



BENUGO

DELIVERY MENU

SUMMER 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://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 and spinach (V) ×2
- Free-range egg and bacon ×2
- Hot-smoked salmon and spinach ×2

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) ×2
- Bacon, cheese and tomato ×2
- Smoked salmon and mustard dill cream cheese bagel ×2

3037 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 ×6
- Pain au chocolat ×6
- Pain aux raisins ×6

669 kcal per box

Allergens: wheat, milk, egg, soya



MIXED PASTRIES BOX (V)

£15

6 pieces of freshly made pastries

- Croissant ×2
- Almond croissant ×1
- Pain au chocolat ×2
- Pain aux raisins ×1

1712 kcal per box

Allergens: wheat, milk, egg, almonds, soya

BREAKFAST

BREAKFAST BOXES



VEGAN PASTRIES BOX (VG)

£16.50

6 pieces of freshly made pastries

- Orange and hazelnut crown x2
- Raspberry-filled croissant x2
- Spelt and quinoa croissant x2

1809 kcal per box

Allergens: wheat, barley, rye, hazelnuts



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

FRUIT POT (VG)

Blueberries, mixed grapes, melon and pineapple

£3.50

121 kcal

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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
- Asian chicken wrap x4

3629 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
- Smoked salmon and mustard dill cream cheese bagel x4

3037 kcal per box

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



BRIOCHE BOX

£30

12 pieces of freshly made brioche rolls

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

2827 kcal per box

Allergens: wheat, rye, egg, milk, mustard



WRAP BOX

£32.50

10 pieces of freshly filled tortilla wraps

- Asian chicken wrap x2
- Katsu cauliflower **(VG)** x4
- Falafel, hummus and sriracha aioli **(VG)** x4

3484 kcal per box

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

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LUNCH



VEGGIE BOX (V)

£30

16 pieces of freshly made sandwiches

- Free-range egg mayonnaise and sun-blush tomato bloomer (V) ×4
- Cheddar cheese salad bloomer (V) ×4
- Katsu cauliflower wrap (VG) ×4
- Falafel and hummus wrap (VG) ×4

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 ×4
- Vegan cream cheese ×8 and veggies bloomer
- Katsu cauliflower wrap ×4

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) ×4
- Tuna mayonnaise, cucumber, capers and rocket ×4
- Pulled ham and cheese salad ×4
- Chicken and avocado ×4

2566 kcal per box

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

BLOOMER BOX

£38

32 pieces of freshly made sandwiches served on seeded bloomer bread

- Free-range egg mayonnaise and sun-blush tomato (V) ×8
- Cheddar cheese salad (V) ×4
- Tuna mayonnaise, cucumber, capers and rocket ×4
- Pulled ham and cheese salad ×8
- Chicken and avocado ×4
- Hot-smoked salmon, lemon crème fraîche and spinach ×4

3614 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) ×4
- Chicken Caesar roll ×4
- Ham and Emmental roll ×4

2571 kcal per box

Allergens: egg, milk, mustard, sulphites

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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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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

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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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

ASIAN CHICKEN WRAP

£4.80

Sriracha chicken, pickled carrot slaw, red pepper, crispy onions and spinach with a miso tahini sauce on a spinach tortilla

527 kcal

Allergens: wheat, egg, sesame, soya

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

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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

ASIAN CHICKEN SALAD

£6.65

Sriracha chicken, grainy mix, slaw, fresh pineapple, cherry bell peppers, crispy onions and rocket with a chilli lime dressing

465 kcal

Allergens: wheat, soya

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

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 ×12

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 ×6

• Grilled Mediterranean vegetables, sun-dried tomato and black olive (V) ×6

1800 kcal per box

Allergens: wheat, barley, egg, milk

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SWEET TREAT BOXES



CINNAMON ROLL BOX (VG)

£25.75

6 pieces of vegan cinnamon rolls

4013 kcal per box

Allergens: wheat, rye, soya



SEASONAL CAKE BOX

£33

20 pieces of freshly made seasonal cakes

- Pistachio and raspberry loaf cake **(V)** ×5
- Mango, coconut and raspberry **(V)** ×5
- Vegan carrot cake **(VG)** ×5
- Seasonal blondie **(V)** ×5

7790 kcal per box

Allergens: wheat, hazelnuts, almonds, walnuts, pistachios, eggs, milk, soya, sulphites



MINI COOKIE BOX (V)

£28.50

18 pieces of freshly made mini cookies

- Oat and raisin ×6
- Raspberry and white chocolate ×6
- Double chocolate ×6

4306 kcal per box

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



BEST OF BENUGO LOAF CAKE BOX (V)

£28

18 pieces of freshly made cakes

- Lemon drizzle ×6
- Pistachio and raspberry ×6
- Mango, coconut and raspberry ×6

6855 kcal per box

Allergens: wheat, almond, pistachio, egg, milk, sulphites



BROWNIE AND GRANOLA BITES BOX (V)

£35

20 pieces of freshly made brownies and granola bites

- Dark chocolate brownie ×10
- Super granola ×10

3837 kcal per box

Allergens: Oats, hazelnuts, almonds, egg, soya, sulphite

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

PISTACHIO AND RASPBERRY (v)

£3.75

392 kcal

Allergens: wheat, milk, egg, pistachio, almonds

SUPER GRANOLA (v)

£3.45

653 kcal

Allergens: oats, almonds, hazelnuts, sulphites

DARK CHOCOLATE BROWNIE (v)

£3.45

336 kcal

Allergens: eggs, 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

PISTACHIO AND RASPBERRY LOAF CAKE (v)

£32

A nutty sponge, made with natural spinach colouring,
and glazed with raspberry icing

4312 kcal per loaf

Allergens: wheat, milk, egg, pistachio, almonds

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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NEED FURTHER INFO?

CALL US ON
0207 064 9900

OR E-MAIL
ORDERS@BENUGO.COM

BENUGO

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[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.