



BENUGO

DELIVERY MENU

SPRING 2025

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://www.benugo.com/order-online)

Prices excluding VAT

BREAKFAST

BAGELS, PASTRIES,
MUFFINS, FRUIT
AND YOGHURT POTS



BREAKFAST

BREAKFAST BOXES



BREAKFAST BRIOCHE BOX

£28

12 pieces of freshly made brioche rolls

- Free-range egg and spinach (V) x2
- Free-range egg and bacon x2
- Hot-smoked salmon and spinach x2

2240 kcal per box

Allergens: wheat, rye, egg, milk, fish



BREAKFAST BAGEL BOX

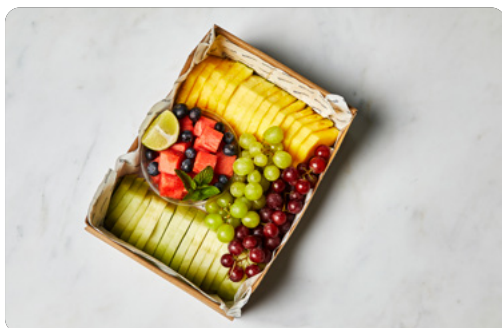
£32

12 pieces of freshly made seeded bagels

- Free-range egg mayonnaise, avocado and sriracha (V) x2
- Bacon, cheese and tomato x2
- Cold smoked salmon and cream cheese x2

3043 kcal per box

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



CUT FRUIT BOX (VG)

£30

Fresh fruits cut into bite size

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

387 kcal per box



CINNAMON ROLL BOX (VG)

£25.75

6 vegan cinnamon rolls

4013 kcal per box

Allergens: wheat, rye, soya



MINI PASTRIES BOX (V)

£18

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, almonds, soya

Allergens are subject to change, please speak to us about allergens before ordering
(V) vegetarian
(VG) vegan

BREAKFAST

BREAKFAST BOXES



VEGAN PASTRIES BOX (VG)

£16.50

6 pieces of freshly made pastries

- Cherry flaxseed crown x2
- Raspberry-filled croissant x2
- Spelt and quinoa croissant x2

1693 kcal per box

Allergens: wheat, barley, rye, nuts



BLUEBERRY MUFFIN BOX (V)

£18

6 pieces of freshly made muffins

- Blueberry, oat and rye muffin x6

1880 kcal per box

Allergens: wheat, rye, oat, milk, egg



MIXED MUFFIN BOX (V)

£18

6 pieces of freshly made muffins

- Blueberry, oat and rye muffin x3
- Raspberry and white chocolate muffin x3

2039 kcal per box

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

YOGHURT, PORRIDGE AND FRUIT

BLUEBERRY PISTACHIO YOGHURT POT (V)

£3.50

Lemon and chia yoghurt, blueberry compote, pistachio nuts and fresh blueberries

285 kcal

Allergens: pistachio, milk

PINEAPPLE MANGO AND COCONUT YOGHURT POT (V)

£3.50

Lemon and chia yoghurt, pineapple chunks, mango passion fruit coulis, pomegranate and coconut flakes

253 kcal

Allergens: milk

RASPBERRY AND ALMOND BIRCHER POT (VG)

£3.50

Overnight oat mix, raspberry compote, almond butter, coconut flakes and flaxseed

323 kcal

Allergens: oat, almonds

ORIGINAL PORRIDGE (V)

£2.95

No added sugar

233 kcal

Allergens: oat, milk

CRANBERRY AND RAISIN PORRIDGE (V)

£2.95

Almond butter, coconut

249 kcal

Allergens: oat, milk

ALMOND BUTTER AND SALTED CARAMEL PORRIDGE (V)

£2.95

218 kcal

Allergens: oat, milk, nuts

PINEAPPLE POT (VG)

£3.35

92 kcal

WATERMELON POT (VG)

£3.35

72 kcal

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(V) vegetarian
(VG) vegan



LUNCH

SANDWICHES,
WRAPS AND SALADS

LUNCH

LUNCH BOXES



BEST OF BENUGO BOX

£34.50

22 pieces of our favourite freshly made sandwiches

- Hot-smoked salmon, lemon crème fraîche and spinach bloomer x4
- Free-range egg mayonnaise and sun-blush tomato bloomer **(V)** x4
- West Country Cheddar and sweet pickle brioche roll **(V)** x2
- Ham and Emmental brioche roll x2
- Katsu cauliflower wrap **(VG)** x4
- Bacon, cheese and tomato bagel x2
- Chicken tzatziki wrap x4

