

CHILLED & FROZEN

Updated 06/07/2021

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		
Biona Gnocchetti 400g	Organic	£3.99
Clives Broccoli and Pesto Quiche 165g		£2.35
Clives GF Pie Aloo Gobi	Organic	£2.69
Clives GF Pie Chickpea Tagine	Organic	£2.69
Clives GF Pie Chilli	Organic	£2.69
Clives GF Pie Mushroom Leek	Organic	£2.69
Clives GF Pie Olive & Lentil	Organic	£2.69
Clives Golden Ticket Pie		£2.69
Clives Pie Cauliflower 235g	Organic	£2.59
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 Roasted Red Pepper Quiche 165g		£2.35
Clives Soysage Roll	Organic	£1.29
Clives Tart Bombay Curry 195g		£3.25
Clives Tart Crushed Pea	Organic	£3.25
Clives Tart Lentil Kale	Organic	£3.25
Clives Tart Tomato Olive	Organic	£3.25
Cool Chile Tortillas x10 Corn		£2.69
Cool Chile Tortillas x13 Blue Corn		£2.69
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
Lauras Apple Pancake 200g		£3.09
St James Filo Pastry 400g	Organic	£1.45
Baked Goods-Frozen		
Clives Pastry Wholemeal 300g	Organic	£2.19
Traditional Bagels Frozen x6		£2.09
Beverages VAT-Chilled		
Profusion Kefir Fizz Lime 250ml	Organic	£1.98
Profusion Kefir Fizz Tropical 250ml	Organic	£1.98
Sodada Kombucha Bottle Return		£0.10
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
Crosta Mollica Piadina Flat Bread 300g	Organic	£1.69

Crosta Mollica Small Piada Flat Bread 300g		£1.69
Everfresh Bread Mixed Grain Sourdough 400g	Organic	£2.58
Everfresh Bread Sprouted Spelt 400g	Organic	£2.19
Everfresh Bread Sprouted Wheat 400g	Organic	£1.98
Florentin Spelt Pitta Bread x4	Organic	£1.99
Florentin Wholemeal Pitta Bread x4	Organic	£1.69
Good Grain Brown Loaf 500g	Organic	£3.29
Good Grain Seeded Loaf 500g	Organic	£3.29
Incredible Golden Linseed Loaf 470g		£2.99
Incredible Linseed Rolls 470g		£2.99
Incredible Oat Loaf 470g		£2.99
Incredible Oat Rolls x 4		£2.99
Michaels Pitta Wholemeal x6		£0.79
Pauls Baguettes x2	Organic	£1.85
Pauls Beetroot LAncienne 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	£3.35
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	£2.65
Pauls Melton Salt Free 800g	Organic	£2.65
Pauls Melton White 400g	Organic	£1.65
Pauls Melton White 800g	Organic	£2.65
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	£3.05
Pauls Pain de Campagne White 800g	Organic	£3.05
Pauls Pain Lancienne 400g	Organic	£1.65
Pauls Pain Lancienne 800g	Organic	£3.05
Pauls Pain Lancienne White 800g	Organic	£3.05
Pauls Pumpkin Bread 400g	Organic	£1.96
Pauls Rolls White x 2	Organic	£1.39
Pauls Rolls x2	Organic	£1.39
Pauls Rolls x4	Organic	£1.95
Pauls Rye Sourdough 800g	Organic	£3.35
Pauls Sechskorn 400g	Organic	£1.65
Pauls Sechskorn 800g	Organic	£3.19
Pauls Sourdough Spelt 800g	Organic	£3.65
Pauls Sourdough WhWheat 800g	Organic	£3.15
Pauls Spelt Bread 800g	Organic	£3.65
Pauls Spelt Stoneground Yeasted Bread 400g	Organic	£1.99
Pauls Teacakes x2	Organic	£1.75
Pauls Tortilla Large Brown x5	Organic	£2.75
Pauls Tortilla Large White x5	Organic	£2.75
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	£2.75
Pauls Wraps Sweet Potato x5	Organic	£2.45
Saker Fruit Scones x4	Organic	£2.89
Saker Hot Cross Buns x4	Organic	£2.99

Chilled

Sheese Mozzarella Slices 180g		£2.29
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Confectionery VAT-Frozen

