



**BENUGO**

# **DELIVERY MENU**

**AUTUMN/WINTER 2024/25**

**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://www.benugo.com/order-online)**

Prices excluding VAT

# BREAKFAST

BAGELS, PASTRIES,  
MUFFINS, FRUIT  
AND YOGHURT POTS



# BREAKFAST

## BREAKFAST BOXES



### BREAKFAST BRIOCHE BOX

£28

12 pieces of freshly made brioche rolls

- Free-range egg mayonnaise and cress (V)
- Free-range egg and bacon
- Hot-smoked salmon, lemon crème fraîche and mustard cress

2237 kcal per box

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



### BREAKFAST BAGEL BOX

£31

12 pieces of freshly made seeded bagels

- Free-range egg mayonnaise and sun-blushed tomato (V)
- Pastrami, Emmental and wholegrain mustard
- Hot-smoked salmon, lemon crème fraîche and rocket

2363 kcal per box

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



### CUT FRUIT BOX (VG)

£30

Fresh fruits cut into bite size

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

387 kcal per box



### CINNAMON ROLL BOX (VG)

£25.75

6 vegan cinnamon rolls

3210 kcal per box

**Allergens: wheat, rye, soya**



### MINI PASTRIES BOX (V)

£17.50

18 pieces of freshly made mini pastries

- Croissant x6
- Pain au chocolat x6
- Pain aux raisins x6

669 kcal per box

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



### MIXED PASTRIES BOX (V)

£15

6 pieces of freshly made pastries

- Croissant x2
- Almond croissant x1
- Pain au chocolat x2
- Pain aux raisins x1

1712 kcal per box

**Allergens: wheat, milk, egg, nuts, 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)

£16.50

- Cherry flaxseed crown x2
- Raspberry-filled croissant x2
- Spelt and quinoa croissant x2

1693 kcal per box

**Allergens:** wheat, barley, rye, nuts



### BLUEBERRY MUFFIN BOX (V)

£17.50

- Blueberry, oat and rye muffin x6

1880 kcal per box

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



### MIXED MUFFIN BOX (V)

£17.50

- Blueberry, oat and rye muffin x3
- Double chocolate muffin x3

2039 kcal per box

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

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(V) vegetarian  
(VG) vegan

## FRUIT, YOGHURT POTS AND PORRIDGE

### VEGAN COCONUT AND BLUEBERRY YOGHURT (VG)

£3.45

Coconut yoghurt, blueberry compote, banana, goji berries and almond granola

278 kcal

**Allergens:** nuts, oat

### MANGO, PASSION FRUIT AND PISTACHIO YOGHURT (V)

£3.45

Lemon and chia yoghurt, mango, passion fruit and lime coulis, pomegranate and pistachio

331 kcal

**Allergens:** nuts, milk

### BLUEBERRY AND ALMOND GRANOLA YOGHURT (V)

£3.45

Lemon and chia yoghurt, blueberry compote, nutty granola and fresh blueberries

399 kcal

**Allergens:** nuts, oat, milk

### FRUIT POT (VG)

£3.50

Blueberries, mixed grapes, melon and pineapple

121 kcal

### ORIGINAL PORRIDGE (V)

£2.95

No added sugar

233 kcal

**Allergens:** milk

### CRANBERRY AND RAISIN PORRIDGE (V)

£2.95

249 kcal

**Allergens:** milk

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

£2.95

218 kcal

**Allergens:** milk



# LUNCH

**SANDWICHES,  
WRAPS AND  
SALADS**

# LUNCH

## LUNCH BOXES



### BEST OF BENUGO BOX £33

22 pieces of our favourite freshly made sandwiches

- Hot-smoked salmon, lemon crème fraîche and rocket sandwich
- Free-range egg mayonnaise and mustard cress sandwich **(V)**
- West Country Cheddar and sweet pickle brioche roll **(V)**
- Wiltshire ham, Emmental and mustard mayonnaise brioche roll
- Katsu cauliflower wrap **(VG)**
- Pastrami, Emmental and grain mustard bagel
- Indian spiced chicken wrap

3021 kcal per box

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



### BAGEL BOX £31

12 pieces of freshly made seeded bagels

- Free-range egg mayonnaise and sun-blushed tomato **(V)**
- Pastrami, Emmental and wholegrain mustard
- Hot-smoked salmon, lemon crème fraîche and rocket

