

FRESH & READY-TO-GO PRICELIST

Updated 01/05/2022

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

Department (Multiple Items)

Row Labels	Average of Price
Deli-Ambient Bread	
Bio Idea Spelt Pizza Base 300g x 2	£3.59
Bio Idea Wheat Pizza Base 300g x 2	£2.49
Biona Rice Bread 500g	£3.79
Biona Rye Bread Pumpkin Seed 500g	£1.99
Biona Rye Bread Sourdough 500g	£1.89
Crosta Mollica Piadina Flat Bread 300g	£1.69
Crosta Mollica Spelt Mini Piadina 100g	£1.19
Everfresh Bread Mixed Grain Sourdough 400g	£2.58
Everfresh Bread Sprouted Spelt 400g	£2.59
Everfresh Bread Sprouted Wheat 400g	£2.29
Everfresh Cake Date Pecan 350g	£3.39
Florentin Spelt Pitta Bread x4	£2.29
Florentin Wholemeal Pitta Bread x4	£1.85
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	£1.85
Pauls Herb Bread 800g	£3.35
Pauls Hot Cross Buns x4	£2.99
Pauls Light Rye 400g	£2.45
Pauls Light Rye Fruit 400g	£2.89
Pauls Melton Loaf 800g	£2.65
Pauls Melton Salt Free 800g	£2.65
Pauls Mixed Seed 400g	£1.89
Pauls Mixed Seed 800g	£2.99
Pauls Pain de Campagne 400g	£1.65
Pauls Pain de Campagne 800g	£3.05
Pauls Rolls x2	£1.39
Pauls Rolls x4	£1.95
Pauls Rye Sourdough 800g	£3.35
Pauls Sourdough Spelt 400g	£1.99
Pauls Sourdough Spelt 800g	£3.65
Pauls Sourdough Wholewheat 800g	£3.15
Pauls Spelt Stoneground Yeast Bread 400g	£1.99
Pauls Spelt Stoneground Yeast Bread 800g	£3.65
Pauls Teacakes x2	£1.75
Pauls Tortilla Large Brown x5	£2.75
Pauls Tortilla Large White x5	£2.75
Pauls Tortilla Small x5	£1.95
Pauls Tortilla Spelt x5	£2.59
Pauls Wholemeal Yeast Bread 400g	£1.69
Pauls Wholemeal Yeast Bread 800g	£2.75

Pauls Wraps Sweet Potato x5	£2.45
Saker Fruit Scones x4	£3.59
Saker Hot Cross Buns x4	£2.99

Deli-Bread

Deli Bread Ciabatta Focaccia Crown Button	£2.79
Deli Bread HMB or Wye Button	£3.49
Deli Bread Reduced	£1.79
Deli Bread Rye Brick Button	£3.99
HMB Campagne	£3.49
HMB Hearth Loaf	£3.49
HMB Malted Seeded Granary	£3.49
HMB Poppy Seed White	£3.49
HMB Seeded Sourdough Rye	£3.49
HMB Sleepless White	£3.49
HMB Special Carrot	£3.49
HMB Special Cranberry Pecan	£3.49
HMB Special Focaccia	£3.49
HMB Special New York Rye	£3.39
HMB Special Olive Ciabatta	£3.49
HMB Special Potato Rosemary	£3.49
HMB Special Seeded Spelt	£3.49
HMB Stone Millers Cob	£3.49
HMB Yorkshire Leaven	£3.49
Holy Grain Einkorn Loaf 600g	£3.89
Holy Grain Seeded Sourdough 900g	£3.69
Holy Grain Sourdough Baguette	£2.10
Holy Grain Sourdough Special 800g	£3.69
Holy Grain Wild Thing 900g	£3.69
Wye Ciabatta 400g	£2.79
Wye Country 650g	£3.49
Wye Farmers Crown 400g	£2.79
Wye Focaccia 400g	£2.79
Wye Malted 600g	£3.49
Wye Pugliese Sourdough 800g	£3.49
Wye Rolls x 2	£1.79
Wye Rye 600g	£3.49
Wye Seedy Rye 750g	£3.99

