

CHILLED & FROZEN PRICELIST

Updated 01/11/2018

Please use the list below as a guideline, but we cannot guarantee price or availability.

Department	Chilled		
Row Labels	Ext'd Description	Org?	Average of Price
Baked Goods-Chilled			
Aloo Gobi	Clive's Gluten Free each	Organic	£2.59
Apple Pancake	Laura's 200g		£2.99
Blue Corn Tortilla	Cool Chile Co x10		£2.29
Calzone	Laura's 250g		£2.99
Cheesecake	Laura's 260g		£2.99
Chickpea Pie	Clive's each	Organic	£2.45
Chilli Pie	Clive's Gluten Free each	Organic	£2.59
Corn Tortillas	Cool Chile Co x10		£2.29
Crushed Pea Tart	Clives Approx 190g	Organic	£3.25
Filo Pastry	St. James 400g	Organic	£1.38
Goulash Pie	Clive's each	Organic	£2.45
Minty Chickpea	Clive's Gluten Free each	Organic	£2.59
Mushroom & Leek	Clive's Gluten Free each	Organic	£2.59
Mushroom Pie	Clive's each	Organic	£2.45
Pizza Base NGI	Non Gluten Ingredients 200g X2 Doug		£4.99
Pizza Base Seeded	Dough It Yourself 200g X2		£3.99
Pizza Base White	Dough It Yourself 200g X2		£2.99
Saag Aloo Pie	Clive's each	Organic	£2.45
Soysage Roll	Clive's each	Organic	£1.29
Tomato Olive Tart	Clives Approx 190g	Organic	£3.25
Baked Goods-Frozen			
Wholemeal Pastry	Clive's Rough Puff 300g	Organic	£2.19
Beverages VAT-Chilled			
Apple Beetroot	Cawston 1litre		£2.20
Apple Cloudy	Cawston Juice 1litre		£1.99
Apple Elderflower	Cawston 1litre		£1.99
Apple Ginger	Cawston 1litre		£1.99
Apple Juice Can	Cawston Press 330ml		£0.79
Apple Rhubarb	Cawston 1litre		£1.99
Cola	Whole Earth 330ml	Organic	£1.09
Cowherd Juice	Various 500ml		£4.70
Elderflower	Whole Earth 330ml	Organic	£1.09
Ginger Beer	Whole Earth 330ml	Organic	£1.09
Grovesfresh Juice	Apple & Pear 1litre	Organic	£2.99
	Apple & Pomegranate 1litre	Organic	£2.99
	Apple 1litre	Organic	£2.99
	Apple Cranberry 1litre	Organic	£2.99
	Apple Mango 1litre	Organic	£2.99
	Orange 1litre	Organic	£3.85
	Pink Grapefruit 1litre	Organic	£2.99
Kefir Fizz	Lime & Dragonfruit Profusion	Organic	£1.98
	Tropical Turmeric Profusion 2	Organic	£1.98
Lemonade	Whole Earth 330ml	Organic	£1.09
Mate Iced Tea	Chari Tea Sparkling 330ml	Organic	£1.19
Rooibos Iced Tea	Chari Tea 330ml	Organic	£1.19

Chilled VAT

Black Iced Tea	Chari Tea 330ml	Organic	£1.19
Booja Booja Truffl	Dark x6 69g	Organic	£4.69

Confectionary Non VAT-Chilled

Fridge Cake	Carob & Nut 75g	Organic	£1.05
	Carob Coconut & Lemon 75g	Organic	£1.05
Fridge Cakes & Fru	Various 75g May contain nuts		£1.05
Fruit Nut Slice	Apple & Apricot 75g	Organic	£1.05
	Orange & Ginger 75g	Organic	£1.05
Raw Bake Slice	Various made in Timperly		£1.65
Raw Choc Christmas	Contains Brandy Raw Chocolate Pie C		£3.45
Raw Choc Truffle	Various		£1.35
Raw Chocolate Pie	Various 60g		£2.15
Strawberries	Laura's 260g		£2.99
Tofu Passion	Laura's 260g		£2.99

Confectionery VAT-Chilled

Booja Booja Truffl	Raspberry x6 69g	Organic	£4.69
	Various 6x69g	Organic	£4.69
Choc Easter Egg	Raw Choc Pie Co 60g		£2.75

