

Breakfast

SET MEALS

Light breakfast

£35.00

Mixed Pastry Box
3 x Banana & Granola Yoghurt
3 x Benugo Fruit Pot
3 x orange juice
3 x apple juice
(suitable for 6 people)

Classic breakfast

£54.00

Breakfast Box
Mixed Pastry Box
3 x Banana & Granola Yoghurt
3 x Benugo Fruit Pot
3 x orange juice
3 x apple juice
(suitable for 6 people)

Energizer breakfast

£52.00

Breakfast Box
Mixed Muffin Box
3 x Banana & Granola Yoghurt
3 x Benugo Fruit Pot
3 x orange juice t
3 x apple juice
(suitable for 6 people)

SHARING BOXES

*The perfect start to the day.
Mix and match from our breakfast boxes
The choice is yours!*

BREAKFAST BOX

£18.50

6 freshly made baguettes cut into halves

2x bacon & free-range egg baguettes
2x free-range egg & cress baguettes
2x salmon & cream cheese baguettes

Contains: Gluten, Milk, Eggs, Fish, Sesame, Mustard

BAGEL BOX

NEW

£18.50

6 freshly made bagels, cut into halves

2x Smoked Salmon & Cream Cheese Bagels
2x Bacon & Cheese Bagels
2x Egg Mayo & Cress Bagels

Contains: Gluten, Milk, Eggs, Fish, Mustard

MIXED PASTRY BOX

£10.50

6 freshly baked pastries from our bakery

Pain au Chocolat
Pain aux Raisins
Almond Croissant
Chocolate Twist
2 x Croissants

Contains: Nuts, Gluten, Milk, Eggs, Soya

MINI PASTRY BOX

£10.50

12 freshly baked pastries from our bakery

Mini Croissants
Mini Pain au Chocolat
Pain aux Raisins
Pastel de Nata (Portuguese custard tart)

Contains: Gluten, Milk, Eggs, Soya

MIXED MUFFIN BOX

£11.50

6 freshly baked muffins from our bakery

A selection of:
Raspberry & White Chocolate Muffin
Blueberry Muffin
Chocolate Orange Muffin

Contains: Gluten, Milk, Eggs, Soya

MINI MUFFIN BOX

£11.50

12 freshly baked muffins from our bakery

A selection of:
Raspberry & White Chocolate Muffin
Blueberry Muffin
Chocolate Orange Muffin

Contains: Gluten, Milk, Eggs, Soya

POWER BALLS BOX

£10.50

6 mixed power balls

3 x Coconut & Cocoa Power Ball
3 x Orange & Turmeric Power Ball

Contains: Nuts, Sulphites

CUT FRUIT BOX

£14.50

Seasonal fruit (pineapple, red grapes, cantaloupe melon) cut into bite sized pieces

WHOLE FRUIT BOX

£8.00

Bananas, Braeburn apples, citrus fruit, plums

SMOOTHIES BOX

£13.20

Selection of 6
Mango Machine
Berry Burst

Contains: Nuts

BOOST SHOTS

£11.20

Selection of 6
Lemon & Ginger
Carrot & Cayenne

INDIVIDUAL FRUIT SALAD AND YOGHURT POTS

V Benugo Fruit Pot £2.83

V Banana & Granola Yoghurt £1.96

The Benugo nut & seed granola with whole milk yoghurt, banana and honey

Contains: Nuts, Gluten, Milk

V Berries & Granola Yoghurt £1.96

The Benugo nut & seed granola with whole milk yoghurt, mixed berries and topped with raspberries and blueberries

Contains: Nuts, Gluten, Milk

V Fruit & Nut Bircher £2.25

Ultimate Bircher bliss. Goji berries and blueberries, Greek yoghurt, oats, milk, sunflower seeds, almonds, raisins, Granny Smith apples and honey

Contains: Nuts, Gluten, Milk

V vegetarian **Vg** vegan

Need more info?