2363 kcal per box

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



### WRAP BOX £32

12 pieces of freshly filled tortilla wraps

- Indian spiced chicken x4
- Katsu cauliflower **(VG)** x4
- Falafel, hummus and sriracha aioli **(VG)** x4

3277 kcal per box

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



### BRIOCHE BOX £29

12 pieces of freshly made brioche rolls

- Pulled turkey, bacon and cranberry x4
- West Country Cheddar and sweet pickle **(V)** x4
- Wiltshire ham, Emmental and mustard mayonnaise x4

2207 kcal per box

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

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

# LUNCH

## LUNCH BOXES



### **VEGGIE BOX (v)** **£30**

20 pieces of freshly made sandwiches

- Free-range egg mayonnaise and mustard cress sandwich **(V)**
- Katsu cauliflower wrap **(VG)**
- Falafel, hummus and sriracha mayonnaise wrap **(VG)**
- Cheddar and tomato sandwich **(V)**

2121 kcal per box

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



### **VEGAN BOX (VG)** **£29.50**

20 pieces of freshly made vegan sandwiches

- Falafel, hummus and sriracha mayonnaise wrap
- Katsu cauliflower wrap
- Hummus, roasted red pepper and spinach sandwich

2709 kcal per box

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



### **CLASSIC BOX** **£26.50**

24 pieces of freshly made sandwiches

- Free-range egg mayonnaise and mustard cress **(V)**
- Cheddar and tomato **(V)**
- Tuna mayonnaise and cucumber
- Hot-smoked salmon, lemon crème fraîche and spinach
- Honey roast pulled ham and Cheddar
- Christmas turkey and bacon

2166 kcal per box

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

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

# LUNCH

TYPICALLY SERVES 4-6

## SALAD BOXES



### ASIAN SLAW (VG) £25

Asian vegetable slaw, pickled ginger, miso ginger and lime dressing, crispy onions, cashew nuts and coriander

Add British sliced chicken breast for £3.95

721 kcal per box  
(with chicken 874 kcal per box)

**Allergens: wheat, nuts, soya**



### GORGEOUS GREEN GRAINS AND FETA (V) £25

Herbaceous chickpea, lentil and quinoa mix, Greek feta, pomegranate, pickled red onions, toasted omega seeds, coriander, toasted cumin and yoghurt dressing

Add British sliced chicken breast for £3.95

1756 kcal per box  
(with chicken 1909 kcal per box)

**Allergens: egg, milk, sesame, soya**



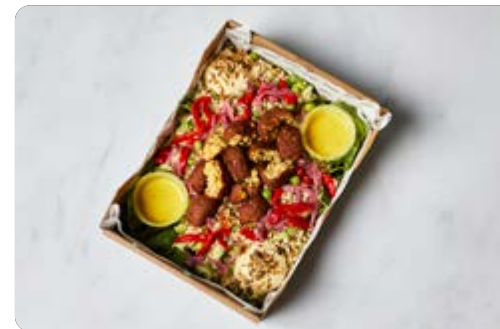
### GREEK SALAD (V) £25

Cos lettuce, rocket, French dressing, tomato, cucumber, pickled onions, black olives, sun-blush tomato, red pepper, pickled red onions, Greek feta

Add British sliced chicken breast for £3.95

745 kcal per box  
(with chicken 1052 kcal per box)

**Allergens: wheat, milk, mustard**



### PLANT POWER (VG) £27

Falafel, hummus, piquillo peppers, herbaceous mixed green grains, pickled red onion, spinach, lemon and tahini dressing

Add British sliced chicken breast for £3.95

1561 kcal per box  
(with chicken 1868 kcal per box)

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



### CELLENTANI PESTO PASTA (V) £25

Green nut-free pesto pasta, mozzarella pearls, sun-blush tomato, rocket, pitted black olives and edamame beans

Add British sliced chicken breast for £3.95

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

**Allergens: wheat, milk, soya**



### CRUDITÉS (VG) £28.50

Cucumber, mange tout, carrots, radishes, red peppers, cherry tomato, spiced chickpeas, basil picos breadsticks, sriracha-spiced hummus

