

BENUGO

WINTER & FESTIVE 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

BREAKFAST



BREAKFAST

BREAKFAST BOXES



BREAKFAST FOCACCIA BOX
£34

18 freshly prepared focaccia sandwiches

- Hot smoked salmon, mustard and dill cream cheese focaccia ×6
- Streaky bacon and free-range egg focaccia ×6
- Free-range egg and spinach focaccia **(V)** ×6

2306 kcal per box

Allergens: wheat, egg, milk, fish, mustard



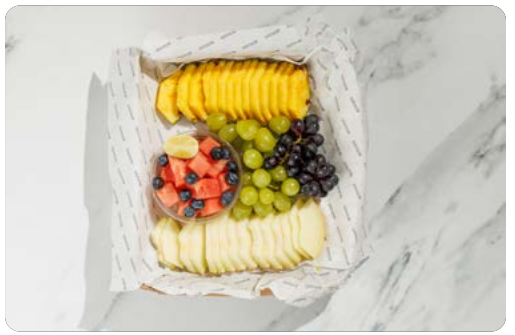
BREAKFAST BAGEL BOX
£34

12 halves of freshly made seeded bagels

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

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 ×4
- Pain au chocolat ×4
- Pain aux raisins ×4
- Portuguese custard tart ×4

1544 kcal per box

Allergens: wheat, milk, egg, soya



MIXED PASTRIES BOX (V)
£22

8 freshly baked pastries

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

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 ×2
- Raspberry-filled croissant ×2
- Blueberry-filled croissant ×2

1947 kcal per box

Allergens: wheat, barley, rye, hazelnuts



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

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, cherry compote and lime coulis

146 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



PORRIDGE AND FRUIT

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

APPLE AND CINNAMON PORRIDGE POT (V)
£2.95

254 kcal

Allergens: oats, milk, almonds

NICE AND NUTTY PORRIDGE (V)
£2.95

235 kcal

Allergens: oats, hazelnuts, almonds

SPICED APPLE PORRIDGE (VG)
£2.95

213 kcal

Allergens: oats

GRAPE POT (VG)
Red and white seedless grapes

£3.75

99 kcal

FRUIT POT (VG)
Blueberries, seedless black and white grapes, Galia melon and pineapple

£4.00

128 kcal



FESTIVE

SANDWICHES AND SWEET TREATS

FESTIVE

SANDWICHES

VEGAN CREAM CHEESE AND GRILLED VEGGIES BLOOMER
(VG)
£5.25

Grilled carrot, maple mustard Brussels sprouts, pickled onions, crispy onions and spinach with vegan cream cheese and cranberry sauce on a seeded bloomer

560 kcal

Allergens: wheat, rye, barley, mustard

PULLED TURKEY, BACON, CHEDDAR AND CRANBERRY BLOOMER
£5.25

Pulled turkey, bacon, Cheddar, crispy onions, slaw and rocket with cranberry sauce and horseradish wholegrain mustard mayonnaise on a seeded bloomer

657 kcal

Allergens: wheat, rye, barley, eggs, milk, mustard, sulphites

PULLED TURKEY, BACON, CHEDDAR AND CRANBERRY FOCACCIA
£6.25

Pulled turkey, bacon, Cheddar, caramelised onion, and rocket with cranberry sauce and horseradish wholegrain mustard mayonnaise on a rosemary focaccia

666 kcal

Allergens: wheat, eggs, milk, mustard, sulphites



BOXES

FESTIVE BOX
£42

28 pieces of our favourite festive sandwiches

- Pulled turkey, bacon, Cheddar and cranberry focaccia ×12
- Vegan cream cheese and grilled veggies bloomer **(VG)** ×8
- Pulled turkey, bacon, Cheddar and cranberry bloomer ×8

3432 kcal

Allergens: wheat, rye, barley, eggs, milk, mustard, sulphites

FESTIVE TREATS BOX
£34.50

18 pieces of our favourite festive treats

- Mince pie Bakewell slice **(VG)** ×7
- Fig, pecan and cinnamon cookie **(V)** ×6
- Malted chocolate loaf cake **(V)** ×5

3837 kcal

Allergens: oats, wheat, barley, pecans, almonds, eggs, milk, soya



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(V) vegetarian

(VG) vegan



LUNCH

LUNCH

LUNCH BOXES



BEST OF BENUGO BOX

£42.50

30 pieces of our favourite freshly made sandwiches

- British chicken, avocado and aioli bloomer ×4
- Free-range egg mayonnaise and sun-blushed tomatoes bloomer **(V)** ×4
- Vegan cream cheese, ve'duja and grilled aubergine focaccia **(VG)** ×6
- Mortadella, mozzarella, sun-blushed tomatoes and green pesto focaccia ×6
- Smoked salmon, mustard and dill cream cheese bagel ×2
- Spiced chicken and chickpea wrap ×4
- Katsu cauliflower wrap **(VG)** ×4