Call Kirsty on **07580 814 277**

or e-mail kirsty@benugo.com

FREE DELIVERY
minimum order £30

20% OFF your first order
with code **DELIVER20**

NEXT DAY DELIVERY
when you order by 4pm

Lunch

SET MEALS

Classic lunch

£65.00

- 2x Classic Box
- 2 x Cut Fruit Box
- 2x Lemon Drizzle Cake
- 2 x Millionaire Shortbread
- 2 x Nutty Brownie

(suitable for 6 people)

Benugo favorites lunch

£48.00

- Cut Fruit Box
- Best of Benugo Box
- 2 x Lemon Drizzle Cake
- 2 x Millionaire Shortbread
- 2 x Nutty Brownie

(suitable for 6 people)

Veggie lunch

£56.00

- 3 x Vitality Salad
- Cut Fruit Box
- Veggie Box

(suitable for 6 people)

Salads & fruits

£56.00

- Cut Fruit Box
- 2 x Vitality Salad
- 2 x Caprese Chicken Salad
- 2 x Miso Salmon Salad
- 3 x Sea Salted Crisps
- 3 x Sweet & Salted Popcorn

(suitable for 6 people)

SHARING BOXES

A selection of lunch platter boxes including baguettes, sandwiches with options for vegetarians.

BEST OF BENUGO BOX

£23.00

6 freshly made baguettes cut into halves

- Ham & Emmental Baguette
- West Country Cheddar & Farmhouse Chutney Baguette
- Chargrilled Chicken Avocado Wrap
- Middle Eastern Meze Wrap
- Chicken Avocado Bloomer
- Hot Smoked Salmon & Avocado Bloomer

Contains: *Gluten, Milk, Eggs, Soya, Sesame, Mustard*

WRAP BOX

£23.00

6 freshly filled tortilla & khobez wraps, cut into halves

- 1 x Miso Lemongrass Salmon wrap
- 3 x Chargrilled Chicken Avocado Wrap
- 1 x Middle Eastern Meze Wrap
- 1 x Very Veggie Wrap

Contains: *Gluten, Milk, Fish, Sesame, Soya, Mustard, Sulphites, Egg*

CLASSIC BOX

£20.00

6 freshly made sandwiches served on malted sliced bread, cut into triangle quarters

- Free-range Egg Mayonnaise & Cress
- Tuna mayonnaise & Cucumber
- Mature Cheddar & Tomato
- BLT (Bacon Lettuce Tomato)
- British Chicken & Avocado
- Smoked Salmon & Cream Cheese

Contains: *Gluten, Milk, Eggs, Fish, Soya, Mustard*

VEGGIE CLASSIC BOX

£20.00

6 freshly made sandwiches served on malted bread, cut into triangle quarters

- 2 x Free-Range Egg Mayonnaise & Cress
- 2 x Mozzarella & Tomato
- Hummus Ggrilled Carrots & Cucumber
- Mature Cheddar & Tomato

Contains: *Gluten, Milk, Eggs, Soya, Sesame, Mustard*

BAGUETTE BOX

£22.00

6 freshly made baguettes, cut into halves

- Tuna Mayonnaise & Rocket
- Free-Range Egg Mayonnaise & Cress
- Ham & Emmental
- Pesto Chicken
- West Country Cheddar & Farmhouse Chutney

Contains: *Gluten, Milk, Eggs, Sesame, Mustard, Sulphites, Fish*

VEGGIE BOX

£23.50

6 freshly made vegetarian sandwiches & wraps, cut into halves

- 2 x West Country Cheddar & Farmhouse Chutney Baguette
- 1 x Egg mayo, Tomato & Herb Bloomer
- 1 x Middle Eastern Meze Wrap
- 1 x Very Veggie Wrap
- 1 x Vegan Reuben Bloomer

Contains: *Gluten, Milk, Eggs, Soya, Sesame, Mustard*

VEGAN BOX

£24.00

6 freshly made vegan sandwiches & wraps, cut into halves

- 3 x Vegan Reuben Bloomer
- 3 x Very Veggie Wrap

Contains: *Gluten, Soya, Sesame*

MEAT BOX

NEW

£16.00

4 freshly made sandwiches on malted sliced bread, cut into triangle quarters

- BLT
- Chicken & Avocado
- NY Pastrami

Contains: *Gluten, Milk, Eggs, Soya, Mustard, Sulphites*

FISH BOX

NEW

£16.00

4 freshly made sandwiches on malted sliced bread, cut into triangle quarters

- Hot Smoked Salmon & Rocket
- Tuna Mayonnaise & Cucumber
- Cold Smoked Salmon & Cream cheese

Contains: *Gluten, Milk, Egg, Fish, Soya, Mustard, Sulphites*

- vegetarian
- vegan

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Lunch

HALF SHARING BOXES

3 freshly made sandwiches

A selection of lunch platter boxes including baguettes, sandwiches and fresh salads. Includes options suitable for vegetarians.

