

## CHILLED & FROZEN

Updated 02/11/2021

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

Department	Chilled	
Row Labels	Org?	Average of Price
<b>Chilled-Baked Goods</b>		
Clives GF Pie Aloo Gobi 235g	Organic	£2.69
Clives GF Pie Chickpea Tagine 235g	Organic	£2.69
Clives GF Pie Mexican Chilli 235g	Organic	£2.69
Clives GF Pie Mushroom Leek 235g	Organic	£2.69
Clives GF Pie Olive Lentil 235g	Organic	£2.69
Clives Golden Ticket Pie		£2.69
Clives Pie Cauliflower 235g	Organic	£2.59
Clives Pie Chickpea 235g	Organic	£2.59
Clives Pie Goulash 235g	Organic	£2.59
Clives Pie Mushroom 235g	Organic	£2.59
Clives Pie Saag Aloo 235g	Organic	£2.59
Clives Quiche Broccoli Pesto 165g	Organic	£2.35
Clives Quiche Roasted Red Pepper 165g	Organic	£2.35
Clives Tart Tomato Olive 195g	Organic	£3.25
Cool Chile Tortillas x10 Corn		£2.89
Cool Chile Tortillas x13 Blue Corn		£2.89
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
<b>Chilled-MilkCheeseYoghurt</b>		
Applewood Smoked Vegan Block 200g		£2.49
Authentic Fruits Acai Bowl 250g		£4.59
COCOS Natural 125g		£1.79
COCOS Natural 250g		£3.19
CoYo Mixed Berry 125g		£1.75
CoYo Morello Cherry 125g		£1.79
CoYo Vanilla 250g		£3.09
Herbies Wheatcheese Chilli Mature 200g		£3.39
Herbies Wheatcheese Garlic Mature 200g		£3.39
IAMNUTOK C'e Dairy 120g		£6.49
IAMNUTOK GOAT 120g		£6.49
IAMNUTOK Miner Threat 120g		£7.19
IAMNUTOK Papparica 120g		£6.49
IAMNUTOK Smokey Dokey 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 Cheese Spead Chive 150g		£2.80

<b>Nush Almond Cheese Spread Natural 150g</b>		£2.80
<b>Nush Almond Yoghurt Blueberry 125g</b>		£1.49
<b>Nush Almond Yoghurt Natural 350g</b>		£2.55
<b>Nush Almond Yoghurt Peach 125g</b>		£1.49
<b>Nush Almond Yoghurt Strawberry 125g</b>		£1.89
<b>Nush Cashew Yoghurt Natural 125g</b>	Organic	£1.89
<b>Nush Cashew Yoghurt Strawberry 125g</b>		£1.89
<b>Nush Cashew Yoghurt Vanilla 125g</b>		£1.89
<b>Nutcrafter The Ancient 190g</b>		£7.99
<b>Nutcrafter The Decadent 190g</b>		£6.99
<b>Nutcrafter The Indulgent 170g</b>		£6.99
<b>Nutcrafter The Piquant 190g</b>		£6.99
<b>Nutcrafter The Volcanic 190g</b>		£8.50
<b>Nutcrafter Vhalloumi 170g</b>		£5.29
<b>Oato Bottle Return</b>		£0.10
<b>Oato Oat Milk</b>		£1.29
<b>Palace Culture Almond Ricotta 120g</b>		£6.29
<b>Palace Culture Cashew Blue 145g</b>		£9.99
<b>Palace Culture Cashew Smoked 135g</b>		£7.69
<b>Palace Culture Cheese Chive Shallot 120g</b>		£6.29
<b>Palace Culture Cheese Holy Smoke 120g</b>		£6.29
<b>Palace Culture Cheese Truffle Black Pepper 120g</b>		£8.25
<b>Palace Culture Goaty 95g</b>		£6.79
<b>Palace Culture Smoked Cheese Carrot Lox 120g</b>		£6.29
<b>Provamel Live Yoghurt 500g</b>	Organic	£1.89
<b>Risella Cream Cheese 150g</b>	Organic	£3.99
<b>Risella Mozzarella 200g</b>	Organic	£4.29
<b>Risella Smoked Mozzarella 200g</b>	Organic	£4.29
<b>Risella Spreadable Cheese 150g</b>	Organic	£4.29
<b>Sheese Cheddar Slices 200g</b>		£2.15
<b>Sheese Greek Style 200g</b>		£2.09
<b>Sheese Mature Cheddar 200g</b>		£2.15
<b>Sheese Mild Cheddar 200g</b>		£2.19
<b>Sheese Mozzarella Slices 180g</b>		£2.29
<b>Sheese Mozzarella Slices 200g</b>		£2.35
<b>Sheese Red Leicester 200g</b>		£2.09
<b>Sojade Live Yoghurt 250g</b>		£0.89
<b>Sojade Live Yoghurt 400g</b>		£1.29
<b>Sojade Yoghurt Greek 400g</b>		£1.95
<b>Sojade Yogurt Banana Passion Fruit 400g</b>	Organic	£2.59
<b>Sojade Yogurt Blueberry Cherry 400g</b>	Organic	£2.59
<b>Walnut Gatherer Cheese Applewood Walnut 180g</b>		£6.49
<b>Walnut Gatherer Cheese Chilli 180g</b>		£6.49
<b>Walnut Gatherer Cheese Roast Garlic 180g</b>		£6.49
<b>Wild Root Farmhouse Mature 150g</b>		£7.89
<b>Wild Root Tangy Blue 150g</b>		£7.89
<b>Wild Root Truffle Charcoal 150g</b>		£7.89
<b>Chilled-Oil&amp;Fat</b>		
<b>Biona Margarine 250g</b>	Organic	£2.39