Booja Ice Cream Caramel Pecan Praline 110ml	Organic	£1.79
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 Hazelnut 110ml		£1.79
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	£3.49
Naturally Cool Frozen Blueberries 300g	Organic	£3.29
Naturally Cool Frozen Cranberries 300g	Organic	£2.99
Naturally Cool Frozen Raspberries 300g	Organic	£3.69
Naturally Cool Frozen Sour Cherries 300g	Organic	£3.39
Naturally Cool Frozen Strawberries 300g	Organic	£3.39
Naturally Cool Frozen Tropical Mix 300g	Organic	£3.29
Windmill Hill Frozen Blackcurrants 400g	Organic	£2.59

Milk Cheese Yoghurt-Chilled

Applewood Smoked Vegan Block 200g		£2.49
Authentic Fruits Acai Bowl 250g		£4.59
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 Papparica 120g		£6.49
IAMNUTOK SmokeyDokey Cream Cheese 150g		£6.29
Mouses Favourite Camembert Style 145g		£8.49
Mouses Favourite Creamy Cashew Cheese 170g		£5.99
No Whey Creamy Garlic Herb 150g		£3.15
No Whey Creamy Original 150g		£3.15
No Whey Table Cheese Garlic Herb 150g		£3.59
No Whey Table Cheese Red Pepper 150g		£3.59
Nush Almond Blueberry 125g		£1.49
Nush Almond Cheese Chive Spread 150g		£2.80
Nush Almond Natural 350g		£2.55
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		£0.10
Oato Oat Milk		£1.29
Palace Culture Almond Ricotta 120g		£6.29
Palace Culture Cashew Blue 150g		£9.99
Palace Culture Cashew Smoked 135g		£7.69
Palace Culture Cheese Chive Shallot 120g		£6.29
Palace Culture Cheese Holy Smoke 120g		£6.29
Palace Culture Cheese Truffle Black Pepper 120g		£8.25
Palace Culture Goaty 95g		£6.79
Palace Culture Smoked Cheese Carrot Lox 120g		£6.29
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	£4.29
Risella Smoked Mozzarella 200g	Organic	£4.29
Risella Spreadable Cheese 150g	Organic	£4.29
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
Walnut Gatherer Cheese Applewood Walnut 180g		£6.49
Walnut Gatherer Cheese Chilli 180g		£6.49
Walnut Gatherer Cheese Roast Garlic 180g		£6.49
Wild Root Farmhouse Mature 150g		£7.89
Wild Root Tangy Blue 150g		£7.89
Wild Root Truffle Charcoal 150g		£7.89

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		£2.19
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
Clives Houmous Lemon 200g	Organic	£1.85
Don Marco Pizza Sauce 150g		£1.99
Hobbit Aubergine Dip 170g	Organic	£2.55
Hobbit Gr Pesto Spread 200g	Organic	£2.55
Hobbit Hummus Kale 170g	Organic	£2.55
Hobbit Hummus Olive Spread 170g	Organic	£2.55
Hobbit Hummus Traditional 170g		£2.29
Hobbit Lupin Mushroom Spread 170g	Organic	£2.09
Hobbit Mexicano Spread 170g	Organic	£2.55
Hobbit Muhammara 170g	Organic	£2.55
Hobbit Tofu Salsa Dip 170g	Organic	£1.99
Hobbit Tzatziki Spread 170g	Organic	£2.55
Hodmedod Fermented Naked Barley Miso 175g		£2.15
Hodmedod Umami Fava Bean Paste 190g		£2.09
Ottomen Dip White Bean Crush 250g		£2.45
Ottomen Houmous Golden Spiced 250g		£2.45
Ottomen Houmous Red Pepper 250g		£2.45

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 Pea Smoked Houmous 180g	Organic	£2.49
San Amvrosia Artichoke Dip 228g		£3.79
San Amvrosia Houmous 228g		£2.09
San Amvrosia Houmous 340g		£2.85
San Amvrosia Houmous Avocado 228g		£2.39
San Amvrosia Houmous Indian Style 170g		£1.85
San Amvrosia Houmous Red Pepper 228g		£2.39
San Amvrosia Organic Houmous 170g	Organic	£2.49
San Amvrosia Organic Houmous 340g	Organic	£4.19
San Amvrosia Organic Houmous Pumpkin Seed 170g	Organic	£2.55
San Amvrosia Organic Houmous Tom Olive 170g	Organic	£2.95
San Amvrosia Organic Spicy Bean Dip 170g	Organic	£2.25
San Amvrosia Tahini Dip 142g		£1.45
Suma Mushroom Pate Bombe 200g		£2.35

