

CHILLED & FROZEN

Updated 01/05/2022

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

Department	Chilled	
Row Labels	Org?	Average of Price
Chilled-Baked Goods		
Clives GF Pie Aloo Gobi 235g	Organic	£2.79
Clives GF Pie Chickpea Tagine 235g	Organic	£2.79
Clives GF Pie Mexican Chilli 235g	Organic	£2.79
Clives GF Pie Mushroom Leek 235g	Organic	£2.79
Clives GF Pie Olive Lentil 235g	Organic	£2.79
Clives Golden Ticket Pie		£2.69
Clives Pie Cauliflower 235g	Organic	£2.69
Clives Pie Chickpea 235g	Organic	£2.69
Clives Pie Goulash 235g	Organic	£2.69
Clives Pie Mushroom 235g	Organic	£2.69
Clives Pie Saag Aloo 235g	Organic	£2.69
Clives Quiche Broccoli Pesto 165g	Organic	£2.35
Clives Quiche Roasted Red Pepper 165g	Organic	£2.35
Clives Tart Bombay Curry 195g		£3.25
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
Chilled-MilkCheeseYoghurt		
Applewood Smoked Vegan Block 200g		£2.49
Authentic Fruits Acai Bowl 250g		£4.59
Cocos Yoghurt Mango Passion 125g	Organic	£1.89
Cocos Yoghurt Mixed Berry 125g	Organic	£1.89
Cocos Yoghurt Natural 125g		£1.79
Cocos Yoghurt Natural 250g		£3.19
Cocos Yoghurt Strawberry 125g	Organic	£1.89
Cocos Yoghurt Vanilla 125g	Organic	£1.89
CoYo Mixed Berry 125g		£1.75
CoYo Morello Cherry 125g		£1.79
CoYo Vanilla 250g		£3.09
Herbies Wheatcheese Chilli Mature 200g		£3.50
Herbies Wheatcheese Garlic Mature 200g		£3.50
Herbies Wheatcheese Melt 175g		£3.50
Herbies Wheatcheese Original Mature 200g		£3.50
IAMNUTOK Ce Dairy 120g		£6.85
IAMNUTOK GOAT 120g		£6.85
IAMNUTOK Miner Threat 120g		£6.85
IAMNUTOK Nerominded 120g		£7.15
IAMNUTOK Papparica 120g		£6.85

IAMNUTOK Smokey Dokey Cream Cheese 150g		£6.29
Mouse's Favourite Apricolina Cheese 135g		£7.50
Mouses Favourite Camembert Style 145g		£8.49
Mouses Favourite Creamy Cashew Cheese 170g		£6.39
Mouse's Favourite True Blue Cheese 135g		£9.10
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
Nush Almond Cheese Spread Natural 150g		£2.80
Nush Almond Yoghurt Blueberry 125g		£1.59
Nush Almond Yoghurt Natural 350g		£2.55
Nush Almond Yoghurt Peach 125g		£1.49
Nush Almond Yoghurt Strawberry 125g		£1.89
Nush Cashew Yoghurt Natural 125g	Organic	£1.89
Nush Cashew Yoghurt Strawberry 125g		£1.89
Nush Cashew Yoghurt Vanilla 125g		£1.89
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
Oatly Creamy Oat Fraiche 200ml		£1.65
Oato Bottle Return		£0.10
Oato Oat Milk		£1.29
Palace Culture Almond Ricotta 120g	Organic	£7.15
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 Kimcheese 150g		£7.59
Palace Culture Mouldy Goaty 100g	Organic	£7.59
Palace Culture Old West Smokey 150g	Organic	£7.59
Palace Culture Sacre Bleu 145g	Organic	£9.99
Palace Culture Smoked Cheese Carrot Lox 120g		£6.29
Palace Culture Ubriaco 150g		£9.99
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 Cheddar Slices 200g		£2.15
Sheese Greek Style 200g		£2.29
Sheese Mature Cheddar 200g		£2.15
Sheese Mild Cheddar 200g		£2.19
Sheese Mozzarella Slices 180g		£2.29
Sheese Mozzarella Slices 200g		£2.45
Sheese Red Leicester 200g		£2.29
Sojade Live Yoghurt 250g		£0.95

Sojade Live Yoghurt 400g		£1.29
Sojade Yoghurt Greek 400g		£2.05
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