<b>Biona Olive Spread 250g</b>	Organic	£3.09
<b>Cocovit Margarine 250g</b>	Organic	£2.25
<b>Naturli Vegan Butter Block 200g</b>	Organic	£1.79
<b>Our Paulas Butta All Types 115g</b>		£3.39
<b>Our Paulas Butta Garlic 115g</b>		£3.39
<b>Our Paulas Butta Garlic Chilli 115g</b>		£3.39
<b>Our Paulas Butta Salted 115g</b>		£3.39
<b>Our Paulas Butter Brandy Cinnamon 115g</b>		£2.95
<b>Pure Margarine 500g</b>		£2.19
<b>Suma Olive Spread 500g</b>		£1.89
<b>Suma Organic Sunflower Margarine 500g</b>	Organic	£3.15
<b>Suma Soya Spread 500g</b>		£1.65
<b>Suma Sunflower Margarine 2kg</b>		£6.35
<b>Suma Sunflower Margarine 500g</b>		£1.65

### **Chilled-SaucesDipsSpreads**

<b>Biona Horseradish 125g</b>	Organic	£2.59
<b>Don Marco Pizza Sauce 150g</b>		£1.99
<b>Hobbit Aubergine Dip 170g</b>	Organic	£2.55
<b>Hobbit Gr Pesto Spread 200g</b>	Organic	£2.55
<b>Hobbit Hummus Kale 170g</b>	Organic	£2.55
<b>Hobbit Hummus Olive Spread 170g</b>	Organic	£2.55
<b>Hobbit Hummus Traditional 170g</b>		£2.29
<b>Hobbit Lupin Mushroom Spread 170g</b>	Organic	£2.09
<b>Hobbit Mexicano Spread170g</b>	Organic	£2.55
<b>Hobbit Muhammara 170g</b>	Organic	£2.55
<b>Hobbit Tofu Salsa Dip 170g</b>	Organic	£1.99
<b>Hobbit Tzatziki Spread 170g</b>	Organic	£2.55
<b>Hodmedod Fermented Naked Barley Miso 175g</b>		£2.15
<b>Hodmedod Umami Fava Bean Paste 190g</b>		£2.09
<b>Ottomen Dip White Bean Crush 250g</b>		£2.45
<b>Ottomen Houmous Golden Spiced 250g</b>		£2.45
<b>Ottomen Houmous Red Pepper 250g</b>		£2.45
<b>Precious Pea Houmous 180g</b>	Organic	£2.49
<b>Precious Pea Kalamata Houmous 180g</b>	Organic	£2.49
<b>Precious Pea Rose Harissa Houmous 180g</b>	Organic	£2.49
<b>Precious Pea Smoked Houmous 180g</b>	Organic	£2.49
<b>San Amvrosia Artichoke Dip 228g</b>		£3.79
<b>San Amvrosia Houmous 228g</b>		£2.19
<b>San Amvrosia Houmous 340g</b>		£2.99
<b>San Amvrosia Houmous Avocado 228g</b>		£2.55
<b>San Amvrosia Houmous Indian Style 170g</b>		£1.95
<b>San Amvrosia Houmous Red Pepper 228g</b>		£2.55
<b>San Amvrosia Organic Houmous 170g</b>	Organic	£2.59
<b>San Amvrosia Organic Houmous 340g</b>	Organic	£4.39
<b>San Amvrosia Organic Houmous Pumpkin Seed 170g</b>	Organic	£2.69
<b>San Amvrosia Organic Houmous Tom Olive 170g</b>	Organic	£2.95
<b>San Amvrosia Organic Spicy Bean Dip 170g</b>	Organic	£2.39
<b>Suma Mushroom Pate Bombe 200g</b>		£2.35