Tofu & Burgers-Chilled

Biona Ballini Provencale 250g	Organic	£3.49
Biona Burger Black Bean Cashew 160g	Organic	£3.49
Biona Burger Red Lentil Sunflower Seed 160g	Organic	£3.49
Biona Burger Sweet Potato Buckwheat 160g	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 Sweet Potato Gnocchi 400g	Organic	£3.79
Biona Tagliatelle 250g	Organic	£2.79
Bonsan Mezzelune Sweet Potato Chilli 250g	Organic	£3.49
Bonsan Tortelloni Spinach Pine Nut 250g	Organic	£3.49
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 Bubble Squeak Veggie Cake 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	£3.59
Florentin Falafel Original 250g	Organic	£3.59

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
Great Food Moroccan Kofta 420g		£2.39
Hobbit Broccoli Spread 170g	Organic	£2.55
Hobbit Chicory Dip 170g	Organic	£2.09
Hobbit Falafel x4	Organic	£3.15
Hobbit Hemp Burger Paprika 150g	Organic	£3.19
Hobbit Hemp Tempeh 200g	Organic	£2.79
Hobbit Lupin Burger 240g	Organic	£3.15
Hobbit Lupin Tempeh 170g	Organic	£1.99
Hobbit Natto 150g	Organic	£2.49
Hobbit Seitan Mince 200g	Organic	£2.89
Hobbit Seitan Slices 180g	Organic	£3.35
Hobbit Smoked Lupeh 150g	Organic	£3.25
Hobbit Smoked Tempeh 170g	Organic	£3.19
Hobbit Tempeh 200g	Organic	£2.65
Hobbit Tofu Mince 180g	Organic	£2.69
Hobbit Tofu Slivers Curry 200g	Organic	£2.79
Hobbit Tofu Slivers Light Spice 200g	Organic	£2.79
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
MacSween Veg Haggis 200g		£2.05
MacSween Veg Haggis 400g		£3.99
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
Pastifico Tortelli Jackfruit 250g	Organic	£3.99
Pastifico Tortelli Pizzaiola 250g	Organic	£3.99
Pastifico Tortelli Veg 250g	Organic	£3.99
Pauls Burger Bengal x2	Organic	£2.39
Pauls Burger Mexican x2	Organic	£2.39
Pauls Burger Tofu Nut x2	Organic	£2.39
Pauls Tofu 220g	Organic	£1.79
Pauls Tofu Abura Marinated 125g	Organic	£2.15
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
Tofoo Co. Teriyaki 280g	Organic	£2.25
Tofoo Scrambled 200g	Organic	£2.75
Tofoo Southern Fried Bites 225g	Organic	£2.24
Topas Chorizo Spacebar 40g	Organic	£1.15
Topas Salami Slices 100g	Organic	£2.19
Topas Smoked Slices 100g	Organic	£2.19
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		£2.65
Goodlife Frozen Falafel 280g		£2.09
Goodlife Nut Burger x4		£2.75
Naturli Frozen Mince 325g		£3.09
Naturli Frozen Sausages 300g		£3.99
Pauls Frozen Tempeh 250g	Organic	£2.29
Pauls Yuba Tofu Paper 200g		£4.19
Veg & Salad-Chilled		
Great Food Veg Cakes 180g		£1.75
Kramer Sauerkraut Natural 520g	Organic	£1.09
Kramer Sauerkraut With Herbs 520g		£1.09
Lauras Beany Feast 500g		£4.35
Lauras Lentil Special 500g		£4.35
Lauras Veg Curry 500g		£4.35
Loving Foods Cortido 500g	Organic	£6.09
Loving Foods Kimchi Classic 500g	Organic	£6.09
Loving Foods Kimchi Turmeric 500g	Organic	£6.09
Loving Foods Krautchi 500g	Organic	£6.09
Loving Foods Ruby Sauerkraut 500g	Organic	£6.09
Profusion Sauerkraut 520g	Organic	£2.29
Sky Sprouts Alfalfa 100g	Organic	£1.55

Sky Sprouts Alfalfa Broccoli 100g	Organic	£1.55
Sky Sprouts Alfalfa Fenugreek 100g	Organic	£1.55
Sky Sprouts Alfalfa Radish 100g	Organic	£1.55
Sky Sprouts Broccoli 100g	Organic	£1.55
Sky Sprouts China Rose 100g	Organic	£1.55
Sky Sprouts Mixed 227g	Organic	£1.55
Sky Sprouts Multipack 160g	Organic	£2.19
Sky Sprouts Mung 200g	Organic	£1.55
Sky Sprouts Red Clover 100g	Organic	£1.55
Sky Sprouts Single Pack	Organic	£1.55

Veg & Salad-Frozen

Natural Cool Frozen Broccoli 300g		£2.09
Natural Cool Vegetable Mix 450g		£2.19
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