Chilled-Oil&Fat

Biona Margarine 250g	Organic	£2.39
Biona Olive Spread 250g	Organic	£3.09
Cocovit Margarine 250g	Organic	£2.69
Naturli Vegan Butter Block 200g	Organic	£1.89
Naturli Vegan Spreadable 225g	Organic	£1.49
Our Paulas Butta All Types 115g		£3.39
Our Paulas Butta Garlic 115g		£3.39
Our Paulas Butta Garlic Chilli 115g		£3.39
Our Paulas Butta Salted 115g		£3.39
Our Paulas Butter Brandy Cinnamon 115g		£2.95
Pure Margarine 500g		£2.19
Suma Olive Spread 500g		£1.95
Suma Organic Sunflower Margarine 500g	Organic	£3.15
Suma Soya Spread 500g		£1.69
Suma Sunflower Margarine 2kg		£6.55
Suma Sunflower Margarine 500g		£1.69

Chilled-SaucesDipsSpreads

Biona Horseradish 125g	Organic	£2.59
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 Houmous Turmeric 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		£2.19
San Amvrosia Houmous 340g		£2.99
San Amvrosia Houmous Avocado 228g		£2.55
San Amvrosia Houmous Indian Style 170g		£1.95
San Amvrosia Houmous Red Pepper 228g		£2.55
San Amvrosia Organic Houmous 170g	Organic	£2.59
San Amvrosia Organic Houmous 340g	Organic	£4.39
San Amvrosia Organic Houmous Pumpkin Seed 170g	Organic	£2.69
San Amvrosia Organic Houmous Tom Olive 170g	Organic	£2.95
San Amvrosia Organic Spicy Bean Dip 170g	Organic	£2.39
Suma Mushroom Pate Bombe 200g		£2.35
The Coconut Collaborative Custard 400g		£2.99

Chilled-Tofu&Burgers

Biona Ballini Provencale 250g	Organic	£3.49
Biona Burger Black Bean Cashew 160g	Organic	£3.59
Biona Burger Red Lentil Sunflower Seed 160g	Organic	£3.59
Biona Burger Sweet Potato Buckwheat 160g	Organic	£3.59
Biona Energy Burger 250g	Organic	£3.59
Biona Gnocchi 400g	Organic	£3.49
Biona Lucky Stars 250g	Organic	£3.49
Biona Mini Spring Roll 200g	Organic	£3.69
Biona Quinoa Mini Burger 195g	Organic	£3.59
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 280g	Organic	£4.99
Dragonfly Bubble Squeak Veggie Cake 200g	Organic	£1.99
Dragonfly Burger Mexican 200g	Organic	£1.99
Dragonfly Burger Mushroom 200g	Organic	£1.99
Dragonfly Burger Nut 200g	Organic	£1.99
Dragonfly Burger Tomato 200g	Organic	£1.99
Dragonfly Burger Vegetable 200g	Organic	£1.99
Dragonfly Devonshire Sausages 200g	Organic	£2.05
Dragonfly Soysage 200g	Organic	£1.99
Dragonfly Soysage Leek Potato 200g	Organic	£1.99
Dragonfly Tofu Marinated 200g	Organic	£2.35
Dragonfly Tofu Smoked 300g	Organic	£2.35
Dragonfly Tofu Super Firm 300g	Organic	£2.10

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 Lupeh 170g	Organic	£2.79
Hobbit Lupin Burger 240g	Organic	£3.15
Hobbit Natto 150g	Organic	£2.49
Hobbit Seitan Mince 200g	Organic	£3.25
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 Curry 250g	Organic	£3.19
Hobbit Tofu Hazelnut 200g	Organic	£3.19
Hobbit Tofu Mince 180g	Organic	£2.69
Hobbit Tofu Slivers Curry 200g	Organic	£2.89
Hobbit Tofu Slivers Light Spice 200g	Organic	£2.89
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		£2.25
MacSween Veg Haggis 400g		£4.35
Oasis Burger Beetroot 180g	Organic	£1.85
Oasis Burger Chickpea 180g	Organic	£1.85
Oasis Burger Mushroom 180g	Organic	£1.85
Oasis Burger Piri Piri 180g	Organic	£1.85
Oasis Burger Tomato 180g	Organic	£1.85
Oasis Tempeh BBQ 120g	Organic	£2.19
Oasis Tempeh Original 120g	Organic	£2.09
Oasis Tofu Marinated 200g	Organic	£2.35
Oasis Tofu Smoked 200g	Organic	£2.15
Our Paulas Mushroom & Walnut Pate 115g		£3.39
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	£2.69
Pauls Burger Mexican x2	Organic	£2.69

