



BENUGO

# DELIVERY MENU

## AUTUMN 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 FOCACCIA BOX

£32

18 freshly prepared focaccia sandwiches

- Hot smoked salmon, mustard and dill cream cheese focaccia x6
- Streaky bacon and free-range egg focaccia x6
- Free-range egg and spinach focaccia (V) x6

2633 kcal per box

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



### BREAKFAST BAGEL BOX

£32

12 halves of freshly made seeded bagels

- Free-range egg mayonnaise, avocado and sriracha (V) x4
- Streaky bacon, cream cheese, tomato and Barber's Cheddar x4
- Smoked salmon, mustard and dill cream cheese x4

3037 kcal per box

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



### CUT FRUIT BOX (VG)

£32

Fresh fruits cut into bite size

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

393 kcal per box



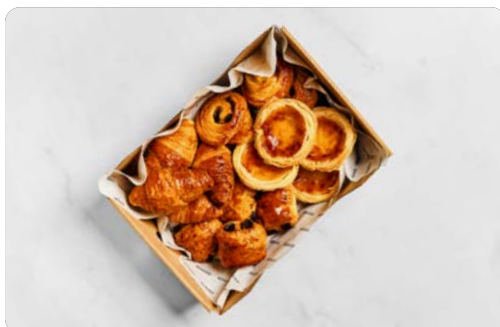
### CINNAMON ROLL BOX (VG)

£26

6 freshly baked vegan cinnamon rolls

4013 kcal per box

**Allergens:** wheat, barley, rye, soya



### MINI PASTRIES BOX (V)

£22

16 freshly baked mini pastries

- Croissant x4
- Pain au chocolat x4
- Pain aux raisins x4
- Portuguese custard tart x4

1544 kcal per box

**Allergens:** wheat, milk, egg, soya



### MIXED PASTRIES BOX (V)

£20

8 freshly baked pastries

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

2577 kcal per box

**Allergens:** wheat, milk, egg, almonds, soya



# BREAKFAST

## BREAKFAST BOXES



### VEGAN PASTRIES BOX (VG)

£17.50

6 freshly baked vegan 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)

£20

6 freshly made muffins

- Blueberry, oat and rye muffin x6

1880 kcal per box

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

## YOGHURT, PORRIDGE AND FRUIT

### BLUEBERRY, PISTACHIO YOGHURT POT (V)

£3.75

Lemon and chia yoghurt, blueberry compote, pistachios and fresh blueberries

285 kcal

**Allergens:** pistachio, milk

### MATCHA AND MANGO YOGHURT POT (V)

£3.75

Matcha, lemon and chia yoghurt, mango and passion fruit coulis, blueberries and coconut flakes

257 kcal

**Allergens:** milk

### RASPBERRY AND ALMOND BIRCHER POT (VG)

£3.75

Overnight oats, raspberry compote, almond butter, coconut flakes and flaxseed

348 kcal

**Allergens:** oat, almonds

### ORIGINAL PORRIDGE (V)

£2.95

No added sugar

233 kcal

**Allergens:** oat, milk

### CRANBERRY AND RAISIN PORRIDGE (V)

£2.95

249 kcal

**Allergens:** oat, milk

### ALMOND BUTTER AND SALTED CARAMEL PORRIDGE (V)

£2.95

218 kcal

**Allergens:** oat, milk, almonds

### FRUIT POT (VG)

Blueberries, mixed grapes, melon and pineapple

£3.75

121 kcal

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# LUNCH

**SANDWICHES,  
WRAPS AND SALADS**



# LUNCH

## LUNCH BOXES



### BEST OF BENUGO BOX

£39.50

30 of our favourite freshly made sandwiches

- Hot-smoked salmon, mustard and dill cream cheese bloomer ×4
- Free-range egg mayonnaise and sun-blushed tomato bloomer **(V)** ×4
- Vegan cream cheese ve'duja and grilled aubergine bloomer **(VG)** ×6
- Mortadella, mozzarella, sun-blushed tomato and green pesto focaccia ×6
- Bang bang cauliflower, pickled ginger slaw and miso tahini wrap **(VG)** ×4
- Streaky bacon, cream cheese, tomato and Barber's Cheddar ×2
- Yucatan chicken, black bean and chipotle wrap ×4

4449 kcal per box

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



### BAGEL BOX

£32

12 halves of freshly made seeded bagels

- Free-range egg mayonnaise, avocado and sriracha **(V)** ×4
- Streaky bacon, cream cheese, tomato and Barber's Cheddar ×4
- Smoked salmon, mustard and dill cream cheese ×4