Confectionery VAT-Frozen

Fruit Lolly	Pip Organic Fruit Squeezer 100ml	Organic	£1.08
Ice Cream	Caramel Pecan Praline 110ml	Organic	£1.79
	Caramel Pecan Praline 500ml	Organic	£5.49
	Choc Hazelnut Truffle 500ml	Organic	£5.49
	Chocolate Booja Booja 110ml	Organic	£1.79
	Chocolate Booja Booja 500ml	Organic	£5.49
	Raspberry Ripple 500ml Booja	Organic	£5.49
	Salted Caramel 500ml Booja	Organic	£5.49
	Vanilla Booja Booja 500ml	Organic	£5.49
Lolly	Apple & Blackcurrant each	Organic	£1.19
	Apple & Raspberry each	Organic	£1.19
	Orange each	Organic	£1.19
Tropical Lolly	Pip Organic Squeezer 105ml	Organic	£1.08

Fruit-Frozen

Bursting Berries	Frill Smoothie 500ml		£4.39
Frozen Berry Mix	Naturally Cool 300g	Organic	£3.09
Frozen Blackcurrant	Windmill Hill 400g	Organic	£2.19
Frozen Blueberries	Naturally Cool 300g	Organic	£3.09
Frozen Cranberries	Naturally Cool 300g	Organic	£2.99
Frozen Raspberries	Naturally Cool 300g	Organic	£3.59
Frozen Sour Cherri	Naturally Cool 300g	Organic	£3.09
Frozen Strawberrie	Naturally Cool 300g	Organic	£3.09
Frozen Tropical Mi	Naturally Cool 300g	Organic	£3.29
Intense Chocolate	Frill Smoothie 500ml		£4.39

Milk Cheese Yoghurt-Chilled

Blue Style Sheese	Sheese 227g		£2.59
Camembert Style	Mouse's Favourite 145g		£7.49

Cashew Cheese Chil	Walnut Gatherer 180g		£6.49
Cashew Cheese Roa	Walnut Gatherer 180g		£6.49
CoYo Mango	Yoghurt 125g		£1.75
CoYo Mixed Berry	Yoghurt 125g		£1.75
CoYo Morello Cherr	Yoghurt 125g		£1.75
CoYo Natural	Yoghurt 125g		£1.75
	Yoghurt 250g		£3.09
CoYo Vanilla	Yoghurt 250g		£3.09
Cream Cheese	Risella 200g	Organic	£3.99
Creamy Cashew Che	Original Mouse's Favourite 170g		£5.99
Greek Style Sheese	Sheese 200g		£2.09
Live Yoghurt	Provamel Yofu 500g	Organic	£1.89
	Sojade 250g	Organic	£0.89
	Sojade 400g	Organic	£1.29
Mature Sheese	Cheddar style 200g		£2.15
Mild Cheddar Shees	Sheese 227g		£2.49
Mild Sheese	Cheddar style 200g		£2.19
Mozzarella	Risella 200g	Organic	£3.99
Mozzarella Slices	Sheese 200g		£2.35
Nush Almond	Blueberry Yoghurt 125g		£1.89
	Natural Yoghurt 125g		£1.89
	Peach Melba Yoghurt 125g		£1.89
Nush Cashew	Natural Yoghurt 125g	Organic	£1.89
	Strawberry Yoghurt 125g		£1.89
	Vanilla Yoghurt 125g		£1.89
Red Leicester Shee	Sheese 200g		£2.09
Red Sheese	Sheese 227g		£2.49
Sheese Cheddar sli	Cheddar style slices200g		£2.15
Smoked Applewood	Walnut Gatherer 180g		£6.49
Smoked Melty Shees	Sheese 227g		£2.59
Smoked Mozzarella	Risella 200g	Organic	£3.99
The Ancient	Nutcrafter Creamery 200g Air Aged Gc		£7.99
The Decadent	Nutcrafter Creamery 200g Air Aged Sc		£6.99
The Indulgent	Nutcrafter Creamery 200g Fresh Chive		£6.99
The Piquant	Nutcrafter Creamery 200g Air Aged Sr		£6.99
The Volcanic	Nutcrafter Creamery 200g Air Aged Cl		£8.50
Vegusto Aromatic	200g		£5.99
Vegusto Classic Bl	200g		£5.99
Vegusto Herb	200g		£5.99
Vegusto Melty Sing	200g		£4.99
Vegusto Piquant	200g		£5.99
Vegusto Roast w/Mu	500g		£8.49
Vegusto Soft/Mild	200g		£5.99
Vegusto Wiener	2 x 75g		£3.15
Oils & Fat-Chilled			
Cocovit Margarine	Vitaquell 250g	Organic	£2.25
Margarine	Biona 250g	Organic	£2.29
	Pure 500g Sent in error		£1.59
	Suma Sunflower 500g		£1.49
Margarine	Biona 500g	Organic	£3.49
Margarine 2kg	Suma Sunflower 2kg		£5.89
Olive Spread	Biona 250g	Organic	£2.79