Pauls Burger Tofu Nut x2	Organic	£2.69
Pauls Tofu 220g	Organic	£1.95
Pauls Tofu Abura Marinated 125g	Organic	£2.35
Sojade Seitan Steak 210g		£3.25
Taifun Almond Sesame Tofu 200g	Organic	£3.55
Taifun Basil Tofu 200g	Organic	£3.55
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		£3.35
Taifun Fermented Tofu Pepper 200g		£3.29
Taifun Grill Sausages 250g	Organic	£3.95
Taifun Herb Sausages 250g	Organic	£3.85
Taifun Rosso Tofu 200g	Organic	£3.55
Taifun Silken Tofu 400g	Organic	£3.19
Taifun Tofu Filets Garlic x2 160g	Organic	£3.19
Taifun Tofu Filets x2 160g	Organic	£2.95
Taifun Tofu Mini Wiener 160g	Organic	£2.95
Taifun Tofu Wiener 300g	Organic	£4.69
Tofoo Scrambled 200g	Organic	£2.75
Tofoo Southern Fried Bites 225g	Organic	£2.24
Tofoo Tofu Teriyaki 280g	Organic	£2.25
Viana Hazelnut Tofu 250g		£2.49
Viana Smoked Tofu 250g		£3.09
Wheaty Chorizo Spacebar 40g	Organic	£1.25
Wheaty Salami Slices 100g	Organic	£2.39
Wheaty Smoked Slices 100g	Organic	£2.39

Chilled-Veg&Salad

Great Food Veg Cakes 180g		£1.75
Kramer Sauerkraut Natural 520g	Organic	£1.29
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	£1.69
Sky Sprouts Alfalfa Broccoli 100g	Organic	£1.69
Sky Sprouts Alfalfa Fenugreek 100g	Organic	£1.69
Sky Sprouts Alfalfa Radish 100g	Organic	£1.69
Sky Sprouts Broccoli 100g	Organic	£1.69
Sky Sprouts China Rose 100g	Organic	£1.69
Sky Sprouts Mixed 227g	Organic	£1.69
Sky Sprouts Multipack 160g	Organic	£2.39
Sky Sprouts Mung 200g	Organic	£1.69
Sky Sprouts Red Clover 100g	Organic	£1.69

Sky Sprouts Single Pack 100g	Organic	£1.69
Frozen-Baked Goods		
Clives Family Size Nut Roast 600g	Organic	£10.69
Clives Mushroom Nut Roast 280g	Organic	£4.99
Traditional Bagels Frozen x6		£2.09
Frozen-Fruit		
Natural Cool Frozen Berry Mix 300g	Organic	£3.79
Natural Cool Frozen Blueberries 300g	Organic	£3.79
Natural Cool Frozen Cranberries 300g	Organic	£3.25
Natural Cool Frozen Mango 300g	Organic	£3.49
Natural Cool Frozen Raspberries 300g	Organic	£5.30
Natural Cool Frozen Sour Cherries 300g	Organic	£3.49
Natural Cool Frozen Strawberries 300g	Organic	£3.49
Windmill Hill Frozen Blackcurrants 400g	Organic	£2.59
Frozen-Sweets		
Booja Ice Cream 110ml Caramel Pecan Praline	Organic	£1.79
Booja Ice Cream 110ml Chocolate	Organic	£1.79
Booja Ice Cream 110ml Hazelnut	Organic	£1.79
Booja Ice Cream 500ml Caramel Pecan Praline	Organic	£5.49
Booja Ice Cream 500ml Chocoalte Hazelnut	Organic	£5.49
Booja Ice Cream 500ml Chocolate	Organic	£5.49
Booja Ice Cream 500ml Raspberry Ripple	Organic	£5.49
Booja Ice Cream 500ml Salted Caramel	Organic	£5.49
Booja Ice Cream 500ml Vanilla	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
Frozen-Tofu&Burgers		
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	£2.55
Pauls Yuba Tofu Paper 200g	Organic	£4.19
Tofoo Crispy Bites Original 280g	Organic	£2.55
Tofoo Crispy Bites Spicy 280g	Organic	£2.55
Tofoo Crispy Chunkies 200g	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	£2.59
Natural Cool Vegetable Mix 450g	Organic	£2.19