3037 kcal per box

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



### FOCACCIA LUNCH BOX

£35

18 freshly made focaccia sandwiches

- Spanish chicken, green olives, bell peppers and tomato and smoked paprika aioli ×6
- Vegan cream cheese ve'duja and grilled aubergine **(VG)** ×6
- Mortadella, mozzarella, sun-blushed tomatoes and green pesto ×6

3281 kcal per box

**Allergens: wheat, egg, milk, mustard**



### WRAP BOX

£34

12 halves of freshly filled tortilla wraps

- Yucatan chicken, black bean and chipotle wrap ×4
- Bang bang cauliflower, pickled ginger slaw and miso tahini wrap **(VG)** ×4
- Moroccan falafel and hummus wrap **(VG)** ×4

3512 kcal per box

**Allergens: wheat, milk, mustard, sesame, soya, sulphite**

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# LUNCH

## LUNCH BOXES



### VEGGIE BOX (V)

£32

20 pieces of freshly made sandwiches

- Free-range egg mayonnaise and sun-blushed tomato bloomer **(V)** x4
- Barber's Cheddar cheese salad bloomer **(V)** x4
- Bang bang cauliflower, pickled ginger slaw and miso tahini wrap **(VG)** x6
- Moroccan falafel and hummus wrap **(VG)** x6

2969 kcal per box

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



### VEGAN BOX (VG)

£33

20 pieces of freshly made vegan sandwiches

- Vegan cream cheese, ve'duja and aubergine bloomer x8
- Moroccan falafel and hummus wrap x6
- Bang bang cauliflower, pickled ginger slaw and miso tahini wrap x6

2856 kcal per box

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



### BLOOMER BOX

£40

32 freshly made sandwiches served on seeded bloomer bread

- Free-range egg mayonnaise and sun-blushed tomato **(V)** x8
- Barber's Cheddar cheese salad **(V)** x4
- Tuna mayonnaise, cucumber, capers, pickled red onion and rocket x4
- Honey-glazed, Barber's Cheddar and mustard ketchup bloomer x8
- Hot-smoked salmon, mustard and dill cream cheese bloomer x4
- British chicken, avocado and aioli x4



4956 kcal per box

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



### MADE WITHOUT WHEAT BOX

£34

12 halves of freshly prepared rolls

- Tuna mayonnaise, cucumber, pickled red onion and rocket x4
- Free-range egg and sun-blushed tomato **(V)** x4
- Honey-glazed ham hock and Emmental cheese, Dijon mayonnaise x4

2157 kcal per box

**Allergens: egg, milk, fish, mustard, sulphites**

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# LUNCH

TYPICALLY SERVES 4-6

## SALAD BOXES



### BANG BANG SPICED CAULIFLOWER (VG)

£27.50

Pickled ginger and carrot slaw, bang bang cauliflower, edamame beans, cherry bell peppers, quinoa, crispy onions and spinach with a soy and ginger dressing and miso tahini drizzle



Add British sliced chicken breast for £4.50

991 kcal per box  
(with chicken 1298 kcal per box)

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



### CAESAR SALAD (V)

£27.50

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



Add British sliced chicken breast for £4.50

661 kcal per box  
(with chicken 968 kcal per box)

**Allergens: wheat, egg, milk**



### CELLENTANI PESTO PASTA (V)

£27.50

Green pesto pasta, mozzarella pearls, black olives, sun-blushed tomatoes and rocket



Add British sliced chicken breast for £4.50

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

**Allergens: wheat, milk, soya**



### PLANT POWER (VG)

£29

Moroccan falafel and hummus, quinoa, spinach, cucumber, hummus, pickled onion, cherry bell peppers, omega sprinkles and rocket with a sesame lemon tahini dressing.



Add British sliced chicken breast for £4.50

1476 kcal per box  
(with chicken 1783 kcal per box)

**Allergens: mustard, sesame, soya**

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# LUNCH

TYPICALLY SERVES 4-6

## SALAD BOXES



### CHERMOULA GRAINS AND SWEET POTATO (v)

**£27.50**

Chermoula grains, sweet potato, feta and rocket with a sesame yoghurt harissa dressing



Add British sliced  
chicken breast for £4.50

1557 kcal per box  
(with chicken 1864 kcal per box)

**Allergens: wheat, milk, sesame**



### FEEL GOOD SALAD (v)

**£28.50**

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



Add British sliced  
chicken breast for £4.50

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

**Allergens: milk, sulphites**



### CRUDITÉS (vg)

**£28.50**

Cucumber, mangetout, carrots, breakfast radishes, red peppers, cherry tomatoes and spiced hummus

