



BENUGO

# SPRING DELIVERY MENU

FRESHLY MADE AND PERFECT FOR MEETINGS,  
EVENTS, CONFERENCES AND MORE



**FREE DELIVERY**  
MINIMUM ORDER £50

**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)**

# BREAKFAST



# BREAKFAST

## BREAKFAST BOXES



### BREAKFAST FOCACCIA BOX

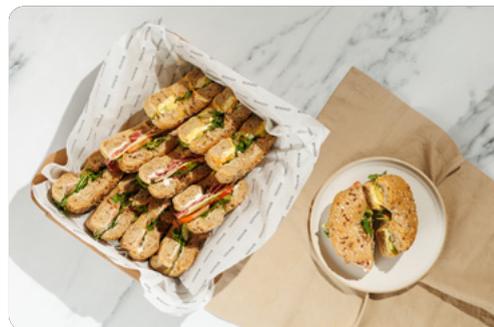
£34

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

2306 kcal per box

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



### BREAKFAST BAGEL BOX

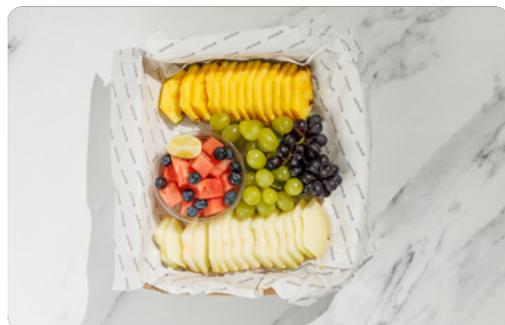
£34

12 halves of freshly made seeded bagels

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

3003 kcal per box

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



### CUT FRUIT BOX (VG)

£34

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)

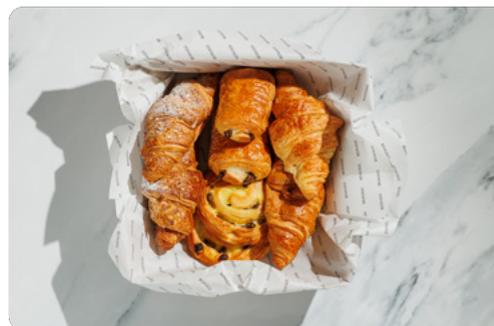
£24

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)

£22

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**

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

# BREAKFAST

## BREAKFAST BOXES



### VEGAN PASTRIES BOX (VG)

£19.50

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)

£22

6 freshly made muffins

- Blueberry, oat and rye muffin x6

1949 kcal per box

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

## PORRIDGE AND FRUIT

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

### 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

## YOGHURT POTS

### BLUEBERRY, PISTACHIO YOGHURT POT (V)

£3.95

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

311 kcal

**Allergens:** pistachio, milk

### CHERRY MATCHA YOGHURT POT (V)

£3.95

Lemon chia yoghurt, matcha, black cherry compote and coconut flakes

263 kcal

**Allergens:** milk

### RASPBERRY AND ALMOND BIRCHER POT (VG)

£3.95

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

348 kcal

**Allergens:** oat, almonds

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

£2.95

218 kcal

**Allergens:** oat, milk, almonds

### FRUIT POT (VG)

Blueberries, mixed grapes, melon and pineapple

£4

121 kcal





**LUNCH**

# LUNCH

## LUNCH BOXES



### BEST OF BENUGO BOX

£42.50

30 pieces of our favourite freshly made sandwiches

- British chicken, avocado and aioli bloomer x4
- Free-range egg mayonnaise and sun-blushed tomatoes bloomer **(V)** x4
- Vegan cream cheese, ve'duja and grilled aubergine focaccia **(VG)** x6
- Mortadella, mozzarella, sun-blushed tomatoes and green pesto focaccia x6
- Bang bang cauliflower, pickled ginger slaw and miso tahini wrap **(VG)** x4
- Smoked salmon, mustard and dill cream cheese bagel x2
- Souvlaki chicken wrap x4