## Chilled-Tofu&Burgers

<b>Biona Ballini Provencale 250g</b>	Organic	£3.49
<b>Biona Burger Black Bean Cashew 160g</b>	Organic	£3.49
<b>Biona Burger Red Lentil Sunflower Seed 160g</b>	Organic	£3.49
<b>Biona Burger Sweet Potato Buckwheat 160g</b>	Organic	£3.49
<b>Biona Energy Burger 250g</b>	Organic	£3.59
<b>Biona Gnocchi 400g</b>	Organic	£3.49
<b>Biona Lucky Stars 250g</b>	Organic	£3.49
<b>Biona Ravioli 350g</b>	Organic	£4.19
<b>Biona Sweet Potato Gnocchi 400g</b>	Organic	£3.79
<b>Biona Tagliatelle 250g</b>	Organic	£2.79
<b>Bonsan Mezzelune Sweet Potato Chilli 250g</b>	Organic	£3.49
<b>Bonsan Tortelloni Spinach Pine Nut 250g</b>	Organic	£3.49
<b>Clearspot Marinated Tofu 190g</b>	Organic	£1.75
<b>Clearspot Seacakes x2</b>	Organic	£1.55
<b>Clearspot Sesame Tofu x2</b>	Organic	£1.45
<b>Clearspot Smokey Tofu 225g</b>	Organic	£1.95
<b>Clearspot Tofu 280g</b>	Organic	£1.45
<b>Clearspot Tofu 450g</b>	Organic	£2.20
<b>Dragonfly Bubble Squeak Veggie Cake 200g</b>	Organic	£1.99
<b>Dragonfly Burger Mexican 200g</b>	Organic	£1.99
<b>Dragonfly Burger Mushroom 200g</b>	Organic	£1.99
<b>Dragonfly Burger Nut 200g</b>	Organic	£1.99
<b>Dragonfly Burger Tomato 200g</b>	Organic	£1.99
<b>Dragonfly Burger Vegetable 200g</b>	Organic	£1.99
<b>Dragonfly Devonshire Sausages 200g</b>	Organic	£2.05
<b>Dragonfly Soysage 200g</b>	Organic	£1.99
<b>Dragonfly Soysage Leek Potato 200g</b>	Organic	£1.99
<b>Dragonfly Tofu Marinated 200g</b>	Organic	£2.35
<b>Dragonfly Tofu Smoked 300g</b>	Organic	£2.35
<b>Dragonfly Tofu Super Firm 300g</b>	Organic	£2.10
<b>Florentin Falafel Date Raisin 250g</b>	Organic	£3.59
<b>Florentin Falafel Original 250g</b>	Organic	£3.59
<b>Forest Foods Nut Roast Garlic Herb 230g</b>		£3.35
<b>Forest Foods Nut Roast Sage Tomato 230g</b>		£3.35
<b>Gosh Quinoa &amp; Carrot Bake 250g</b>		£2.25
<b>Great Food Moroccan Kofta 420g</b>		£2.39
<b>Hobbit Broccoli Spread 170g</b>	Organic	£2.55
<b>Hobbit Chicory Dip 170g</b>	Organic	£2.09
<b>Hobbit Falafel x4</b>	Organic	£3.15
<b>Hobbit Hemp Burger Paprika 150g</b>	Organic	£3.19
<b>Hobbit Hemp Tempeh 200g</b>	Organic	£2.79
<b>Hobbit Lupin Burger 240g</b>	Organic	£3.15
<b>Hobbit Lupin Tempeh 170g</b>	Organic	£1.99
<b>Hobbit Natto 150g</b>	Organic	£2.49
<b>Hobbit Seitan Mince 200g</b>	Organic	£2.89
<b>Hobbit Seitan Slices 180g</b>	Organic	£3.35
<b>Hobbit Smoked Lupeh 150g</b>	Organic	£3.25
<b>Hobbit Smoked Tempeh 170g</b>	Organic	£3.19
<b>Hobbit Tempeh 200g</b>	Organic	£2.65