785 kcal per box

**Allergens: wheat, sesame**

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# LUNCH

## SAVOURY BOXES



### SAUSAGE ROLL BOX £30

24 pieces of handmade and freshly baked Cumberland pork sausage rolls

3637 kcal per box

**Allergens: wheat, mustard, egg, sulphites**



### VEGAN SAUSAGE ROLL BOX (VG) £28

24 pieces freshly baked vegan sausage rolls

4737 kcal per box

**Allergens: wheat, soya, sulphites**



### FRITTATA BOX (V) £26

12 pieces of freshly made frittatas

Butternut squash, red onion, cranberries, thyme and Barber's Cheddar cheese

2066 kcal per box

**Allergens: milk, egg**



### SMOKED SALMON AND CRÈME FRAÎCHE QUICHE BOX £28

6 pieces of freshly made quiches

Hot smoked salmon, onion, dill and crème fraîche in a shortcrust pastry

2888 kcal per box

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



### WEST COUNTRY CHEDDAR AND SMOKED BACON QUICHE BOX £28

6 pieces of freshly made quiches

Barber's Cheddar cheese, dry-cured bacon and caramelised onions in a shortcrust pastry

3690 kcal per box

**Allergens: wheat, barley, egg, milk**

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# LUNCH

## INDIVIDUAL SANDWICHES

### FREE-RANGE EGG MAYONNAISE AND SUN-BLUSHED TOMATO (V) £4.60

Egg mayonnaise, sun-blushed tomatoes and spinach with lemon aioli on multiseed bloomer bread

672 kcal

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



### BRITISH CHICKEN AND AVOCADO £4.95

British chicken, avocado, fresh basil and spinach with 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 lemon crème fraîche mayonnaise on multiseed bloomer bread

556 kcal

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

### 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 AND SALAD BLOOMER (V) £4.60

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

574 kcal

**Allergens: wheat, barley, rye, milk**

### HONEY HAM HOCK, CHEESE AND SALAD BLOOMER £4.95

Honey-glazed ham hock, Cheddar, slaw and mixed leaves with a mustard ketchup on multiseed bloomer bread

727 kcal

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

### VEGAN CREAM CHEESE VE'DUJA AND AUBERGINE (VG) £4.95

Grilled aubergines, ripe tomatoes, pickled onions, green olives, cherry bell peppers, ve'duja and spinach with vegan cream cheese and aioli brava on multiseed bloomer bread

545 kcal

**Allergens: wheat, barley, rye, mustard**

### MADE WITHOUT WHEAT FREE-RANGE EGG AND SUN- BLUSHED TOMATO ROLL (V) £4.50

Free-range egg and sun-blushed tomato

401 kcal

**Allergens: egg, mustard**

### MADE WITHOUT WHEAT HONEY-GLAZED HAM HOCK AND EMMENTAL CHEESE, DIJON MAYONNAISE ROLL £4.50

Honey-glazed ham hock and Emmental cheese, Dijon mayonnaise

343 kcal

**Allergens: egg, milk, mustard, sulphites**



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# LUNCH

## INDIVIDUAL WRAPS

### MOROCCAN FALAFEL AND HUMMUS (VG)

**£4.75**

Moroccan falafel, hummus, slaw, cucumber, tomato, cherry bell peppers, and spinach with vegan sriracha aioli on a plain tortilla

682 kcal

**Allergens: wheat, mustard, sesame**

### YUCATAN CHICKEN

**£5.25**

Yucatan chicken, grilled corn, black peppers, pickled onions, feta and spinach with chipotle aioli on a spinach tortilla

578 kcal

**Allergens: wheat, milk, mustard, sulphites**

### BANG BANG CAULIFLOWER (VG)

**£5.25**

Bang bang cauliflower, pickled carrot slaw, cucumber, cherry bell pepper, crispy onions and spinach with sriracha sesame sauce on a curried tortilla

516 kcal

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



## INDIVIDUAL SALADS

### PLANT POWER (VG)

**£6.75**

Grains, slaw, Moroccan falafel, hummus, green chickpeas, grilled carrot, and rocket with a sesame lemon tahini dressing

751 kcal

**Allergens: mustard, sesame, soya**

### HOT SMOKED SALMON

**£6.95**

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**

### CHERMOULA CHICKEN

**£6.95**

Chermoula chicken, grain mix, slaw, sweet potato, pomegranate, coriander, and rocket with a yoghurt sesame harissa dressing

520 kcal

**Allergens: wheat, milk, sesame**

### CELLENTANI PESTO PASTA (V)

**£4.95**

Green pesto, cellantani pasta, sun-blushed tomatoes, black olives, edamame beans, Gran Moravia cheese, spinach and lemon