791 kcal per box

**Allergens: wheat, sesame**

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(V) vegetarian  
(VG) vegan



# LUNCH

## INDIVIDUAL SANDWICHES

### FREE-RANGE EGG MAYONNAISE AND MUSTARD CRESS (V) £3.75

Free-range egg mayonnaise and mustard cress on malted bread

525 kcal

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

### TUNA MAYONNAISE AND CUCUMBER £3.75

Tuna mayonnaise with cucumber on malted bread

301 kcal

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

### HOT SMOKED SALMON AND SPINACH £4

Hot smoked salmon, lemon crème fraîche, spinach and cucumber on malted bread

378 kcal

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

## INDIVIDUAL WRAPS

### FALAFEL AND HUMMUS (VG) £4.66

Hummus, falafel, tomato, cucumber and spinach with sriracha lemon aioli sauce on a tortilla wrap

668 kcal

**Allergens: wheat, sesame, mustard**

### INDIAN SPICED CHICKEN £4.79

Indian chicken, cucumber, red pepper, pickled onion, coriander and spinach with green chilli aioli sauce on a spinach tortilla

478 kcal

**Allergens: wheat, egg, milk**

### KATSU CAULIFLOWER (VG) £4.79

Katsu roasted cauliflower, Asian slaw mix, cucumber, crispy onions, sriracha chickpeas and spinach with katsu mayonnaise on a turmeric spiced tortilla

603 kcal

**Allergens: wheat, barley, soya, sulphites**



## INDIVIDUAL SALADS

### KOREAN BBQ CHICKEN £6.63

Korean BBQ chicken, slaw mix, quinoa, spinach, cucumber and sriracha chickpeas with a miso, chilli and lime dressing

478 kcal

**Allergens: wheat, soya**

### SUPER SALMON £6.63

Hot smoked salmon, quinoa, edamame beans, pickled red onion, courgetti, cucumber, spinach, toasted omega seeds, with a miso, chilli and lime dressing

361 kcal

**Allergens: wheat, fish, sesame, soya**

### CELLENTANI PESTO PASTA (V) £4.50

Green nut-free pesto, Cellentani pasta, sun-blushed tomatoes, pitted black olives, edamame beans, spinach, Gran Moravia cheese and lemon

507 kcal

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

### PLANT POWER (VG) £6.46

Falafel, hummus, piquillo peppers, green grain mix, spinach, toasted omega seeds and courgetti with a lemon and tahini dressing

646 kcal

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

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# LUNCH

## SAVOURY BOXES



### VEGAN SAUSAGE ROLL BOX (VG) £27

24 pieces of freshly baked vegan plant-based sausage rolls with rosemary, thyme and garlic

4734 kcal per box

**Allergens: wheat, soya, sulphites**



### FRITTATA BOX (V) £25

12 pieces of freshly baked sun-blushed tomato, black olive, spinach and Greek feta frittatas

1633 kcal per box

**Allergens: egg, milk**



### MIXED QUICHE BOX £27

12 pieces of freshly baked quiches

- West Country Cheddar, dry-cured crispy bacon and caramelized onion x6
- Roasted butternut squash, cranberry, mature Cheddar and thyme (V) x6

1775 kcal per box

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



### SAUSAGE ROLL BOX £28

24 pieces of handmade and freshly baked Cumberland pork sausage rolls

3637 kcal per box

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

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(V) vegetarian  
(VG) vegan

## SWEET TREAT BOXES



### CINNAMON ROLL BOX (VG) £25.75

6 pieces of vegan cinnamon rolls

3210 kcal per box

**Allergens: wheat, rye, soya**



### FLAPJACK BITES BOX (V) £33

20 pieces of freshly made flapjacks

- Coconut and dark chocolate flapjack x10
- Fruit and nut granola x10

No gluten containing ingredients

4640 kcal per box

**Allergens: oat, nuts, sulphites**



### MINI COOKIE BOX (V) £28.50

18 pieces of freshly made mini cookies

- Pumpkin and fig cookie x6
- Oat and raisin cookie x6
- Double chocolate cookie x6

4397 kcal per box

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



### SEASONAL CAKE BOX £33

20 pieces of freshly made seasonal cakes

- Pumpkin, pistachio and salted caramel loaf cake (V) x5
- Mango, coconut and raspberry loaf cake (V) x5
- Vegan carrot cake (VG) x5
- Seasonal blondie (V) x5

7790 kcal per box

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



### BROWNIE AND BLONDIE BITES BOX (V) £33

20 pieces of freshly made brownies and blondies

- Ultimate chocolate brownie x10
- Seasonal blondie x10

3675 kcal per box

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



### BEST OF BENUGO LOAF CAKE BOX (V) £28

18 pieces of freshly made cakes

- Lemon drizzle x6
- Mango, coconut and raspberry x6
- Pumpkin pistachio and salted caramel x6