3687 kcal per box

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



BAGEL BOX

£32

12 pieces of freshly made seeded bagels

- Free-range egg mayonnaise, avocado and sriracha **(V)** x4
- Bacon cheese and tomato x4
- Cold-smoked salmon and cream cheese x4

3043 kcal per box

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



BRIOCHE BOX

£30

12 pieces of freshly made brioche rolls

- Chicken tzatziki x4
- West Country Cheddar and sweet pickle **(V)** x4
- Pulled ham and Emmental x4

2480 kcal per box

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



WRAP BOX

£32.50

12 pieces of freshly filled tortilla wraps

- Chicken tzatziki x4
- Katsu cauliflower **(VG)** x4
- Falafel, hummus and sriracha aioli **(VG)** x4

3470 kcal per box

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

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(V) vegetarian

(VG) vegan

LUNCH



VEGGIE BOX (V) £30

16 pieces of freshly made sandwiches

- Free-range egg mayonnaise and sun-blush tomato bloomer (V) x4
- Cheddar cheese salad bloomer (V) x4
- Katsu cauliflower wrap (VG) x4
- Falafel and hummus wrap (VG) x4

2515 kcal per box

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



VEGAN BOX (VG) £31

16 pieces of freshly made vegan sandwiches

- Falafel and hummus wrap x4
- Vegan cream cheese x8 and veggies bloomer
- Katsu cauliflower wrap x4

2396 kcal per box

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

LUNCH BOXES



CLASSIC BLOOMER BOX £19.50

16 pieces of freshly made sandwiches served seeded bloomer bread

- Free-range egg mayonnaise and sun-blush tomato (V) x4
- Tuna mayonnaise, cucumber, capers and rocket x4
- Pulled ham and cheese salad x4
- Chicken and avocado x4

2566 kcal per box

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



GOLDEN MILLET AND RICE ROLLS £33

12 pieces of freshly made sandwiches

- West Country Cheddar and sweet pickle roll (V) x2
- Chicken tzatziki roll x2
- Ham and Emmental roll x2

2224 kcal per box

Allergens: egg, milk, mustard, sulphites

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(V) vegetarian

(VG) vegan

LUNCH

TYPICALLY SERVES 6-8

SALAD BOXES



ASIAN SLAW (VG)

£26

Asian quinoa mix, chilli and lime dressing, toasted cashews, crispy onions, lime

Add British sliced chicken breast for £4.50

1219 kcal per box
(with chicken 1373 kcal per box)

Allergens: wheat, nuts, soya



NUTTY PLANT POWER (VG)

£29

Moroccan falafel, hummus, grilled carrots, pistachio, slaw, mixed grains, green chickpeas, lemon and tahini dressing

Add British sliced chicken breast for £4.50

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

Allergens: pistachio, mustard, sesame, sulphites



CAESAR SALAD (V)

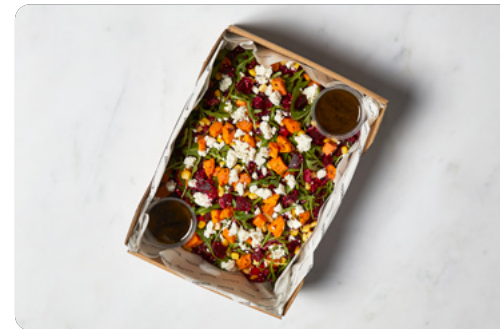
£26

Cos lettuce, free-range hard boiled eggs, Gran Moravia, baby plum tomatoes, croutons, rocket, lemon, creamy Caesar dressing

Add British sliced chicken breast for £4.50

650 kcal per box
(with chicken 957 kcal per box)

Allergens: wheat, egg, milk



FEEL GOOD SALAD (V)

£26

Grilled carrot, grilled corn, feta, beetroot and black bean quinoa, rocket, sweet balsamic dressing

Add British sliced chicken breast for £4.50

1016 kcal per box
(with chicken 1323 kcal per box)

Allergens: milk, sulphites



CELLENTANI PESTO PASTA (V)

£26

Green nut-free pesto pasta, mozzarella pearls, sun-blushed tomato, rocket

Add British sliced chicken breast for £4.50

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

Allergens: wheat, milk, soya



CRUDITÉS (VG)

£28.50

Cucumber, mange tout, carrots, breakfast radishes, red peppers, cherry tomato, spiced chickpeas, spiced hummus

791 kcal per box

Allergens: wheat, sesame

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(VG) vegan

LUNCH

INDIVIDUAL SANDWICHES

FREE-RANGE EGG MAYONNAISE AND SUNBLUSH TOMATO (V)

£4.60

Free-range egg mayonnaise, sun-blushed tomatoes and spinach with a lemon aioli multiseed bloomer bread