507 kcal

**Allergens: wheat, milk, soya, egg**

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# CAKES, SNACKS AND DRINKS



# CAKES

## SWEET TREAT BOXES



### CINNAMON ROLL BOX (VG)

£26

6 pieces of vegan cinnamon rolls

4013 kcal per box

**Allergens: wheat, barley, rye, soya**



### BLUEBERRY MUFFIN BOX (V)

£20

6 freshly made muffins

• Blueberry, oat and rye muffin ×6

1880 kcal per box

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



### MINI COOKIE BOX (V)

£30

18 pieces of freshly made mini cookies

• Oat and raisin ×6

• Double chocolate chip ×6

• Coffee, cardamom and chocolate ×6

3990 kcal per box

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



### SEASONAL CAKE BOX

£34.50

20 pieces of freshly made seasonal cakes

• Pumpkin and pecan fudge loaf cake **(V)** ×5

• Mango, coconut and raspberry loaf cake **(V)** ×5

• Carrot, walnut and hazelnut cake **(VG)** ×5

• Seasonal blondie **(V)** ×5

4312 kcal per box

**Allergens: oats, wheat, hazelnuts, pecans, walnuts, pistachios, egg, milk, soya, sulphites**



### CHOCOLATE BROWNIE AND WALNUT RAMBLEJACK BITES

£35

20 pieces of made without chocolate and walnut ramblejack bites

• Chocolate brownie **(V)** ×10

• Walnut ramblejacks **(VG)** ×10

2913 kcal per box

**No gluten-containing ingredients**

**Allergens: oats, walnuts, egg, soya**

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# CAKES

## INDIVIDUAL CAKES

### LEMON DRIZZLE (v)

£3.75

410 kcal

Allergens: wheat, milk, egg

### MANGO, COCONUT AND RASPBERRY (v)

£3.75

339 kcal

Allergens: wheat, milk, egg

### PUMPKIN AND PECAN FUDGE (v)

£3.75

411 kcal

Allergens: wheat, egg, milk, pecans

### MADE WITHOUT WHEAT DARK CHOCOLATE BROWNIE (v)

£3.45

336 kcal

Allergens: egg, soya

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All our milk is British  
Red Tractor certified

## WHOLE LOAF CAKES

### LEMON DRIZZLE (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 (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

### PUMPKIN AND PECAN FUDGE (v)

£32

A moist pumpkin loaf cake, topped with a nutty pecan  
brown sugar cinnamon fudge

5083 kcal per loaf

Allergens: wheat, egg, milk, pecans



# SNACKS

## PIPERS CRISPS £1.90

Cheese **(V)**  
213 kcal  
**Allergens: milk**

Lightly salted **(VG)**  
213 kcal

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

Longhorn beef  
211 kcal

Chorizo  
210 kcal  
**Allergens: milk**

## PROPER POPCORN **(VG)** £1.90

Sweet and salty  
183 kcal

Sea salted  
88 kcal

## TONY'S CHOCOLONELY **(V)** £2.85

Milk chocolate  
273 kcal  
**Allergens: milk, soya**

Caramel and sea salt  
252 kcal

**Allergens: milk, soya, gluten**

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## BBQ CORN AND SMOKY ALMONDS **(VG)** £2.95

146 kcal  
**Allergens: almonds**

## FRUIT AND NUT MIX **(VG)** £2.95

177 kcal  
**Allergens: almonds, peanuts,  
walnuts, brazil nuts**

## JELLY BEANS £2.95

168 kcal

## HONEY ROAST PEANUTS AND CASHEWS **(V)** £2.95

167 kcal  
**Allergens: peanuts, cashews**

## DRIED MANGO CHUNKS **(VG)** £2.95

97 kcal  
**Allergens: sulphites**

## YOGHURT CRANBERRIES **(V)** £2.95

186 kcal  
**Allergens: milk**

# DRINKS

## ORANGE / APPLE JUICE **(VG)** £3

105 / 112 kcal

## COCA-COLA / DIET COKE **(VG)** £1.95

330 ml  
139 / 1 kcal

## SANPELLEGRINO **(VG)** £1.95

Limonata / Aranciata  
330 ml  
77 / 116 kcal

## TENZING NATURAL ENERGY

Lime and mint  
**£3**  
250 ml  
48 kcal

## TENZING NATURAL ENERGY

Raspberry and Yuzu  
**£3**  
250 ml

## PERFECT TED JUICY PEACH **(VG)** £3

17 kcal  
48 kcal

## VITA COCONUT WATER £3

330 ml  
59 kcal

## STILL/ SPARKLING LIFE WATER **(VG)** £1.80

500 ml  
0 kcal



# NEED FURTHER INFO?

CALL US ON  
0207 064 9900

OR E-MAIL  
[ORDERS@BENUGO.COM](mailto:ORDERS@BENUGO.COM)

## BENUGO

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

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

Images are for illustrative purposes only.

Allergens may change, please speak to us about allergens when ordering.

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.