4173 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)** ×4
- Streaky bacon, cream cheese, tomatoes 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

£37

18 freshly made focaccia sandwiches

- Chicken arrabbiata ×6
- Vegan cream cheese, ve'duja and grilled aubergine **(VG)** ×6
- Mortadella, mozzarella, sun-blushed tomatoes and green pesto ×6

2889 kcal per box

Allergens: wheat, eggs, milk, mustard, sulphites



WRAP BOX

£36

12 halves of freshly filled tortilla wraps

- Spiced chicken and chickpea wrap ×4
- Katsu roast cauliflower wrap **(VG)** ×4
- Moroccan falafel and hummus wrap **(VG)** ×4

3452 kcal per box

Allergens: wheat, milk, mustard, sesame

Allergens are subject to change, please speak to us about allergens before ordering

(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)** ×4
- Barber's Cheddar salad bloomer **(V)** ×4
- Katsu cauliflower wrap **(VG)** ×6
- Moroccan falafel and hummus wrap **(VG)** ×6

3026 kcal per box

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



VEGAN BOX (VG)
£35.50

20 pieces of freshly made vegan sandwiches

- Vegan cream cheese and grilled veggies bloomer **(VG)** ×8
- Moroccan falafel and hummus wrap ×6
- Katsu cauliflower wrap ×6

2934 kcal per box

Allergens: wheat, rye, barley, sesame, mustard



HARISSA CHICKEN AND FALAFEL BOX
£36

12 pieces of freshly filled tortilla wraps

- Moroccan falafel and hummus wrap **(VG)** ×4
- Harissa Halal certified chicken wrap ×8

3417 kcal per box

Allergens: wheat, milk, mustard, sesame



BLOOMER BOX
£42

32 freshly made sandwiches served on seeded bloomer bread

- Free-range egg mayonnaise and sun-blushed tomatoes **(V)** ×8
- Barber's Cheddar salad **(V)** ×4
- Tuna mayonnaise, cucumber, capers, pickled red onion and rocket ×4
- Honey ham hock, cheese and salad bloomer ×8
- Vegan cream cheese and grilled veggies bloomer **(VG)** ×4
- British chicken, avocado and aioli ×4

4995 kcal per box

Allergens: wheat, rye, barley, 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 ×4
- Free-range egg and sun-blushed tomatoes **(V)** ×4
- Honey-glazed ham hock, Emmental and Dijon mayonnaise ×4

2159 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

Grain mix, pickled carrot slaw, cabbage slaw, Bang Bang cauliflower, edamame beans, cherry bell peppers, crispy onions and spinach with a firecracker dressing and sesame tahini drizzle

Add British sliced chicken breast for £4.50

1047 kcal per box
(with chicken 1354 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 kcal per box

Allergens: wheat, egg, milk



CELLENTANI PESTO PASTA (V)

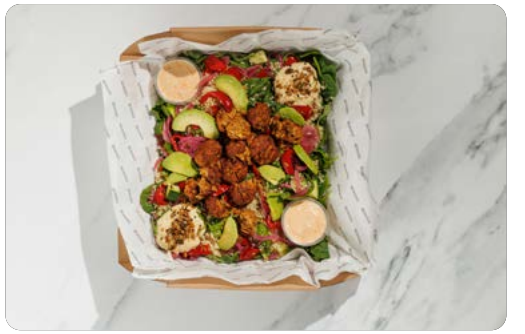
£29

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

Add British sliced chicken breast for £4.50

1628 kcal per box
(with chicken 1936 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



SPICED CHICKEN GRAIN SALAD
£33.50

Tikka-style chicken, green chickpeas, spiced bulgur, slaw, pomegranate, toasted coconut, and rocket with spiced yoghurt mint dressing

1595 kcal per box

Allergens: wheat, milk, mustard, eggs



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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(V) vegetarian
(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



ROASTED BUTTERNUT, CRANBERRY AND THYME FRITTATA (V)
£28

12 pieces of freshly made frittatas

Roasted butternut squash, Barber's Cheddar, cranberries and thyme baked into a light, fluffy frittata

1956 kcal per box

Allergens: Milk, Eggs



SALMON, DILL AND CRÈME FRAÎCHE QUICHE BOX
£30

12 pieces of freshly made quiches

A shortcrust pastry case filled with savoury egg custard with crème fraîche, dill and lemon juice hand topped with hot smoked salmon

2248 kcal per box

Allergens: wheat, egg, milk, fish



WEST COUNTRY VINTAGE CHEDDAR, SMOKED BACON WITH HAM HOCK QUICHE BOX
£30

12 pieces of freshly made quiches

A shortcrust pastry case filled with savoury egg custard with West Country vintage Cheddar and smoked reformed bacon, hand-finished with ham hock

2496 kcal per box

Allergens: wheat, barley, egg, milk

Allergens are subject to change, please speak to us about allergens before ordering