<u>Olive Spread</u>	Suma 500g		£1.79
<u>Organic Margarine</u>	Suma Sunflower 500g	Organic	£2.69
<u>Soya Spread</u>	Suma 500g		£1.49

Sauces Dips Spreads-Chilled

<u>Artichoke Dip</u>	San Amvrosia 228g		£3.45
<u>Aubergine Dip</u>	Hobbit 170g	Organic	£2.09
<u>Caramelised Onion</u>	Fava Bean Dip 170g		£2.39
<u>Classic Madamous E</u>	Fava Bean Dip 170g		£2.39
<u>Fiery Chilli Dip</u>	Fava Bean Dip 170g		£2.39
<u>Gr Pesto Spread</u>	Hobbit 200g	Organic	£2.09
<u>Horse Radish</u>	Demeter 125g	Organic	£2.89
<u>Houmous</u>	Precious Pea 180g	Organic	£2.39
<u>Houmous 228g</u>	San Amvrosia 228g		£1.89
<u>Houmous 340g</u>	San Amvrosia 340g		£2.59
<u>Houmous Avocado</u>	Avocado San Amvrosia 228g		£2.19
<u>Houmous Indian Sty</u>	San Amvrosia 170g		£1.69
<u>Houmous PumpSeed</u>	Pumpkin Seed San Amvrosia	Organic	£2.29
<u>Houmous R Pepper</u>	San Amvrosia 228g		£2.19
<u>Houmous TomOlive</u>	Tomato Olive San Amvrosia 1	Organic	£2.69
<u>Hummus Olive Sprea</u>	Hobbit 170g	Organic	£2.09
<u>Kalamata Houmous</u>	Precious Pea 180g	Organic	£2.39
<u>Lupin Mushroom Sp</u>	Hobbit 170g	Organic	£2.09
<u>Mexicano Spread</u>	Hobbit 170g	Organic	£2.09
<u>Muhammara</u>	Hobbit 170g	Organic	£2.09
<u>Organic Houmous 17</u>	San Amvrosia 170g	Organic	£2.25
<u>Organic Houmous 34</u>	San Amvrosia 340g	Organic	£3.79
<u>Pizza Sauce</u>	Dough It Yourself 170g		£1.99
<u>Rose Harissa Houmc</u>	Precious Pea 180g	Organic	£2.39
<u>Smoked Houmous</u>	Precious Pea 180g	Organic	£2.39
<u>Spicy Bean Dip</u>	San Amvrosia 170g	Organic	£2.05
<u>Tahini Dip</u>	San Amvrosia 142g		£1.45
<u>Tofu Salsa Dip</u>	Hobbit 170g	Organic	£1.99
<u>Tzatziki Spread</u>	Hobbit 170g	Organic	£2.09