HALF BEST OF BENUGO BOX

£13.00

3 freshly made sandwiches, cut into halves

- V Middle Eastern Meze Wrap
- Hot Smoked Salmon & Avocado Bloomer
- Ham & Emmental Baguette

Contains: *Gluten, Milk, Eggs, Fish, Sesame, Mustard, Sulphites*

HALF WRAP BOX

£13.00

3 freshly filled tortilla & khobez wraps, cut into halves

- Miso Lemongrass Salmon Wrap
- Chargrilled Chicken Avocado Wrap
- Middle Eastern Meze Wrap

Contains: *Gluten, Egg, Fish, Soya, Sesame, Milk, Mustard, Sulphites*

HALF A CLASSIC BOX

£11.50

3 freshly made sandwiches, cut into triangle quarters

- V Free-range egg mayonnaise & mustard cress
- Tuna mayonnaise & cucumber
- British chicken & avocado

Contains: *Gluten, Eggs, Fish, Soya, Mustard*

HALF VEGGIE CLASSIC BOX

£11.50

3 freshly made sandwiches, cut into triangle quarters

- V Mozzarella & tomato
- V Hummus, grilled carrots & cucumber
- V Mature Cheddar & tomato

Contains: *Gluten, Milk, Sesame, Soya*

HALF BAGUETTE BOX

£12.50

3 freshly made baguettes, cut into halves

- Tuna Mayonnaise & Rocket Baguette
- V Free-range egg mayonnaise & cress
- Ham & Emmental Baguette

Contains: *Gluten, Milk, Eggs, Fish, Sesame, Mustard, Sulphites*

HALF VEGGIE BOX

£13.00

3 freshly made sandwiches, cut into halves

- V Middle Eastern Meze Wra
- V Egg Mayo, Tomato & Herb Bloomer
- V West Country Cheddar & Farmhouse Chutney Baguette

Contains: *Gluten, Milk, Eggs, Mustard, Sesame*

HALF VEGAN BOX

£13.00

3 freshly made vegan sandwiches & wraps, cut into halves

- Vg 2 x Vegan Reuben Bloomer
- V 1 x Very Veggie Wrap

Contains: *Gluten, Mustard, Sesame, Sulphites, Soya*

HALF CLASSIC BOX MADE ON GLUTEN FREE BREAD

£11.50

3 freshly made sandwiches, cut into halves

- V Free-range egg mayonnaise & mustard cress
- Tuna mayonnaise & cucumber
- Chicken & avocado

Contains: *Eggs, Fish, Soya, Mustard, Sesame*

HALF CLASSIC VEGGIE BOX MADE ON GLUTEN FREE BREAD

£11.50

3 freshly made sandwiches, cut into halves

- V Mozzarella & tomato
- Vg Hummus, grilled carrots & cucumber
- V Mature Cheddar & tomato

Contains: *Milk, Soya, Sesame*

SALADS

Available as sharing box (serves 4-5) and individual bowl (serves 1)

CHICKEN CAPRESE NEW

Box £23.00 / Indv. bowl £5.96

Chargrilled British chicken, pesto, mozzarella balls, grilled artichoke, olives, courgetti, tomato, basil, cucumber, spinach, sweet balsamic dressing

Contains: *Milk, Sulphites*

MISO SALMON AVOCADO NEW

Box £23.00 / Indv. bowl £5.96

Hot smoked salmon, avocado, edamame beans, mixed quinoa, pickled cabbage, lime, cucumber, omega seeds, spinach, miso ginger dressing

Contains: *Fish, Sesame, Soya, Sulphites*

V VITALITY

Box £23.00 / Indv. bowl £5.79

Avocado, mixed quinoa, edamame, falafel, roast butternut, beetroot, hummus, pomegranate, piquillo peppers, broccoli, omega seeds, spinach, mixed leaves, lemon & basil dressing

