

## CHILLED & FROZEN PRICELIST

Updated 03/01/2019

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
<b>Baked Goods-Chilled</b>			
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
<b>Baked Goods-Frozen</b>			
Wholemeal Pastry	Clive's Rough Puff 300g	Organic	£2.19
<b>Beverages VAT-Chilled</b>			
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**

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

**Confectionary Non VAT-Chilled**

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

**Confectionery VAT-Chilled**

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

**Confectionery VAT-Frozen**

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

**Fruit-Frozen**

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

**Milk Cheese Yoghurt-Chilled**

<b>Blue Style Sheese</b>	<b>Sheese 227g</b>		£2.59
<b>Camembert Style</b>	<b>Mouse's Favourite 145g</b>		£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
<b>Oils &amp; Fat-Chilled</b>			
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

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

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

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