<b>Hobbit Tofu Curry 250g</b>	Organic	£3.19
<b>Hobbit Tofu Hazelnut 200g</b>	Organic	£3.19
<b>Hobbit Tofu Mince 180g</b>	Organic	£2.69
<b>Hobbit Tofu Slivers Curry 200g</b>	Organic	£2.79
<b>Hobbit Tofu Slivers Light Spice 200g</b>	Organic	£2.79
<b>Kato Almond Tofu 200g</b>	Organic	£1.89
<b>Kato Basil Tofu 200g</b>	Organic	£1.89
<b>Kato Falafel 200g</b>	Organic	£2.19
<b>Kato Natural Tofu 250g</b>	Organic	£1.29
<b>Kato Natural Tofu 400g</b>	Organic	£1.79
<b>Kato Paprika Tofu 250g</b>	Organic	£1.89
<b>Kato Peanut Tofu 200g</b>	Organic	£1.89
<b>Kato Smoked Tofu 200g</b>	Organic	£1.89
<b>Kato Wild Garlic Tofu 250g</b>	Organic	£1.89
<b>MacSween Veg Haggis 200g</b>		£2.05
<b>MacSween Veg Haggis 400g</b>		£3.99
<b>Oasis Burger Beetroot 180g</b>	Organic	£1.75
<b>Oasis Burger Chickpea 180g</b>	Organic	£1.75
<b>Oasis Burger Mushroom 180g</b>	Organic	£1.75
<b>Oasis Burger Piri Piri 180g</b>	Organic	£1.75
<b>Oasis Burger Tomato 180g</b>	Organic	£1.75
<b>Oasis Tempeh BBQ 120g</b>	Organic	£2.05
<b>Oasis Tempeh Original 120g</b>	Organic	£1.99
<b>Oasis Tofu Marinated 200g</b>	Organic	£2.15
<b>Oasis Tofu Smoked 200g</b>	Organic	£1.99
<b>Our Paulas Mushroom &amp; Walnut Pate 115g</b>		£3.39
<b>Pastifico Tortelli Jackfruit 250g</b>	Organic	£3.99
<b>Pastifico Tortelli Pizzaiola 250g</b>	Organic	£3.99
<b>Pastifico Tortelli Veg 250g</b>	Organic	£3.99
<b>Pauls Burger Bengal x2</b>	Organic	£2.39
<b>Pauls Burger Mexican x2</b>	Organic	£2.39
<b>Pauls Burger Tofu Nut x2</b>	Organic	£2.39
<b>Pauls Tofu 220g</b>	Organic	£1.79
<b>Pauls Tofu Abura Marinated 125g</b>	Organic	£2.15
<b>Sojade Seitan Steak 210g</b>		£3.25
<b>Taifun Almond Sesame Tofu 200g</b>	Organic	£3.35
<b>Taifun Basil Tofu 200g</b>	Organic	£3.35
<b>Taifun BBQ Sausages 250g</b>	Organic	£3.59
<b>Taifun Black Forest Tofu 200g</b>	Organic	£3.35
<b>Taifun Curcuma Tofu 200g</b>	Organic	£3.35
<b>Taifun Fermented Tofu Natural 200g</b>		£3.19
<b>Taifun Fermented Tofu Pepper 200g</b>		£3.29
<b>Taifun Grill Sausages 250g</b>	Organic	£3.85
<b>Taifun Herb Sausages 250g</b>	Organic	£3.85
<b>Taifun Rosso Tofu 200g</b>	Organic	£3.35
<b>Taifun Silken Tofu 400g</b>	Organic	£3.19
<b>Taifun Tofu Filets Garlic x2 160g</b>	Organic	£2.95
<b>Taifun Tofu Filets x2 160g</b>	Organic	£2.85
<b>Taifun Tofu Mini Wiener 160g</b>	Organic	£2.95
<b>Taifun Tofu Wiener 300g</b>	Organic	£4.29

<b>Tofoo Scrambled 200g</b>	Organic	£2.75
<b>Tofoo Southern Fried Bites 225g</b>	Organic	£2.24
<b>Tofoo Tofu Teriyaki 280g</b>	Organic	£2.25
<b>Viana Hazelnut Tofu 250g</b>		£2.49
<b>Viana Smoked Tofu 250g</b>		£2.79
<b>Wheaty Chorizo Spacebar 40g</b>	Organic	£1.15
<b>Wheaty Salami Slices 100g</b>	Organic	£2.19
<b>Wheaty Smoked Slices 100g</b>	Organic	£2.19