4182 kcal per box

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



### BAGEL BOX

£34

12 halves of freshly made seeded bagels

- Free-range egg mayonnaise, avocado and sriracha **(V)** x4
- Streaky bacon, cream cheese, tomatoes 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**



### FOCACCIA LUNCH BOX

£37

18 freshly made focaccia sandwiches

- Smoked chicken, Barber's Cheddar, caramelised onion, candied jalapeños, pickled onions, rocket, mustard ketchup and chipotle aioli x6
- Vegan cream cheese, ve'duja and grilled aubergine **(VG)** x6
- Mortadella, mozzarella, sun-blushed tomatoes and green pesto x6

3148 kcal per box

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



### WRAP BOX

£36

12 halves of freshly filled tortilla wraps

- Souvlaki chicken wrap x4
- Bang bang cauliflower, pickled ginger slaw and miso tahini wrap **(VG)** x4
- Moroccan falafel and hummus wrap **(VG)** x4

3497 kcal per box

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

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**(V)** vegetarian  
**(VG)** vegan

# LUNCH

## LUNCH BOXES



### VEGGIE BOX (V)

£34.50

20 pieces of freshly made sandwiches

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

3019 kcal per box

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



### VEGAN BOX (VG)

£35.50

20 pieces of freshly made vegan sandwiches

- Vegan cream cheese and grilled artichoke bloomer x8
- Moroccan falafel and hummus wrap x6
- Bang bang cauliflower, pickled ginger slaw and miso tahini wrap x6

2966 kcal per box

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



### BLOOMER BOX

£42

32 freshly made sandwiches served on seeded bloomer bread

- Free-range egg mayonnaise and sun-blushed tomatoes (V) x8
- Barber's Cheddar salad (V) x4
- Tuna mayonnaise, cucumber, capers, pickled red onion and rocket x4
- Honey ham hock, cheese and salad bloomer x8
- Vegan cream cheese and grilled artichoke bloomer x4
- British chicken, avocado and aioli x4

4992 kcal per box

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



### GOLDEN MILLET AND RICE ROLL BOX

£35

12 halves of freshly prepared rolls

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

2157 kcal per box

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

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(V) vegetarian

(VG) vegan

# LUNCH

TYPICALLY SERVES 4-6

## SALAD BOXES



### BANG BANG SPICED CAULIFLOWER (VG)

£29

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

Add British sliced chicken breast for £4.50

1055 kcal per box  
(with chicken 1362 kcal per box)

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



### CHICKEN CAESAR

£34

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

1251 per box

**Allergens: wheat, egg, milk**



### CELLENTANI PESTO PASTA (V)

£29

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 WITH AVOCADO (VG)

£32

Moroccan falafel, avocado, sesame hummus, mixed grains, pickled red onion, cherry bell peppers, spinach, cucumber, rocket and omega sprinkles with a smoky sesame lemon and tahini dressing

Add British sliced chicken breast for £4.50

1525 kcal per box  
(with chicken 1832 kcal per box)

**Allergens: mustard, sesame, soya**

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**(V)** vegetarian

**(VG)** vegan

# LUNCH

TYPICALLY SERVES 4-6

## SALAD BOXES



### CHERMOULA CHICKEN, GREEN GRAINS AND AVOCADO

**£33.50**

Chermoula chicken, grains mix, cucumber, pickled onion, avocado, green chickpeas, feta, red pepper and chilli tapenade and rocket with a smoky sesame lemon tahini dressing

1621 kcal per box

**Allergens: sesame, milk, mustard**



### FEEL GOOD (V)

**£30**

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)

