

CHILLED & FROZEN

Updated 05/03/2020

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

Department	Chilled	
Row Labels	Org?	Average of Price
Baked Goods-Chilled		
Clives GF Pie Aloo Gobi	Organic	£2.69
Clives GF Pie Chilli	Organic	£2.69
Clives GF Pie Minty Chickpea	Organic	£2.69
Clives GF Pie Mushroom Leek	Organic	£2.69
Clives Pie Chickpea	Organic	£2.59
Clives Pie Chilli	Organic	£2.59
Clives Pie Goulash	Organic	£2.59
Clives Pie Mushroom	Organic	£2.59
Clives Pie Saag Aloo	Organic	£2.59
Clives Soysage Roll	Organic	£1.29
Clives Tart Crushed Pea	Organic	£3.25
Clives Tart Lentil Kale	Organic	£3.25
Clives Tart Tomato Olive	Organic	£3.25
Cool Chile Blue Corn Tortillas x13		£2.65
Cool Chile Corn Tortillas x10		£2.59
Don Marco Pizza Base NGI 200g x 2		£4.99
Don Marco Pizza Base Seeded 200g x 2		£3.99
Don Marco Pizza Base White 200g x 2		£2.99
Luras Apple Pancake 200g		£3.09
Luras Calzone 250g		£3.25
Luras Cheesecake 260g		£3.35
St James Filo Pastry 400g	Organic	£1.38
Baked Goods-Frozen		
Clives Pastry Wholemeal 300g	Organic	£2.19
Beverages VAT-Chilled		
Cawston Apple Beetroot Juice 1 Ltr		£2.20
Cawston Apple Cloudy Juice 1 Ltr		£2.05
Cawston Apple Elderflower Juice 1 Ltr		£2.05
Cawston Apple Ginger Juice 1 Ltr		£2.05
Cawston Apple Juice Can 330ml		£0.79
Cawston Apple Rhubarb Juice 1 Ltr		£2.05
Cawston Ginger Beer Juice Can 330ml		£0.79
Cowherd Juice 500ml	Organic	£4.99
Kombucha Bottle Return		£0.10
Profusion Kefir Fizz Lime 250ml	Organic	£1.98
Profusion Kefir Fizz Tropical 250ml	Organic	£1.98
Sodada Kombucha Elderflower 330ml		£2.89
Sodada Kombucha Ginger 330ml		£2.89
Sodada Kombucha Hops 330ml		£2.89
Sodada Kombucha Rhubarb 330ml		£2.89
Whole Earth Cola 330ml	Organic	£1.09
Whole Earth Elderflower 330ml	Organic	£1.09

Whole Earth Ginger Beer 330ml	Organic	£1.09
Whole Earth Lemonade 330ml	Organic	£1.09
Bread-B		
Bio Idea Spelt Pizza Base 300g x 2	Organic	£3.59
Bio Idea Wheat Pizza Base 300g x 2	Organic	£2.49
Biona Rice Bread 500g	Organic	£3.69
Biona Rye Bread Pumpkin Seed 500g	Organic	£1.89
Biona Rye Bread Sourdough 500g	Organic	£1.79
Branded Bread Misc Open Price		£0.00
Crosta Mollica Piada Flat Bread 300g	Organic	£1.69
Crosta Mollica Small Piada Flat Bread 300g		£1.69
Everfresh Mixed Grain Sourdough 400g	Organic	£2.58
Everfresh Sprouted Spelt Bread 400g	Organic	£2.19
Everfresh Sprouted Wheat Bread 400g	Organic	£1.98
Florentin Spelt Pitta Bread x4	Organic	£1.89
Florentin Wholemeal Pitta Bread x4	Organic	£1.59
Good Grain Brown Loaf 500g	Organic	£3.29
Good Grain Seeded Loaf 500g	Organic	£3.29
Michaels Pitta Wholemeal x6		£0.79
Pauls Baguettes x2	Organic	£1.85
Pauls Beetroot L'Ancienne 400g	Organic	£1.65
Pauls Gluten Free 1	Organic	£2.55
Pauls Gluten Free 2	Organic	£2.55
Pauls Herb Bread 400g	Organic	£1.69
Pauls Herb Bread 800g	Organic	£3.29
Pauls Hot Cross Buns x4	Organic	£2.99
Pauls Light Rye 400g	Organic	£2.45
Pauls Light Rye Fruit 400g	Organic	£2.89
Pauls Melton Loaf 800g	Organic	£2.59
Pauls Mixed Seed 400g	Organic	£1.89
Pauls Mixed Seed 800g	Organic	£2.99
Pauls Pain de Campagne 400g	Organic	£1.65
Pauls Pain de Campagne 800g	Organic	£2.99
Pauls Pain de Campagne White 800g	Organic	£2.99
Pauls Pain Lancienne 400g	Organic	£1.65
Pauls Pain Lancienne 800g	Organic	£2.99
Pauls Pain Lancienne White 800g	Organic	£2.99
Pauls Rolls Seeded x 2	Organic	£1.39
Pauls Rolls x2	Organic	£1.39
Pauls Rolls x4	Organic	£1.95
Pauls Rye Sourdough 800g	Organic	£3.29
Pauls Salt Free Melton 800g	Organic	£2.59
Pauls Sechskorn 400g	Organic	£1.65
Pauls Sechskorn 800g	Organic	£3.19
Pauls Sourdough Spelt 800g	Organic	£3.59
Pauls Sourdough WhWheat 800g	Organic	£3.09
Pauls Spelt Bread 400g	Organic	£1.99
Pauls Spelt Bread 800g	Organic	£3.59
Pauls Spelt Roll x2	Organic	£1.39