#### **Chilled-Veg&Salad**

<b>Great Food Veg Cakes 180g</b>		£1.75
<b>Kramer Sauerkraut Natural 520g</b>	Organic	£1.09
<b>Lauras Beany Feast 500g</b>		£4.35
<b>Lauras Lentil Special 500g</b>		£4.35
<b>Lauras Veg Curry 500g</b>		£4.35
<b>Loving Foods Cortido 500g</b>	Organic	£6.09
<b>Loving Foods Kimchi Classic 500g</b>	Organic	£6.09
<b>Loving Foods Kimchi Turmeric 500g</b>	Organic	£6.09
<b>Loving Foods Krautchi 500g</b>	Organic	£6.09
<b>Loving Foods Ruby Sauerkraut 500g</b>	Organic	£6.09
<b>Profusion Sauerkraut 520g</b>	Organic	£2.29
<b>Sky Sprouts Alfalfa 100g</b>	Organic	£1.55
<b>Sky Sprouts Alfalfa Broccoli 100g</b>	Organic	£1.55
<b>Sky Sprouts Alfalfa Fenugreek 100g</b>	Organic	£1.55
<b>Sky Sprouts Alfalfa Radish 100g</b>	Organic	£1.55
<b>Sky Sprouts Broccoli 100g</b>	Organic	£1.55
<b>Sky Sprouts China Rose 100g</b>	Organic	£1.55
<b>Sky Sprouts Mixed 227g</b>	Organic	£1.55
<b>Sky Sprouts Multipack 160g</b>	Organic	£2.19
<b>Sky Sprouts Mung 200g</b>	Organic	£1.55
<b>Sky Sprouts Red Clover 100g</b>	Organic	£1.55
<b>Sky Sprouts Single Pack</b>	Organic	£1.55

#### **Frozen-Baked Goods**

<b>Traditional Bagels Frozen x6</b>		£2.09
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#### **Frozen-Fruit**

<b>Natural Cool Frozen Berry Mix 300g</b>	Organic	£3.75
<b>Natural Cool Frozen Blueberries 300g</b>	Organic	£3.49
<b>Natural Cool Frozen Cranberries 300g</b>	Organic	£3.25
<b>Natural Cool Frozen Raspberries 300g</b>	Organic	£3.69
<b>Natural Cool Frozen Sour Cherries 300g</b>	Organic	£3.49
<b>Natural Cool Frozen Strawberries 300g</b>	Organic	£3.49
<b>Windmill Hill Frozen Blackcurrants 400g</b>	Organic	£2.59

#### **Frozen-Sweets**

<b>Booja Ice Cream 110ml Caramel Pecan Praline</b>	Organic	£1.79
<b>Booja Ice Cream 110ml Chocolate</b>	Organic	£1.79
<b>Booja Ice Cream 110ml Hazelnut</b>	Organic	£1.79
<b>Booja Ice Cream 500ml Caramel Pecan Praline</b>	Organic	£5.49

<b>Booja Ice Cream 500ml Chocoalte Hazelnut</b>	Organic	£5.49
<b>Booja Ice Cream 500ml Chocolate</b>	Organic	£5.49
<b>Booja Ice Cream 500ml Raspberry Ripple</b>	Organic	£5.49
<b>Booja Ice Cream 500ml Salted Caramel</b>	Organic	£5.49
<b>Booja Ice Cream 500ml Vanilla</b>	Organic	£5.49
<b>Frenzy Lolly Apple Blackcurrant</b>	Organic	£1.19
<b>Frenzy Lolly Orange</b>	Organic	£1.19
<b>Pip Lolly 105ml</b>	Organic	£1.08
<b>Pip Lolly Apple 105ml</b>	Organic	£1.08
<b>Pip Lolly Tropical 105ml</b>	Organic	£1.08

#### **Frozen-Tofu&Burgers**

<b>Goodlife Bean Burger x4</b>		£2.65
<b>Goodlife Frozen Falafel 280g</b>		£2.09
<b>Goodlife Nut Burger x4</b>		£2.75
<b>Naturli Frozen Mince 325g</b>		£3.09
<b>Naturli Frozen Sausages 300g</b>		£3.99
<b>Pauls Frozen Tempeh 250g</b>	Organic	£2.29
<b>Pauls Yuba Tofu Paper 200g</b>	Organic	£4.19
<b>Tofoo Crispy Bites Original 280g</b>	Organic	£2.55
<b>Tofoo Crispy Bites Spicy 280g</b>	Organic	£2.55
<b>Tofoo Crispy Chunkies 200g</b>	Organic	£2.55

#### **Frozen-Veg&Salad**

Natural Cool Frozen Broccoli 300g	Organic	£2.09
Natural Cool Frozen Green Beans 450g	Organic	£1.85
Natural Cool Frozen Peas 450g	Organic	£2.35
Natural Cool Frozen Spinach 450g	Organic	£1.85
Natural Cool Frozen Sweetcorn 450g	Organic	£2.49
Natural Cool Organic Oven Chips 600g	Organic	£2.35
Natural Cool Vegetable Mix 450g	Organic	£2.19