**£30**

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

1152 kcal per box

**Allergens: sesame**

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**(VG)** vegan

# LUNCH

## SAVOURY BOXES



### SAUSAGE ROLL BOX £32

24 pieces of handmade and freshly baked Cumberland pork sausage rolls

3637 kcal per box

**Allergens: wheat, mustard, egg**



### VEGAN SAUSAGE ROLL BOX (VG) £29.50

24 pieces freshly baked vegan sausage rolls

4737 kcal per box

**Allergens: wheat, soya, sulphites**



### FRITTATA BOX (V) £28

12 pieces of freshly made frittatas

Butternut squash, red onion, cranberry, thyme and Barber's Cheddar

2066 kcal per box

**Allergens: milk, egg**



### SMOKED SALMON AND CRÈME FRAÎCHE QUICHE BOX £30

12 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 £30

12 pieces of freshly made quiches

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

3690 kcal per box

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

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# LUNCH

## FREE-RANGE EGG MAYONNAISE AND SUN-BLUSHED TOMATOES (V)

£4.75

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

632 kcal

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

## BRITISH CHICKEN AND AVOCADO

£5.25

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

619 kcal

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

## MORTADELLA, MOZARELLA AND GREEN PESTO FOCACCIA

£5.75

Mortadella, mozzarella, sun-blushed tomatoes and rocket with green pesto and lemon aioli on a rosemary focaccia

834 kcal

**Allergens: wheat, milk, mustard**

## SMOKED SALMON AND MUSTARD DILL CREAM CHEESE BAGEL

£5.25

Smoked salmon, gherkins, rocket, black pepper with dill and mustard cream cheese on a seeded bagel

426 kcal

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

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(VG) vegan

# INDIVIDUAL SANDWICHES

## TUNA MAYONNAISE, CAPERS AND ROCKET

£4.75

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

Barber's Cheddar, ripe tomatoes, pickled onions and mixed leaves with a soft spread on multiseed bloomer bread

580 kcal

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

## VEGAN CREAM CHEESE, VE'DUJA AND AUBERGINE FOCACCIA (VG)

£6.25

Grilled aubergine, sun-blushed tomatoes, pickled onions, cherry bell peppers, olives and rocket with ve'duja and vegan cream cheese on a rosemary focaccia

536 kcal

**Allergens: wheat**

## VEGAN CREAM CHEESE AND GRILLED ARTICHOKE BLOOMER (VG)

£4.95

Grilled artichokes, sun-blushed tomatoes, cherry bell peppers, cucumber, basil, spinach with vegan cream cheese salsa verde and red pepper tapenade chilli on multiseed bloomer bread

579 kcal

**Allergens: wheat, barley, rye**

## GOLDEN MILLET FREE-RANGE EGG AND SUN-BLUSHED TOMATOES ROLL (V)

£4.50

Free-range egg and sun-blushed tomatoes

401 kcal

**Allergens: egg, mustard**

## GOLDEN MILLET HONEY-GLAZED HAM HOCK AND EMMENTAL, DIJON MAYONNAISE ROLL

£4.75

Honey-glazed ham hock, Emmental and Dijon mayonnaise

343 kcal

**Allergens: egg, milk, mustard**



## INDIVIDUAL SALADS

### PLANT POWER (VG)

£6.95

Moroccan falafel, hummus, quinoa and lentils mix, slaw, green chickpeas, cherry bell peppers, grilled carrot, sesame omega seeds and rocket with a sesame lemon tahini dressing

770 kcal

**Allergens: mustard, sesame, soya**

### HOT SMOKED SALMON

£7.25

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**

### SOUVLAKI CHICKEN SALAD

£6.95

Souvlaki chicken, tzatziki and feta dip, slaw, quinoa and lentil mix, sun-blushed tomatoes, black olives, cucumber, and rocket with a sesame and lemon tahini dressing

556 kcal

**Allergens: egg, milk, mustard, sesame**

### CELLENTANI PESTO PASTA (V)

£5.25

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

507 kcal

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

### BANG BANG CAULIFLOWER SALAD (VG)

£7.25

Bang Bang cauliflower, kimchi and pickled carrot slaw, grain mix, edamame beans, crispy onion, cherry bell peppers, and rocket with a chilli lime dressing

398 kcal

**Allergens: wheat, soya**

## INDIVIDUAL WRAPS

### MOROCCAN FALAFEL AND HUMMUS (VG)

£4.95

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

682 kcal

**Allergens: wheat, mustard, sesame**

### SOUVLAKI CHICKEN WRAP

£5.25

Souvlaki chicken, tzatziki, feta, sun-blushed tomatoes, pickled onions, black olives, cherry bell peppers, cucumber and spinach with red pepper harissa hummus on a spinach tortilla

543 kcal

**Allergens: wheat, milk, sesame**

### BANG BANG CAULIFLOWER (VG)

£5.50

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

544 kcal

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



# LUNCH BAGS



OUR LUNCH BAGS ARE PERFECT FOR OFFICE OUTINGS AND EVENTS, AND EACH ONE INCLUDES A MAIN, CRISPS, FRUIT, A CAKE SLICE, AND A DRINK.