Pauls Teacakes x2	Organic	£1.75
Pauls Tortilla Large Brown x5	Organic	£2.69
Pauls Tortilla Large White x5	Organic	£2.69
Pauls Tortilla Small x5	Organic	£1.95
Pauls Tortilla Spelt x5	Organic	£2.59
Pauls Wholewheat Bread 400g	Organic	£1.69
Pauls Wholewheat Bread 800g	Organic	£2.69
Saker Fruit Scones x4	Organic	£2.89
Saker Hot Cross Buns x4	Organic	£2.99

Chilled VAT

Chilled VAT Misc Open Price		£0.00
Oato Oat Milk		£1.29

Confectionery Non VAT-Chilled

Fridge Cake Carbob Coconut Lemon 75g	Organic	£1.05
Fridge Cake Carob Nut 75g	Organic	£1.05
Fridge Cakes & Fruit Nut Slice 75g		£1.05
Fruit Nut Slice Apple Apricot 75g	Organic	£1.05
Fruit Nut Slice Orange Ginger 75g	Organic	£1.05
Lauras Strawberries 250g		£3.35
Lauras Tofu Passion 260g		£3.35
Raw Bake Slice		£1.65
Raw Choc Pie Chilli 60g		£2.15
Raw Choc Pie Coffee 60g		£2.15
Raw Choc Pie Date Walnut 60g		£2.15
Raw Choc Pie Festive 60g		£2.15
Raw Choc Pie Fudge Peanut Butter 60g		£2.25
Raw Choc Pie Fudge Vanilla 60g		£2.25
Raw Choc Pie Green Tea Lemon 60g		£2.15
Raw Choc Pie Naked 60g		£2.15
Raw Choc Pie Nut Pie 60g		£2.15
Raw Choc Pie Orange Ginger 60g		£2.15
Raw Choc Pie Peppermint 60g		£2.15
Raw Choc Pie Pudding 85g		£3.45
Raw Choc Pie Pumpkin Goji 60g		£2.15
Raw Choc Pie Truffle		£1.35
Raw Choc Pie Truffle Raspberry 30g		£1.35
Raw Choc Pie Truffle Vanilla 30g		£1.35
Raw Choc Pie with Salt 60g		£2.15
Raw Choc Pies		£2.15

Confectionery VAT-Chilled

Booja Truffles Dark x6	Organic	£4.69
Booja Truffles Raspberry x6	Organic	£4.69
Booja Truffles x6	Organic	£4.69
Raw Choc Pie Easter Egg 60g		£2.75

