)

£32

390 kcal

Allergens: wheat, nuts, egg, milk

LEMON DRIZZLE (V)

£32

435 kcal

Allergens: wheat, milk, egg

MANGO, COCONUT AND RASPBERRY (V)

£32

317 kcal

Allergens: wheat, egg, milk, sulphites

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SNACKS

PIPERS CRISPS £1.60

Cheese **(V)**
532 kcal

Allergens: milk

Lightly salted **(VG)**
532 kcal

Salt and vinegar **(V)**
523 kcal

Chorizo
210 kcal

Allergens: milk

POPCORN £1.60

Sweet and salty **(VG)**
465 kcal

Salted **(VG)**
439 kcal

TONY'S CHOCOLONELY £2.85

Milk chocolate
545 kcal

Allergens: milk, soya

Caramel and sea salt
537 kcal

Allergens: milk, soya

DRINKS

ORANGE JUICE **(VG)** £2.60 105 kcal

APPLE JUICE **(VG)** £2.60 112 kcal

COCA-COLA CAN **(VG)** £1.75 330 ml 139 kcal

DIET COKE CAN **(VG)** £1.75 330 ml 1 kcal

SAN PELLEGRINO – LIMONATA **(VG)** £1.75 330 ml 77 kcal

SAN PELLEGRINO – ARANCIATA **(VG)** £1.75 330 ml 116 kcal

SAN PELLEGRINO – POMEGRANATE **(VG)** £1.75 330 ml 68 kcal

LIFE STILL WATER **(VG)** £1.65 500 ml 0 kcal

LIFE SPARKLING WATER **(VG)** £1.65 500 ml 0 kcal

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NEED FURTHER INFO?

CALL KIRSTY
07580 814 277

OR E-MAIL
KIRSTY@BENUGO.COM

BENUGO

ORDER ONLINE AT
[BENUGO.COM/ORDER-ONLINE](https://benugo.com/order-online)

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

Images are for illustrative purposes only.

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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.