



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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(V) vegetarian

(VG) vegan



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)** ×4
- Barber's Cheddar cheese salad bloomer **(V)** ×4
- Bang bang cauliflower, pickled ginger slaw and miso tahini wrap **(VG)** ×6
- Moroccan falafel and hummus wrap **(VG)** ×6

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 ×8
- Moroccan falafel and hummus wrap ×6
- Bang bang cauliflower, pickled ginger slaw and miso tahini wrap ×6

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)** ×8
- Barber's Cheddar cheese salad **(V)** ×4
- Tuna mayonnaise, cucumber, capers, pickled red onion and rocket ×4
- Honey-glazed, Barber's Cheddar and mustard ketchup bloomer ×8
- Hot-smoked salmon, mustard and dill cream cheese bloomer ×4
- British chicken, avocado and aioli ×4

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 ×4
- Free-range egg and sun-blushed tomato **(V)** ×4
- Honey-glazed ham hock and Emmental cheese, Dijon mayonnaise ×4

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)

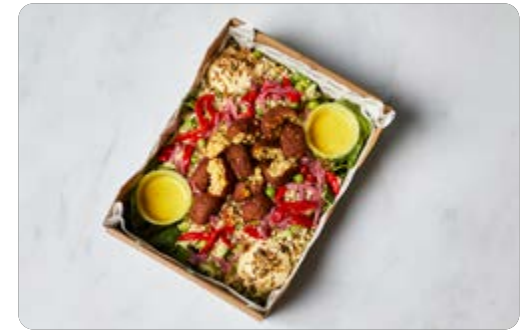
£27.50

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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(V) vegetarian

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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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before ordering

(v) vegetarian

(vg) vegan

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

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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

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

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



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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

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.

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.