Confectionery VAT-Frozen

Booja Ice Cream Caramel Pecan Praline 110ml	Organic	£1.79
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Booja Ice Cream Caramel Pecan Praline 500ml	Organic	£5.49
Booja Ice Cream Chocoalte Hazelnut 500ml	Organic	£5.49
Booja Ice Cream Chocolate 110ml	Organic	£1.79
Booja Ice Cream Chocolate 500ml	Organic	£5.49
Booja Ice Cream Raspberry Ripple 500ml	Organic	£5.49
Booja Ice Cream Salted Caramel 500ml	Organic	£5.49
Booja Ice Cream Vanilla 500ml	Organic	£5.49
Frenzy Lolly Apple Blackcurrant	Organic	£1.19
Frenzy Lolly Orange	Organic	£1.19
Pip Lolly 105ml	Organic	£1.08
Pip Lolly Apple 105ml	Organic	£1.08
Pip Lolly Tropical 105ml	Organic	£1.08

Fruit-Frozen

Frill Ice Cream Bursting Berries 500ml		£4.39
Frill Ice Cream Chocolate 500ml		£4.39
Naturally Cool Frozen Berry Mix 300g	Organic	£3.19
Naturally Cool Frozen Blueberries 300g	Organic	£3.19
Naturally Cool Frozen Cranberries 300g	Organic	£2.99
Naturally Cool Frozen Raspberries 300g	Organic	£3.49
Naturally Cool Frozen Sour Cherries 300g	Organic	£3.19
Naturally Cool Frozen Strawberries 300g	Organic	£3.19
Naturally Cool Frozen Tropical Mix 300g	Organic	£3.29
Windmill Hill Frozen Blackcurrants 400g	Organic	£2.59

Milk Cheese Yoghurt-Chilled

CoYo Mixed Berry 125g		£1.75
CoYo Morello Cherry 125g		£1.79
CoYo Natural 125g		£1.79
CoYo Natural 250g		£3.19
CoYo Vanilla 250g		£3.09
Good Carma Spread Sensation Chilli 150g		£4.99
Good Carma Spread Sensation Garlic Chive 150g		£4.99
Good Carma Spread Sensation Original 150g		£4.99
IAMNUTOK G.O.A.T 120g		£6.49
IAMNUTOK Miner Threat 120g		£7.19
IAMNUTOK Paparica 120g		£6.49
Mouses Favourite Camembert Style 145g		£8.49
Mouses Favourite Creamy Cashew Cheese 170g		£5.99
Nush Almond Blueberry 125g		£1.49
Nush Almond Chive Cheese Spread 150g		£2.80
Nush Almond Peach 125g		£1.49
Nush Almond Strawberry 125g		£1.89
Nush Cashew Natural 125g	Organic	£1.89
Nush Cashew Strawberry 125g		£1.89
Nush Cashew Vanilla 125g		£1.89
Nush Natural Cheese Spread 150g		£2.80
Nutcrafter The Ancient 190g		£7.99
Nutcrafter The Decadent 190g		£6.99
Nutcrafter The Indulgent 170g		£6.99

Nutcrafter The Piquant 190g		£6.99
Nutcrafter The Volcanic 190g		£8.50
Nutcrafter Vhalloumi 170g		£5.29
Oato Bottle Return		£0.14
Palace Culture Holy Smoke Cheese 120g		£7.50
Palace Culture Smoked Carrot Lox Cheese 120g		£7.50
Palace Culture Truffle Black Pepper Cheese 120g		£8.25
Pasta Factory Almondino Chilli 200g		£7.50
Pasta Factory Almondino Garlic 200g		£7.50
Pasta Factory Almondino Truffle 200g		£7.50
Provamel Live Yoghurt 500g	Organic	£1.89
Risella Cream Cheese 150g	Organic	£3.99
Risella Mozzarella 200g	Organic	£3.99
Risella Smoked Mozzarella 200g	Organic	£3.99
Risella Spreadable Cheese 150g	Organic	£3.99
Sheese Blue Style 227g		£2.59
Sheese Cheddar Slices 200g		£2.15
Sheese Greek Style 200g		£2.09
Sheese Mature Cheddar 200g		£2.15
Sheese Mild 200g		£2.19
Sheese Mild Cheddar 227g		£2.49
Sheese Mozzarella Slices 200g		£2.35
Sheese Red 227g		£2.49
Sheese Red Leicester 200g		£2.09
Sheese Smoked Melty 227g		£2.59
Sojade Live Yoghurt 250g		£0.89
Sojade Live Yoghurt 400g		£1.29
Sojade Yoghurt Greek 400g		£1.95
Sojade Yogurt Banana Passion Fruit 400g	Organic	£2.59
Sojade Yogurt Blueberry Cherry 400g	Organic	£2.59
Vegusto Aromatic 200g		£5.99
Vegusto Herb 200g		£5.99
Vegusto Melty x2		£9.69
Vegusto Piquant 200g		£5.99
Vegusto Soft Mild 200g		£5.99
Walnut Gatherer Cheese Applewood Walnut 180g		£6.49
Walnut Gatherer Cheese Chilli 180g		£6.49
Walnut Gatherer Cheese Roast Garlic 180g		£6.49
Oils & Fat-Chilled		
Biona Margarine 250g	Organic	£2.39
Biona Margarine 500g	Organic	£3.69
Biona Olive Spread 250g	Organic	£2.99
Cocovit Margarine 250g	Organic	£2.25
Naturli Vegan Butter Block 200g	Organic	£1.79
Our Paulas Butter All Types 115g		£2.95
Our Paulas Butter Brandy Cinnamon 115g		£2.95
Our Paulas Butter Garlic 115g		£2.95
Our Paulas Butter Garlic Chilli 115g		£2.95
Our Paulas Butter Sea Salt 115g		£2.95