(V) vegetarian

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LUNCH

INDIVIDUAL SANDWICHES

FREE-RANGE EGG MAYONNAISE AND SUN-BLUSHED TOMATO BLOOMER (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 BLOOMER
£5.25

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

619 kcal

Allergens: wheat, barley, rye, mustard

HONEY GLAZED HAM HOCK, CHEESE AND SALAD BLOOMER
£4.95

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

727 kcal

Allergens: wheat, rye, barley, 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

TUNA MAYONNAISE, CAPERS AND ROCKET BLOOMER
£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

CHICKEN ARRABBIATA FOCACCIA
£6.25

Rosemary and thyme chicken, roasted peppers and onions, cherry bell peppers, Gran Moravia, basil, and rocket with sun-blushed tomato and roast aubergine mayonnaise on a rosemary focaccia

507 kcal

Allergens: wheat, eggs, milk, sulphites

MORTADELLA, MOZZARELLA 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

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

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(V) vegetarian

(VG) vegan

LUNCH

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 mix, edamame beans, cherry bell peppers, sesame omega sprinkles and rocket with a firecracker dressing

413 kcal

Allergens: fish, sesame, soya

SPICED CHICKEN GRAIN BOWL
£6.95

Tikka-style chicken, green chickpeas, spiced bulgur, slaw, pomegranate, toasted coconut, and rocket with spiced yoghurt mint dressing

388 kcal

Allergens: wheat, egg, milk

CELLENTANI PESTO PASTA (V)
£5.25

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

526 kcal

Allergens: wheat, milk, soya, egg

BANG BANG CAULIFLOWER SALAD (VG)
£7.25

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

377 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

SPICED CHICKEN AND CHICKPEA WRAP
£5.25

Tikka-style chicken, tzatziki, tamarind sauce, green chickpeas, pickled onion, cucumber, crispy onions, herby green sauce, and spinach in a spinach tortilla wrap

516 kcal

Allergens: wheat, milk, mustard

HARISSA CHICKEN WRAP
£5.25

Halal certified chicken, harissa, lemon aioli, cherry bell peppers, pickled onions, feta cheese, coriander on a spinach tortilla

515 kcal

Allergens: wheat, mustard, milk

KATSU ROAST CAULIFLOWER WRAP (VG)
£5.50

Bang Bang Cauliflower, slaw, cucumber, cherry bell peppers, crispy onions, sriracha sauce, spinach & katsu mayo on a curried tortilla

532 kcal

Allergens: wheat, mustard

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(V) vegetarian

(VG) vegan

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



COOKIE BOX (V)

£32

18 pieces of freshly made mini cookies

- Oat and raisin ×6
- Magic pecan ×6
- Double chocolate chip ×6

4810 kcal per box

Allergens: oats, wheat, barley, pecans, eggs, milk, soya



CHOCOLATE BROWNIE AND WALNUT RAMBLEJACK BITES

£35

20 pieces of chocolate brownie and walnut ramblejack bites

- Chocolate brownie **(V)** ×10
- Walnut ramblejacks **(VG)** ×10

2928 kcal per box

Allergens: oats, walnuts, egg, 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



SEASONAL CAKE BOX

£34.50

20 pieces of freshly made seasonal cakes

- Pumpkin, almond and pecan streusel loaf cake **(V)** ×5
- Malted chocolate loaf cake **(V)** ×5
- Carrot, walnut and hazelnut cake **(VG)** ×5
- Black cherry blondie **(V)** ×5

3406 kcal per box

Allergens: wheat, barley, hazelnuts, pecans, almonds, walnuts, pistachios, eggs, milk, soya

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CAKES

INDIVIDUAL CAKES

LEMON DRIZZLE (V)
£3.95

410 kcal

Allergens: wheat, milk, egg

MALTED CHOCOLATE LOAF CAKE (V)
£3.95

395 kcal

Allergens: wheat, barley, egg, milk, soya

PUMPKIN, ALMOND AND PECAN STREUSEL LOAF CAKE (V)
£3.95

384 kcal

Allergens: wheat, pecans, almonds, 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

MALTED CHOCOLATE LOAF CAKE (V)
£34

Chocolate and malted loaf cake coated in dark chocolate and finished with icing sugar

4742 kcal per loaf

Allergens: wheat, barley, egg, milk, soya

PUMPKIN, ALMOND AND PECAN STREUSEL LOAF CAKE (V)
£34

Pumpkin and almond loaf cake topped with pecan streusel

4612 kcal per loaf

Allergens: wheat, pecans, almonds, egg, milk



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(VG) vegan

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 / 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
Pineapple and passion fruit
£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



NEED FURTHER INFO?

CALL US ON
0207 064 9900

OR E-MAIL
ORDERS@BENUGO.COM

BENUGO

ORDER ONLINE AT
BENUGO.COM/ORDER-ONLINE

Prices excluding VAT.

This is a sample menu, visit 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.