Tofu & Burgers-Chilled

<u>Almond Ses Tofu</u>	Taifun 200g	Organic	£3.19
<u>Almond Tofu</u>	Kato 200g	Organic	£1.89
<u>Apricot Breakfast</u>	Laura's 260g		£2.99
<u>Ballini</u>	Provencale 250g	Organic	£3.39
<u>Basil Tofu</u>	Kato 200g	Organic	£1.89
	Taifun 200g	Organic	£3.19
<u>BBQ Sausages</u>	Taifun 250g	Organic	£3.59
<u>BBQ Tempeh</u>	Oasis 120g	Organic	£2.05
<u>Bengal Burger</u>	Paul's 5-Grain x2	Organic	£2.39
<u>Black Forest Tofu</u>	Taifun 200g	Organic	£3.19
<u>Broccoli Spread</u>	Hobbit 170g	Organic	£2.09
<u>Cabbage Tatty</u>	Dragonfly Beany 200g	Organic	£1.99
<u>Chickpea Burger</u>	Oasis 180g	Organic	£1.75
<u>Chicory Dip</u>	De Hobbit 170g	Organic	£2.09
<u>Chorizo Spacebar</u>	Topas 40g	Organic	£1.15
<u>Curcuma Tofu</u>	Taifun 200g	Organic	£3.19
<u>Devonshire Sausage</u>	Dragonfly 200g	Organic	£2.05

Eastern Spice Burg	Dragonfly Beany 200g	Organic	£1.99
Energy Burger	250g	Organic	£3.39
Falafel	Hobbit 4 X 60g	Organic	£2.55
Falafel	Apple Jacob's 180g		£1.99
	Kato 200g	Organic	£2.19
	Original Jacob's 180g		£1.99
	Sun-dried Tomato Jacob's 180g		£1.99
Falafel Date Raisi	Florentin 250g	Organic	£3.25
Falafel Original	Florentin 250g	Organic	£3.25
Fermented Tofu	Natural Taifun 200g		£2.95
	Pepper Taifun 200g		£3.29
Fresh Nori	100g		£2.99
Fresh Samphire	Holland 100g		£1.98
Gnocchi	Biona 400g	Organic	£3.19
Grill Sausages	Taifun 250g	Organic	£3.69
Hemp Burger	Paprika De Hobbit 150g	Organic	£2.59
Hemp Tempeh	De Hobbit 200g	Organic	£2.05
Herb Sausages	Taifun 250g	Organic	£3.59
Kimchi	Classic Loving Foods 500g	Organic	£5.99
	Turmeric & Black Pepper Lov	Organic	£5.99
Lucky Stars	250g	Organic	£3.39
Lupin Burger	Hobbit 240g	Organic	£2.59
Lupin Tempeh	Hobbit 170g	Organic	£1.99
Marinated Tofu	Clearspot 190g	Organic	£1.65
	Dragonfly 200g	Organic	£2.35
	Pauls Abura 125g	Organic	£2.15
Mexican Burger	Dragonfly Beany 200g	Organic	£1.99
	Paul's X2	Organic	£2.39
Minced Seitan	Hobbit 200g	Organic	£2.75
Moroccan Kofta	Great Food 420g		£2.39
Mushroom Bombe	Granovita 200g		£1.89
Mushroom Burger	Dragonfly Beany 200g	Organic	£1.99
	Oasis 180g	Organic	£1.75
Natto	Hobbit 150g	Organic	£2.05
Natural Tofu	Kato 250g	Organic	£1.29
	Kato 400g	Organic	£1.79
Nut Burger	Dragonfly Beany 200g	Organic	£1.99
Nut Roast	Clives Approx 280g	Organic	£5.15
	Garlic Herb Forest Foods 230g		£3.15
	Sage & Tomato Forest Foods 230g		£3.15
Paprika Tofu	Kato 250g	Organic	£1.89
Peanut Tofu	Kato 200g	Organic	£1.89
Piri Piri Burger	Oasis 180g	Organic	£1.75
Quinoa & Carrot Ba	Gosh 250g		£2.25
Ravioli	Biona 350g	Organic	£4.19
Raw Choc Fudge	Various Flavours 60g		£2.25
Rosso Tofu	Taifun 200g	Organic	£3.29
Salami Slices	Topas 100g	Organic	£2.19
Sea Lettuce	100g		£3.49
Seacakes	Clearspot x2	Organic	£1.45
Seitan Slices	Hobbit 180g	Organic	£2.75
Sesame Tofu	Clearspot x2	Organic	£1.45
Silken Tofu	Taifun 400g	Organic	£2.99