Deli-Drinks

Cawston Can 330ml Apple	£0.79
Cawston Can 330ml Ginger Beer	£0.79
Cocos Strawberry Kefir 200ml	£2.79
Sodada Kombucha Bottle Return	£0.10
Sodada Kombucha Elderflower 330ml	£2.45
Sodada Kombucha Ginger 330ml	£2.45
Sodada Kombucha Hops 330ml	£2.45
Sodada Kombucha Rhubarb 330ml	£2.45
Sojade Blueberry Cherry Kefir 250ml	£1.79
Sojade Natural Kefir 250ml	£1.79

Whole Earth Cola 330ml	£1.09
Whole Earth Elderflower 330ml	£1.09
Whole Earth Ginger Beer 330ml	£1.09
Whole Earth Lemonade 330ml	£1.09

Deli-Olives & Loose

Amato Black Olive Tapenade	£1.09
Amato Green Olive Tapenade	£1.09
Amato Grilled Artichoke Hearts KG	£16.50
Amato Marinated Moroccan Pitted Olives KG	£13.90
Amato Mixed Italian Whole KG	£12.90
Amato Nocellara Del Belice KG	£11.90
Delphi Dolmades Stuffed x5	£1.95
Real Olive Co Cornichons KG	£8.90
Real Olive Co Harissa Tapenade 180g	£2.59
Real Olive Co Kasbah Olives 185g	£2.99
Real Olive Co La Verde Olives 185g	£2.99
Real Olive Co Organic Kasbah Olives KG	£17.90
Real Olive Co Sun Dried Tomatoes 170g	£2.69
Real Olive Co Tricolore Whole Olives KG	£11.90

Deli-Pasties & Each

Forest Foods Burrito Black Bean 300g	£2.95
Forest Foods Burrito Chilli Cheese 230g	£2.95
Forest Foods Calzone Bolognese 175g	£2.65
Forest Foods Calzone Smoked Tofu 175g	£2.49
Forest Foods Calzone Spinach Chickpea 175g	£2.65
Forest Foods Calzone Tomato Olive 175g	£2.49
Forest Foods Calzone Various	£2.49
Forest Foods Wrap Curried Sweet Potato 200g	£2.59
Forest Foods Wrap Thai 200g	£2.49
Gluten Free Pie Company	£3.99
HM Pasties Aloo Saag Pie	£2.25
HM Pasties Leek Mushroom Pie	£2.25
Lauras Calzone 250g	£3.25
Laura's Mushroom Miso Pancake	£3.49
Lauras Spinach Pancake 200g	£3.49
Lilys Bhajis x 2	£1.95
Lilys Cutlets x 2	£1.45
Lilys Onion Bhaji	£1.95
Lilys Samosa x 2	£2.25
Lilys Veg Cutlet Kachori	£1.49
Lilys Vegetable Samosa	£2.25
Parsnipship Bake Beetroot Bomb 175g	£3.99
Parsnipship Bake Mushroom Peanut Roast 200g	£3.99
Parsnipship Bake Thai Mash Up 200g	£3.99
Pauls Fresh Yeast	£8.00
Pauls Ganmodoki 75g	£1.39
Saker Sosmix Roll Spinach	£1.95
Saker Sosmix Roll Tomato	£1.95

Saker Tamil Pasty	£2.15
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Deli-Sweets

Black Cat Brownie Peanut Butter	£2.39
Black Cat Cake Banana Walnut	£2.45
Black Cat Cake Spiced Almond Choc Chip	£2.45
Black Cat Cake Sticky Ginger Loaf	£2.45
Black Cat Loaf Cake Cranberry Apricot	£2.59
Grab Go Saker Muesli Flapjack	£1.69
NGCI Banana & Chocolate Loaf	£2.39
Nutritionist Kitchen NGCI Almond Blondie	£2.39
Saker Muesli Flapjack	£1.69
Skoulikas Halva Sultana Grape Juice KG	£15.90

Deli-Sweets-Chiller

Booja Truffles Dark x6	£4.69
Booja Truffles Raspberry x6	£4.69
Fridge Cake Carob Coconut Lemon 75g	£1.05
Fridge Cake Carob Nut 75g	£1.05
Fridge Cake Fruit Nut Slice 75g	£1.05
Fruit Nut Slice Apple Apricot 75g	£1.05
Fruit Nut Slice Orange Ginger 75g	£1.05
Lauras Apricot Breakfast 260g	£3.35
Lauras Cheesecake 260g	£3.35
Lauras Strawberries 250g	£3.35
Lauras Tofu Passion 260g	£3.35
Raw Choc Pie Easter Egg 60g	£2.75
Raw Choc Pie Fudge Various 30g	£2.25
Raw Choc Pie Pocket Various 45g	£1.35
Raw Choc Pie Pudding 85g	£3.45
Raw Choc Pie Truffle Various 30g	£1.35
Raw Choc Pies Various 60g	£2.15