6855 kcal per box

**Allergens: wheat, nuts, milk, egg, sulphites**

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(VG) vegan

# CHRISTMAS

## BOXES



### CHRISTMAS BOX £32

16 pieces of freshly made Christmas sandwiches

- Brie and cranberry brioche (V)
- Pulled turkey, bacon and cranberry brioche
- Honey roast ham and Cheddar sandwich

2388 kcal per box

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



### CHRISTMAS TREAT BOX £31

18 delicious Christmassy treats

- Mince pie Bakewell slice (VG) x7
- Gingerbread crackle cookie (V) x6
- Winter spiced fruit cake bite (VG) x5

2987 kcal per box

**Allergens: wheat, barley, almonds, pistachios, egg, milk, soya, sulphites**

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(V) vegetarian  
(VG) vegan

## INDIVIDUAL SANDWICHES

### CHRISTMAS TURKEY AND BACON SANDWICH £4.50

Pulled sage and caramelised onion turkey, bacon, crispy onion and rocket with grain mustard mayonnaise and cranberry sauce on malted bread

463 kcal

**Allergens: gluten, egg, mustard**

### HONEY ROAST PULLED HAM AND CHEDDAR SANDWICH £4.25

Honey roast pulled ham, Cheddar, apple cider chutney, grain mustard mayonnaise and spinach on malted bread

481 kcal

**Allergens: gluten, egg, milk, mustard**

AVAILABLE 7 NOVEMBER - 27 DECEMBER



# CAKES, SNACKS AND DRINKS



# CAKES

## INDIVIDUAL CAKES

### LEMON DRIZZLE (V)

£3.75

435 kcal

Allergens: wheat, milk, egg

### MANGO, COCONUT AND RASPBERRY (V)

£3.75

339 kcal

Allergens: wheat, egg, milk,  
sulphites

### PUMPKIN, PISTACHIO AND SALTED CAMEL (V)

£3.75

390 kcal

Allergens: wheat, nuts, egg, milk

### FRUIT AND NUT GRANOLA (V)

£3.45

653 kcal

Allergens: oat, nuts, sulphites

### ULTIMATE CHOCOLATE BROWNIE (V)

£3.45

336 kcal

Allergens: wheat, egg, milk, soya

## WHOLE LOAF CAKES



### PUMPKIN, PISTACHIO AND SALTED CAMEL (V)

£32

390 kcal

Allergens: wheat, nuts, egg, milk

### LEMON DRIZZLE (V)

£32

435 kcal

Allergens: wheat, milk, egg

### MANGO, COCONUT AND RASPBERRY (V)

£32

317 kcal

Allergens: wheat, egg, milk, sulphites

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(VG) vegan

# SNACKS

## PIPERS CRISPS £1.60

Cheese (V)  
532 kcal

**Allergens: milk**

Lightly salted (VG)  
532 kcal

Salt and vinegar (V)  
523 kcal

Chorizo  
210 kcal

**Allergens: milk**

## POPCORN £1.60

Sweet and salty (VG)  
465 kcal

Salted (VG)  
439 kcal

## TONY'S CHOCOLONELY £2.85

Milk chocolate  
545 kcal

**Allergens: milk, soya**

Caramel and sea salt  
537 kcal

**Allergens: milk, soya**

# DRINKS

## ORANGE JUICE (VG) £2.60

105 kcal

## APPLE JUICE (VG) £2.60

112 kcal

## COCA-COLA CAN (VG) £1.75

330 ml

139 kcal

## DIET COKE CAN (VG) £1.75

330 ml

1 kcal

## SAN PELLEGRINO – LIMONATA (VG) £1.75

330 ml

77 kcal

## SAN PELLEGRINO – ARANCIATA (VG) £1.75

330 ml

116 kcal

## SAN PELLEGRINO – POMEGRANATE (VG) £1.75

330 ml

68 kcal

## LIFE STILL WATER (VG) £1.65

500 ml

0 kcal

## LIFE SPARKLING WATER (VG) £1.65

500 ml

0 kcal

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(V) vegetarian  
(VG) vegan

# NEED FURTHER INFO?

**CALL KIRSTY**  
07580 814 277

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

## BENUGO

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

This is a sample menu, visit [benugo.com/delivery](https://www.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.