Smoked Lupeh	De Hobbit 150g	Organic	£2.65
Smoked Slices	Topas 100g	Organic	£2.19
Smoked Tempeh	Hobbit 170g	Organic	£2.65
Smoked Tofu	Kato 200g	Organic	£1.89
Smokey Tofu	Clearspot 225g	Organic	£1.89
Soysage	Dragonfly 200g	Organic	£1.99
	Leek & Potato Dragonfly 200g	Organic	£1.99
Strong Cheddar She	227g		£2.59
Tagliatelle	Biona 250g	Organic	£2.59
Tempeh	Hobbit 200g	Organic	£2.19
Tempeh Original	Oasis 120g	Organic	£1.99
Tofu	Pauls 220g	Organic	£1.79
Tofu	Clearspot 280g	Organic	£1.39
	Clearspot 450g	Organic	£2.09
Tofu Filets Garlic	Taifun 160g	Organic	£2.89
Tofu Filets X2	Taifun 160g	Organic	£2.59
Tofu Marinated	Oasis 200g	Organic	£2.15
Tofu Mince	Hobbit 200g	Organic	£2.25
Tofu Mini Wiener	Taifun 160g	Organic	£2.79
Tofu Nut Burger	Paul's X2	Organic	£2.39
Tofu Slivers Curry	Curry Spice Hobbit 200g	Organic	£2.30
Tofu Slivers Light	Light Spice Hobbit 200g	Organic	£2.30
Tofu Smoked	Oasis 200g	Organic	£1.99
Tofu Wiener	Taifun 300g	Organic	£3.99
Tomato Burger	Dragonfly 200g	Organic	£1.99
	Oasis 180g	Organic	£1.75
Tortelli Jackfruit	Pastificio 250g	Organic	£3.25
Tortelli Pizzaiola	Pastificio 250g	Organic	£3.25
Tortelli Veg	Pastificio 250g	Organic	£3.25
Tortellini	Tri Colore Biona 250g	Organic	£2.49
Veg Haggis	Medium 454g		£4.19
	Small 227g		£2.19
Vegetable Burger	Dragonfly Beany 200g	Organic	£1.99
Viana Hazelnut Tof	250g		£2.49
Viana Smoked Tofu	250g		£2.79
Wild Garlic Tofu	Kato 250g	Organic	£1.89
Tofu & Burgers-Frozen			
Bean Burger	Goodlife x4 454g		£2.49
Frozen Tempeh	Paul's 250g	Organic	£2.29
Nut Burger	Goodlife x4 320g		£2.49
Veg & Salad-Chilled			
Beany Feast	Laura's 500g		£3.99
Dolmades Stuffed	Delphi x5 150g		£1.75
Fresh Dulse	100g		£3.49
Fresh Kombu Royale	100g		£3.49
Fresh Samphire	100g from France		£2.49
Kombu Breton	100g		£3.49
Lentil Special	Laura's 500g		£3.99
Sauerkraut	500g	Organic	£1.29
	Pro Fusion 520g	Organic	£2.29
Sea Lavender	100g from France		£2.19

Sea Spaghetti	100g		£3.49
Sky Sprouts	Alfalfa 100g	Organic	£1.25
	Alfalfa Broccoli 100g	Organic	£1.25
	Alfalfa Fenugreek 100g	Organic	£1.25
	Alfalfa Radish 100g	Organic	£1.25
	Broccoli 100g	Organic	£1.25
	China Rose 100g	Organic	£1.25
	Mixed 100g	Organic	£1.25
	Multipack 160g	Organic	£1.75
	Mung 200g	Organic	£1.25
	Red Clover 100g	Organic	£1.25
Spinach Pancake	& Tofu Laura's 200g		£2.99
Veg Cakes	Quinoa Lentil & Beetroot Great Food		£1.75
Veg Curry	Laura's 500g		£3.99
Veg & Salad-Frozen			
Frozen Brussel Spr	BioInside 300g	Organic	£1.89
Frozen Green Beans	Naturally Cool 450g	Organic	£1.85
Frozen Peas	Naturally Cool 450g	Organic	£2.35
Frozen Spinach	Naturally Cool 450g	Organic	£1.85
Frozen Sweetcorn	Naturally Cool 450g	Organic	£2.49