672 kcal

Allergens: wheat, barley, rye, egg, mustard

CHICKEN AND AVOCADO

£4.95

British chicken, avocado, fresh basil and spinach with a lemon aioli on multiseed bloomer bread

619 kcal

Allergens: wheat, barley, rye, mustard

HOT SMOKED SALMON AND SPINACH

£4.95

Hot smoked salmon, cucumber, pickled onions and spinach with a lemon crème fraîche mayonnaise on multiseed bloomer bread

534 kcal

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

TUNA MAYONNAISE, CAPERS AND ROCKET

£4.60

Tuna mayonnaise, pickled onions, cucumber, capers and rocket on multiseed bloomer bread

528 kcal

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

BLT BLOOMER

£4.95

Crispy bacon, ripe tomatoes and mixed leaves with mayonnaise on multiseed bloomer bread

613 kcal

Allergens: wheat, barley, rye, egg

CHEDDAR CHEESE SALAD (V)

£4.60

Cheddar cheese, ripe tomatoes, pickled onion and mixed leaves with a soft spread on multiseed bloomer bread

574 kcal

Allergens: wheat, barley, rye, milk

PULLED HAM AND CHEESE SALAD

£4.75

Pulled ham, Cheddar, slaw and mixed leaves with a mustard ketchup on multiseed bloomer bread

708 kcal

Allergens: wheat, barley, rye, milk, mustard

VEGAN CREAM CHEESE AND VEGGIES (VG)

£4.75

Vegan cream cheese, cherry bell peppers, sun-blushed tomato, black olives, pickled onions and spinach with a tomato pepper aioli sauce on multiseed bloomer bread

562 kcal

Allergens: wheat, barley, rye, soya, mustard

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(V) vegetarian
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LUNCH

INDIVIDUAL WRAPS

FALAFEL AND HUMMUS (VG)

£4.65

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

789 kcal

Allergens: wheat, mustard, sesame

CHICKEN TZATZIKI

£4.80

Gremolata chicken, tzatziki mix, green chickpeas, pickled onion, roquito peppers, cucumber, tomato and spinach with green chilli mayonnaise on a spinach tortilla wrap

492 kcal

Allergens: wheat, egg, milk

KATSU CAULIFLOWER (VG)

£4.80

Katsu roast cauliflower, Asian slaw mix, cucumber, crispy onions, spring onions, sriracha chickpeas and spinach with katsu mayonnaise on a curried tortilla wrap

547 kcal

Allergens: wheat, barley, soya, sulphites, mustard



INDIVIDUAL SALADS

NUTTY PLANT POWER (VG)

£6.65

Grainy mix, slaw, Moroccan falafel, hummus, green chickpeas, grilled carrot, pistachio and rocket with a lemon tahini dressing

845 kcal

Allergens: pistachio, sesame, mustard, sulphites

HOT SMOKED SALMON SALAD

£6.65

Hot smoked salmon, grainy mix, slaw, edamame beans, cherry bell peppers, omega mix and rocket with a chilli lime dressing

435 kcal

Allergens: fish, sesame, soya

CHICKEN TZATZIKI SALAD

£6.65

Gremolata chicken, grainy mix, slaw, green chickpeas, ripe tomatoes, black olives, pistachio and tzatziki mix with a green tahini dressing

538 kcal

Allergens: pistachio, egg, milk, mustard, sesame

CELLENTANI PESTO PASTA (V)

£4.60

Nut-free green pesto, cellantani pasta, sun-blushed tomato, black olives, edamame beans, Gran Moravia cheese, spinach and lemon

507 kcal

Allergens: wheat, milk, soya, egg

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LUNCH

SAVOURY BOXES



SAUSAGE ROLL BOX

£29

24 pieces of homemade and freshly baked Cumberland pork sausage rolls
3637 kcal per box

Allergens: wheat, mustard, egg, sulphites



VEGAN SAUSAGE ROLL BOX (VG)

£28

24 pieces of homemade and freshly baked vegan sausage rolls
4737 kcal per box

Allergens: wheat, soya, sulphites



FRITTATA BOX (V)

£26

12 pieces of freshly made frittatas
• Courgette, feta, minted pea and spring onion x12

1721 kcal per box

Allergens: milk, egg



MIXED QUICHE BOX

£28

12 pieces of freshly baked quiches
• West Country Cheddar, dry-cured crispy bacon and caramelised onion x6
• Grilled Mediterranean vegetables, sun-dried tomato and black olive (V) x6