Pure Margarine 500g		£1.59
Suma Olive Spread 500g		£1.79
Suma Organic Sunflower Margarine 500g	Organic	£2.69
Suma Soya Spread 500g		£1.49
Suma Sunflower Margarine 2kg		£5.89
Suma Sunflower Margarine 500g		£1.49

Sauces Dips Spreads-Chilled

Biona Horseradish 125g	Organic	£2.59
Cuzena Caramelised Onion Dip 170g		£2.69
Cuzena Fiery Chilli Dip 170g		£2.69
Cuzena Garlic Coriander Dip 170g		£2.69
Don Marco Pizza Sauce 150g		£1.99
Hobbit Aubergine Dip 170g	Organic	£2.29
Hobbit Gr Pesto Spread 200g	Organic	£2.29
Hobbit Hummus Olive Spread 170g	Organic	£2.29
Hobbit Kale Hummus 170g	Organic	£2.29
Hobbit Lupin Mushroom Spread 170g	Organic	£2.09
Hobbit Mexicano Spread 170g	Organic	£2.29
Hobbit Muhammara 170g	Organic	£2.29
Hobbit Tofu Salsa Dip 170g	Organic	£1.99
Hobbit Tzatziki Spread 170g	Organic	£2.29
Hodmedod Fermented Naked Barley 175g		£2.19
Hodmedod Umami Fava Bean Paste 190g		£1.89
Precious Pea Houmous 180g	Organic	£2.49
Precious Pea Kalamata Houmous 180g	Organic	£2.49
Precious Pea Rose Harissa Houmous 180g	Organic	£2.49
Precious Smoked Houmous 180g	Organic	£2.49
San Amvrosia Artichoke Dip 228g		£3.59
San Amvrosia Houmous 228g		£1.99
San Amvrosia Houmous 340g		£2.69
San Amvrosia Houmous Avocado 228g		£2.29
San Amvrosia Houmous Indian Style 170g		£1.79
San Amvrosia Houmous Red Pepper 228g		£2.29
San Amvrosia Organic Houmous 170g	Organic	£2.35
San Amvrosia Organic Houmous 340g	Organic	£3.95
San Amvrosia Organic Houmous Pumpkin Seed 170g	Organic	£2.45
San Amvrosia Organic Houmous Tom Olive 170g	Organic	£2.79
San Amvrosia Organic Spicy Bean Dip 170g	Organic	£2.15
San Amvrosia Tahini Dip 142g		£1.45

Tofu & Burgers-Chilled

Biona Ballini Provencale 250g	Organic	£3.49
Biona Energy Burger 250g	Organic	£3.59
Biona Gnocchi 400g	Organic	£3.49
Biona Lucky Stars 250g	Organic	£3.49
Biona Ravioli 350g	Organic	£4.19
Biona Tagliatelle 250g	Organic	£2.79
Chilled Misc Open Price		£0.00
Clearspot Marinated Tofu 190g	Organic	£1.75