Contains: *Sesame, Soya, Mustard, Sulphites*

V PESTO PASTA

Box £18.50 / Indv. bowl £3.50

Green pesto, fusilli pasta, slow-roasted tomato, coquille olives, edamame, Gran Moravia, basil, spinach, lemon

Contains: *Gluten, Milk, Soya*

Vg CRUDITE BOX NEW

£15.00

Carrot sticks, red pepper, radishes, cucumber, celery, pesto pico's, semi-dried tomato, hummus

Contains: *Gluten, Sesame, Celery*

V vegetarian Vg vegan

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SAVOURIES

Delicious freshly baked savoury pastries perfect for lunch or for a snack.

SAUSAGE ROLLS

£15.75

12 homemade & freshly baked sausage rolls

Cumberland & Dijon mustard sausage rolls

Contains: *Gluten, Mustard, Sulphites, Eggs*

V VEGETARIAN QUICHE BOX **NEW**

£14.50

12 x Bite sized pieces

Spinach & feta

Mixed pepper & Gran Levano

Contains: *Gluten, Egg, Milk*

MIXED QUICHE BOX **NEW**

£14.50

12 x Bite sized pieces

Ham & cheese

Broccoli & salmon

Mixed pepper & Gran Levano

Contains: *Gluten, Egg, Milk, Fish*

MEAT QUICHE BOX **NEW**

£14.50

12 x Bite sized pieces

Bacon & leek

Ham & cheese

Contains: *Gluten, Egg, Milk*

CAKES & SNACKS

A delicious selection of crisps, snacks and sweets

V FAVOURITES CAKE BOX

£15.50

Handmade cakes fresh from our bakery, cut into 20 bite size pieces

5x Millionaire Shortbread Millionaire

5 x Nutty Brownie

5 x Lemon Drizzle Cake

5 x Carrot Cake

Contains: *Nuts, Gluten, Milk*

BENUGO BAKERY INDIVIDUAL CAKES

Handmade at our Benugo bakery

St Clements & Almond Cake Slice **£1.46**

Contains: *Nuts, Egg*

Millionaire Shortbread **£1.46**

Contains: *Gluten, Milk, Soya, Sulphites*

Nutty Brownie **£1.46**

Contains: *Gluten, Milk, Soya*

Lemon Drizzle Cake Slice **£1.46**

Contains: *Gluten, Egg, Milk*

V MIXED MUFFIN BOX

£11.50

6 freshly baked muffins from our bakery

Raspberry & White Chocolate Muffin

Blueberry Muffin

Chocolate Orange Muffin

Contains: *Gluten, Milk, Eggs, Soya*

V MINI MUFFIN BOX

£11.50

12 freshly baked muffins from our bakery

Raspberry & White Chocolate Muffin

Blueberry Muffin

Chocolate Orange Muffin

Contains: *Gluten, Milk, Eggs, Soya, Sulphites*

V POWER BALLS BOX

£10.50

6 mixed power balls

3 x Coconut & Cocoa Power Ball

3 x Orange & Turmeric Power Ball

Contains: *Nuts, Sulphites*

CRISPS & SNACKS

Pipers Anglesey Sea Salt **£1.00**

Pipers Sea Salt & Somerset Cider **£1.00**

Pipers West Country Cheddar & Onion **£1.00**

Popcorn sweet & salty **£1.20**

SOFT DRINKS

Fresh orange or apple juice (250ml) **£1.75**

Fresh orange or apple juice (2.7L/4pt) **£6.72**

Life still water (500ml) **£1.04**

Life sparkling water (500ml) **£1.04**

Coke (330ml can) **£1.25**

Diet Coke (330ml can) **£1.25**

Dalstons Real Lemonade (330ml can) **£1.25**

Dalstons Real Orangeade (330ml can) **£1.25**

SMOOTHIES

Mango Machine **£2.29**

Berry Burst **£2.29**

Contains: *Nuts*

BOOST SHOTS

Lemon & Ginger **£1.96**

Carrot & Cayenne **£1.96**

V vegetarian Vg vegan

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