1800 kcal per box

Allergens: wheat, barley, egg, milk

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(V) vegetarian

(VG) vegan

SWEET TREAT BOXES



CINNAMON ROLL BOX (VG) £25.75

6 pieces of vegan cinnamon rolls
4013 kcal per box

Allergens: wheat, rye, soya



FLAPJACK BITES BOX (V) £33

20 pieces of freshly made flapjacks
• Dark chocolate coconut flapjack ×10
• Super granola ×10
No gluten containing ingredients
4640 kcal per box

Allergens: oats, almonds, hazelnuts, sulphites



MINI COOKIE BOX (V) £28.50

12 pieces of freshly made mini cookies
• Oat and raisin ×4
• Lemon, poppyseed and pistachio ×4
• Double chocolate ×4
4397 kcal per box

Allergens: pistachio, egg, soya, milk, wheat, oat, barley



SEASONAL CAKE BOX £33

12 pieces of freshly made seasonal cakes
• Banana and walnut (V) ×3
• Mango, coconut and raspberry (V) ×3
• Vegan carrot cake (VG) ×3
• Seasonal blondie (V) ×3
7790 kcal per box

Allergens: wheat, hazelnuts, almonds, walnuts, milk, egg, soya, sulphites



BROWNIE AND BLONDIE BITES BOX (V) £35

20 pieces of freshly made brownies and blondies
• Dark chocolate brownie ×10
• Seasonal blondie ×10
3675 kcal per box

Allergens: wheat, egg, milk, soya



BEST OF BENUGO LOAF CAKE BOX (V) £28

12 pieces of freshly made cakes
• Lemon drizzle ×4
• Banana and walnut ×4
• Mango, coconut and raspberry ×4
6855 kcal per box

Allergens: wheat, almonds, walnuts, milk, egg, sulphites

CAKES, SNACKS AND DRINKS



CAKES

INDIVIDUAL CAKES

LEMON DRIZZLE SLICE (v)

£3.75

410 kcal

Allergens: wheat, milk, egg

MANGO, COCONUT AND RASPBERRY (v)

£3.75

339 kcal

Allergens: wheat, milk, egg

BANANA AND WALNUT (v)

£3.75

444 kcal

Allergens: wheat, egg, walnuts, almonds, milk

SUPER GRANOLA (v)

£3.45

653 kcal

Allergens: oats, almonds, hazelnuts, sulphites

DARK CHOCOLATE BROWNIE (v)

£3.45

336 kcal

Allergens: gluten, egg, milk soya

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WHOLE LOAF CAKES

LEMON DRIZZLE LOAF CAKE (v)

£32

Lemon cake with a velvety lemon icing glaze and a sprinkle of lemon zest

5221 kcal per loaf

Allergens: wheat, milk, egg

MANGO COCONUT AND RASPBERRY LOAF CAKE (v)

£32

Sweet sponge speckled with coconut, topped with a lime and coconut drizzle and freeze-dried raspberries

3804 kcal per loaf

Allergens: wheat, milk, egg

BANANA AND WALNUT LOAF CAKE (v)

£32

A moist banana sponge, studded with walnuts and topped with a nutty cinnamon streusel

4803 kcal per loaf

Allergens: wheat, almonds, walnuts, egg, milk

SNACKS

PIPERS CRISPS

£1.65

Cheese **(V)**
213 kcal

Allergens: milk

Lightly salted **(VG)**
213 kcal

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

Chorizo
210 kcal
Allergens: milk

POPCORN

£1.65

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

TONY'S CHOCOLONELY (V)

£2.85

Milk chocolate
545 kcal

Allergens: milk, soya

Caramel and sea salt
537 kcal

Allergens: milk, soya, gluten

DRINKS

ORANGE JUICE (VG)

£2.75

105 kcal

APPLE JUICE (VG)

£2.75

112 kcal

COCA-COLA (VG)

£1.95

330 ml

139 kcal

DIET COKE (VG)

£1.95

330 ml

1 kcal

SANPELLEGRINO – LIMONATA (VG)

£1.95

330 ml

77 kcal

SAN PELLEGRINO – ARANCIATA (VG)

£1.95

330 ml

116 kcal

SAN PELLEGRINO – POMEGRANATE (VG)

£1.95

330 ml

68 kcal

SAN PELLEGRINO – SPARKLING WATER (VG)

£1.80

500 ml

0 kcal

STILL WATER (VG)

£1.80

500 ml

0 kcal

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(VG) vegan



NEED FURTHER INFO?

CALL US ON
0207 064 9900

OR E-MAIL
ORDERS@BENUGO.COM

BENUGO

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

This is a sample menu, visit [benugo.com/delivery](https://www.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.