# 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) £22

6 freshly made muffins  
• Blueberry, oat and rye muffin ×6  
1949 kcal per box

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



### COOKIE BOX (V) £32

18 pieces of freshly made mini cookies

- Oat and raisin ×6
- Orange, chocolate and hazelnut ×6
- Double chocolate chip ×6

5079 kcal per box

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



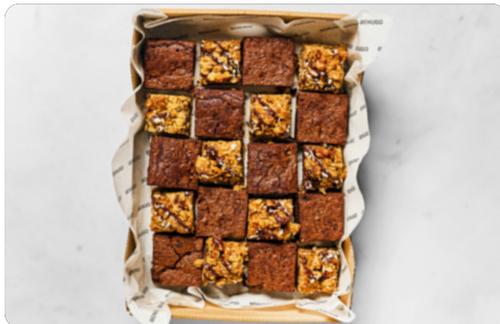
### SEASONAL CAKE BOX £34.50

20 pieces of freshly made seasonal cakes

- Banana, almond and passion fruit (V) ×5
- Mango, coconut and raspberry (V) ×5
- Carrot, walnut and hazelnut cake (VG) ×5
- Raspberry, rose and pistachio blondie (V) ×5

4141 kcal per box

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



### CHOCOLATE BROWNIE AND WALNUT RAMBLEJACK BITES £35

20 pieces of chocolate brownie  
and walnut ramblerjack bites

- Chocolate brownie (V) ×10
- Walnut ramblerjacks (VG) ×10

2928 kcal per box

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

Allergens are  
subject to change,  
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us about allergens  
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(V) vegetarian  
(VG) vegan

# CAKES

## INDIVIDUAL CAKES

### LEMON DRIZZLE (v)

£3.95

410 kcal

Allergens: wheat, milk, egg

### BANANA, ALMOND AND PASSION FRUIT LOAF CAKE SLICE (v)

£3.95

365 kcal

Allergens: wheat, egg, milk, almonds

### MANGO, COCONUT AND RASPBERRY LOAF CAKE SLICE (v)

£3.95

317 kcal

Allergens: wheat, egg, milk

### DARK CHOCOLATE BROWNIE (v)

£3.75

336 kcal

Allergens: egg, soya

## WHOLE LOAF CAKES

### LEMON DRIZZLE (v)

£34

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

5221 kcal per loaf

Allergens: wheat, milk, egg

### BANANA, ALMOND AND PASSION FRUIT LOAF CAKE (v)

£34

Banana and almond sponge, flavoured with rum and vanilla, drizzled with a tropical passion fruit glaze, and topped with edible flowers

4385 kcal per loaf

Allergens: wheat, milk, egg, almonds

### MANGO, COCONUT AND RASPBERRY LOAF CAKE (v)

£34

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

3804 kcal per loaf

Allergens: wheat, egg, milk

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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**

## 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 / 0 kcal

## SANPELLEGRINO (VG)

**£1.95**

Limonata / Aranciata

330 ml

77 / 116 kcal

## PERFECT TED JUICY PEACH (VG)

**£3**

17 kcal

48 kcal

## TENZING NATURAL

**ENERGY**

Lime and mint

**£3**

250 ml

48 kcal

## TENZING NATURAL ENERGY

Raspberry and Yuzu

**£3**

250 ml

## VITA COCONUT WATER

**£3**

330 ml

59 kcal

## STILL/ SPARKLING LIFE 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](mailto:ORDERS@BENUGO.COM)

# BENUGO

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

Prices excluding VAT.

This is a sample menu, visit [benugo.com/order-online](https://benugo.com/order-online) 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.