Clearspot Seacakes x2	Organic	£1.55
Clearspot Sesame Tofu x2	Organic	£1.45
Clearspot Smokey Tofu 225g	Organic	£1.95
Clearspot Tofu 280g	Organic	£1.45
Clearspot Tofu 450g	Organic	£2.20
Clives Nut Roast	Organic	£5.15
Dragonfly Cabbage Tatty 200g	Organic	£1.99
Dragonfly Devonshire Sausages 200g	Organic	£2.05
Dragonfly Marinated Tofu 200g	Organic	£2.35
Dragonfly Mexican Burger 200g	Organic	£1.99
Dragonfly Mushroom Burger 200g	Organic	£1.99
Dragonfly Nut Burger 200g	Organic	£1.99
Dragonfly Soysage 200g	Organic	£1.99
Dragonfly Soysage Leek Potato 200g	Organic	£1.99
Dragonfly Tomato Burger 200g	Organic	£1.99
Dragonfly Vegetable Burger 200g	Organic	£1.99
Florentin Falafel Date Raisin 250g	Organic	£3.35
Florentin Falafel Original 250g	Organic	£3.35
Forest Foods Nut Roast Garlic Herb 230g		£3.35
Forest Foods Nut Roast Sage Tomato 230g		£3.35
Gosh Quinoa & Carrot Bake 250g		£2.25
Granovita Mushroom Bombe 200g		£1.95
Great Food Moroccan Kofta 420g		£2.39
Hobbit Broccoli Spread 170g	Organic	£2.29
Hobbit Chicory Dip 170g	Organic	£2.09
Hobbit Falafel x4	Organic	£2.69
Hobbit Hemp Burger Paprika 150g	Organic	£2.79
Hobbit Hemp Tempeh 200g	Organic	£2.49
Hobbit Lupin Burger 240g	Organic	£2.69
Hobbit Lupin Tempeh 170g	Organic	£1.99
Hobbit Minced Seitan 200g	Organic	£2.89
Hobbit Natto 150g	Organic	£2.19
Hobbit Seitan Slices 180g	Organic	£2.89
Hobbit Smoked Lupeh 150g	Organic	£2.79
Hobbit Smoked Tempeh 170g	Organic	£2.79
Hobbit Tempeh 200g	Organic	£2.29
Hobbit Tofu Mince 200g	Organic	£2.39
Hobbit Tofu Slivers Curry 200g	Organic	£2.49
Hobbit Tofu Slivers Light Spice 200g	Organic	£2.49
Kato Almond Tofu 200g	Organic	£1.89
Kato Basil Tofu 200g	Organic	£1.89
Kato Falafel 200g	Organic	£2.19
Kato Natural Tofu 250g	Organic	£1.29
Kato Natural Tofu 400g	Organic	£1.79
Kato Paprika Tofu 250g	Organic	£1.89
Kato Peanut Tofu 200g	Organic	£1.89
Kato Smoked Tofu 200g	Organic	£1.89
Kato Wild Garlic Tofu 250g	Organic	£1.89
Lauras Apricot Breakfast 260g		£3.35
MacSween Veg Haggis 227g		£2.19