Food Prep

Middle eastern Couscous	£3.19
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Food Prep-Deli-Salad

Chiller Seasonal Salad	£2.79
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Food Prep-Deli-Soup

Soup Cup Deposit Return	£2.85
Soup Cup Re-useable	£2.85

Food Prep-Deli-Sweet

Grab Go Chocolate Flapjack	£1.59
Grab Go Seeded Flapjack	£1.59
Unicorn Black Bean Brownie	£2.29
Unicorn Coconut Choc Chip Flapjack	£1.59
Unicorn Festive Tiffin	£1.89
Unicorn Flapjack Choc Raisin	£1.59

Unicorn Flapjack Seeded	£1.59
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Food Prep-Fridge-Salad

Chiller Asian Slaw 250g	£2.79
Chiller BBQ Chickpea Broccoli 200g	£2.99
Chiller Beluga Salad 250g	£2.79
Chiller Creamy Beetroot Horseradish Salad 250g	£2.79
Chiller German Style Potato Salad 250g	£2.49
Chiller Greek Beans 250g	£2.49
Chiller Potato Green Bean Salad 250g	£2.79
Chiller Potato Salad 250g	£2.49
Chiller Refried Beans 200g	£2.29
Chiller Seasonal Salad £2.99	£2.99
Chiller Seasonal Salad £3.19	£3.19
Chiller Spelt Salad 250g	£2.79
Chiller Tabbouleh 250g	£2.79
Chiller Tamarind Potato 250g	£2.79
Chiller Thai Noodles 200g	£3.19
Chiller Unicorn Coleslaw 250g	£2.49
Chiller Unicorn Salad Indian Carrot 250g	£2.79

Food Prep-Fridge-Savoury

Chiller Cheezy Pasta Sauce 250g	£2.99
Chiller Chilli 500g	£4.99
Chiller Chinese Curry Sauce	£0.00
Chiller Dhal 500g	£3.99
Chiller Dhal Rice Pot 300g	£2.99
Chiller Lentil Bolognese Sauce 400g	£3.49
Chiller Onion Gravy 500ml	£1.59
Chiller Puttanesca Pasta Sauce 300g	£2.49
Chiller Salad Celeriac Caper Gherkin 250g	£2.79
Chiller Tomato Salsa 200g	£2.49
Chiller Unicorn Chilli Rice 300g	£2.99
Chiller Unicorn Curry 500g	£4.99
Chiller Unicorn Curry Rice 300g	£2.99
Chiller Unicorn Houmous 350g	£2.79
Chiller Unicorn Kitchen Curry Sauce 350g	£2.89
Chiller Unicorn Pate Bean SunDried Tomato 200g	£2.49
Chiller Unicorn Pate Coriander Chilli 200g	£2.49
Chiller Unicorn Pate Mushroom Walnut 150g	£3.49
Red Wine Onion Gravy 500ml	£2.49

Food Prep-Fridge-Soup

Chiller Unicorn Soup 500ml 01	£2.29
Chiller Unicorn Soup 500ml 02	£2.29
Chiller Unicorn Soup 500ml 03	£2.29

Food Prep-Fridge-Sweet

Chiller Fruit Crumble Pot 300g	£2.99
Chiller Granola Cherry Yoghurt Pot 275g	£2.99

Chiller Granola Mango Yoghurt Pot 275g	£2.99
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Unicorn Coconut Bar	£1.89
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Food Prep-Frozen

Frozen Barley Paella 450g	£4.99
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Frozen Cashew Mac Cheese 400g	£2.99
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Frozen Cottage Pie 400G	£3.99
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Frozen Lentil Lasagna	£3.99
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Frozen Massaman Curry 450g	£4.99
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Frozen Risotto Fennel Barley 450g	£4.99
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Frozen Unicorn Nut Roast 300g	£4.95
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