MacSween Veg Haggis 454g		£4.19
Oasis Burger Beetroot 180g	Organic	£1.75
Oasis Burger Chickpea 180g	Organic	£1.75
Oasis Burger Mushroom 180g	Organic	£1.75
Oasis Burger Piri Piri 180g	Organic	£1.75
Oasis Burger Tomato 180g	Organic	£1.75
Oasis Tempeh BBQ 120g	Organic	£2.05
Oasis Tempeh Original 120g	Organic	£1.99
Oasis Tofu Marinated 200g	Organic	£2.15
Oasis Tofu Smoked 200g	Organic	£1.99
Our Paulas Mushroom & Walnut Pate 115g		£2.95
Pastificio Tortelli Pizzaiola 250g	Organic	£3.99
Pastificio Tortelli Jackfruit 250g	Organic	£3.99
Pastificio Tortelli Veg 250g	Organic	£3.99
Pauls Abura Marinated Tofu 125g	Organic	£2.15
Pauls Bengal Burger x2	Organic	£2.39
Pauls Mexican Burger x2	Organic	£2.39
Pauls Tofu 220g	Organic	£1.79
Pauls Tofu Individually Priced	Organic	£0.00
Pauls Tofu Nut Burger x2	Organic	£2.39
Raw Choc Pie Fudge		£2.25
Sheese Strong Cheddar 227g		£2.59
Sojade Seitan Steak 210g		£3.25
Taifun Almond Sesame Tofu 200g	Organic	£3.35
Taifun Basil Tofu 200g	Organic	£3.35
Taifun BBQ Sausages 250g	Organic	£3.59
Taifun Black Forest Tofu 200g	Organic	£3.35
Taifun Curcuma Tofu 200g	Organic	£3.35
Taifun Fermented Tofu Natural 200g		£3.19
Taifun Fermented Tofu Pepper 200g		£3.29
Taifun Grill Sausages 250g	Organic	£3.85
Taifun Herb Sausages 250g	Organic	£3.85
Taifun Rosso Tofu 200g	Organic	£3.35
Taifun Silken Tofu 400g	Organic	£3.19
Taifun Tofu Filets Garlic x2 160g	Organic	£2.95
Taifun Tofu Filets x2 160g	Organic	£2.85
Taifun Tofu Mini Wiener 160g	Organic	£2.95
Taifun Tofu Pizza 160g	Organic	£2.09
Taifun Tofu Wiener 300g	Organic	£4.29
Topas Chorizo Spacebar 40g	Organic	£1.15
Topas Salami Slices 100g	Organic	£2.19
Topas Smoked Slices 100g	Organic	£2.19
Vegusto Golden 200g		£5.99
Viana Hazelnut Tofu 250g		£2.49
Viana Smoked Tofu 250g		£2.79
Wheaty Vegan Burger Patty 200g	Organic	£2.89
Tofu & Burgers-Frozen		
Goodlife Bean Burger x4		£2.55
Goodlife Frozen Falafel 280g		£2.09

Goodlife Nut Burger x4		£2.59
Pauls Frozen Tempeh 250g	Organic	£2.29
Veg & Salad-Chilled		
Delphi Dolmades Stuffed x5		£1.95
Great Food Veg Cakes 180g		£1.75
Kramer Sauerkraut Natural 520g	Organic	£0.99
Lauras Beany Feast 500g		£4.35
Lauras Lentil Special 500g		£4.35
Lauras Spinach Pancake 200g		£3.25
Lauras Veg Curry 500g		£4.35
Loving Foods Cortido 500g	Organic	£5.99
Loving Foods Kimchi Classic 500g	Organic	£5.99
Loving Foods Kimchi Turmeric 500g	Organic	£5.99
Loving Foods Krautchi 500g	Organic	£5.99
Loving Foods Ruby Sauerkraut 500g	Organic	£5.99
Ottomen Wrap Butternut		£3.50
Ottomen Wrap Falafel		£3.50
Ottomen Wrap Mediterranean Veg		£3.50
Profusion Sauerkraut 520g	Organic	£2.29
Sky Sprouts Alfalfa 100g	Organic	£1.39
Sky Sprouts Alfalfa Broccoli 100g	Organic	£1.39
Sky Sprouts Alfalfa Fenugreek 100g	Organic	£1.39
Sky Sprouts Alfalfa Radish 100g	Organic	£1.39
Sky Sprouts Broccoli 100g	Organic	£1.39
Sky Sprouts China Rose 100g	Organic	£1.39
Sky Sprouts Mixed 227g	Organic	£1.39
Sky Sprouts Multipack 160g	Organic	£1.99
Sky Sprouts Mung 200g	Organic	£1.39
Sky Sprouts Red Clover 100g	Organic	£1.39
Veg & Salad-Frozen		
Biolnside Frozen Brussel Sprouts 300g	Organic	£1.89
Biolnside Frozen Peas 300g	Organic	£1.39
Biolnside Frozen Sweetcorn 300g	Organic	£1.75
Naturally Cool Frozen Green Beans 450g	Organic	£1.85
Naturally Cool Frozen Peas 450g	Organic	£2.35
Naturally Cool Frozen Spinach 450g	Organic	£1.85
Naturally Cool Frozen Sweetcorn 450g	Organic	£2.49