

CHILLED & FROZEN

Updated 05/01/2023

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	£3.35
Clives GF Pie Chickpea Tagine 235g	Organic	£3.35
Clives GF Pie Mexican Chilli 235g	Organic	£3.35
Clives GF Pie Mushroom Leek 235g	Organic	£3.35
Clives GF Pie Olive Lentil 235g	Organic	£3.35
Clives Golden Ticket Pie		£2.69
Clives Pie Cauliflower 235g	Organic	£3.25
Clives Pie Chickpea 235g	Organic	£3.25
Clives Pie Goulash 235g	Organic	£3.25
Clives Pie Mushroom 235g	Organic	£3.25
Clives Pie Saag Aloo 235g	Organic	£3.25
Clives Quiche Broccoli Pesto 165g	Organic	£2.65
Clives Quiche Red Pepper 165g	Organic	£2.65
Clives Tart Bombay Curry 195g		£3.25
Clives Tart Lentil Kale 195g	Organic	£3.25
Clives Tart Tomato Olive 195g	Organic	£3.25
Cool Chile Tortillas x13 Blue Corn		£3.09
Cool Chile Tortillas x13 Corn		£3.09
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
St James Filo Pastry 400g	Organic	£1.69
Chilled-MilkCheeseYoghurt		
Applewood Smoked Vegan Block 200g		£2.49
Cocos Yoghurt Mango Passion 125g	Organic	£2.09
Cocos Yoghurt Mixed Berry 125g	Organic	£2.09
Cocos Yoghurt Natural 125g	Organic	£1.79
Cocos Yoghurt Natural 250g	Organic	£3.29
Cocos Yoghurt Strawberry 125g	Organic	£2.09
Cocos Yoghurt Vanilla 125g	Organic	£2.09
GreenVie Cheddar 250g		£2.79
GreenVie Greek Style 250g		£2.99
GreenVie Mozzarella 250g		£2.79
GreenVie Pizza Flavour 250g		£2.89
GreenVie Smoked Gouda 250g		£2.89
GreenVie Vintage Cheddar 200g		£2.89
Happy Mouse Tofu Cheese Cranberry 160g		£5.59
Happy Mouse Tofu Cheese Onion Chive 160g		£5.59
Happy Mouse Tofu Cheese Original 160g		£5.59
Happy Mouse Tofu Cheese Smoked 160g		£5.59
Herbies Wheatchese Chilli Mature 200g		£3.50
Herbies Wheatchese Garlic Mature 200g		£3.50
Herbies Wheatchese Melt 175g		£3.50

Herbies Wheatcheese Original Mature 200g		£3.50
IANO Ce Dairy 120g		£6.89
IANO Cheese Crack On 120g		£5.39
IANO Cheese Sauvignonsense 120g		£6.89
IANO GOAT 120g		£6.89
IANO Miner Threat 120g		£6.89
IANO Nerominded 120g		£7.15
IANO Papparica 120g		£6.89
IANO Smokey Dokey Cream Cheese 150g		£6.29
Mouses Favourite Beer Spruce Wrapped 135g	Organic	£8.99
Mouses Favourite Camembert Style 145g	Organic	£8.49
Mouses Favourite Cheese Apricolina 135g		£7.50
Mouses Favourite Cheese Creamy Cashew 170g		£6.39
Mouses Favourite Cheese True Blue 135g	Organic	£8.99
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
Nush Almond Cheese Spread Natural 150g		£2.80
Nush Almond Yoghurt Blueberry 350g		£2.89
Nush Almond Yoghurt Mango Passion 350g		£2.89
Nush Almond Yoghurt Natural 350g		£2.89
Nush Almond Yoghurt Raspberry 350g		£2.89
Nush Almond Yoghurt Strawberry 350g		£2.89
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	£6.49
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		£6.79
Palace Culture Mouldy Goaty 100g	Organic	£6.79
Palace Culture Old West Smokey 150g	Organic	£6.79
Palace Culture Sacre Bleu 145g	Organic	£8.99
Palace Culture Smoked Cheese Carrot Lox 120g		£6.29
Palace Culture Truffle Ash 150g	Organic	£8.99
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 Yoghurt Banana Passion Fruit 400g	Organic	£2.59
Sojade Yoghurt Blueberry Cherry 400g	Organic	£2.59
Sojade Yoghurt Greek 400g	Organic	£2.05
Sojade Yoghurt Live 250g		£0.95
Sojade Yoghurt Live 400g		£1.35
Walnut Gatherer Cheese Applewood Walnut 180g		£6.49
Walnut Gatherer Cheese Chilli 180g		£6.49
Walnut Gatherer Cheese Roast Garlic 180g		£6.49
Walnut Gatherer Parmesan 180g		£5.79
Wild Root Farmhouse Mature 150g		£7.89
Wild Root Tangy Blue 150g		£7.89
Wild Root Truffle Charcoal 150g		£7.89
Chilled-Misc		
Tideford Soup Chilled Lentil 600g	Organic	£3.09
Tideford Soup Chilled Mushroom 600g	Organic	£3.09
Tideford Soup Chilled Parsnip 600g	Organic	£3.09
VPud 200g		£1.69
Chilled-Oil&Fat		
Better Nature Tempeh 200g	Organic	£2.69
Biona Margarine 250g	Organic	£2.39
Biona Margarine 500g	Organic	£3.69
Biona Olive Spread 250g	Organic	£3.19
Cocovit Margarine 250g	Organic	£2.69
Naturli Vegan Butter Block 200g	Organic	£1.89
Naturli Vegan Butter Spreadable 225g	Organic	£1.89
Naturli Vegan Spreadable Butter 450g	Organic	£3.79
Pure Margarine 500g		£2.19
Suma Olive Spread 500g		£1.95
Suma Organic Sunflower Margarine 500g	Organic	£3.15
Suma Soya Spread 500g		£1.79
Suma Sunflower Margarine 2kg		£7.15
Suma Sunflower Margarine 500g		£1.69
Chilled-SaucesDipsSpreads		
Biona Horseradish 125g	Organic	£2.59
Coconut Collaborative Custard 400g		£2.99
Delphi Aubergine Dip 170g		£1.85
Delphi Lemon and Coriander Houmous 170g		£1.15
Delphi Smoky Red Lentil Houmous 170g		£1.15
Delphis Houmous 170g		£0.99
Don Marco Pizza Sauce 150g		£1.79

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 175g		£2.15
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		£2.39
San Amvrosia Houmous 340g		£3.25
San Amvrosia Houmous Avocado 228g		£2.79
San Amvrosia Houmous Indian Style 170g		£2.15
San Amvrosia Houmous Red Pepper 228g		£2.79
San Amvrosia Organic Houmous 170g	Organic	£2.85
San Amvrosia Organic Houmous 340g	Organic	£4.79
San Amvrosia Organic Houmous Pumpkin Seed 170g	Organic	£2.95
San Amvrosia Organic Houmous Tom Olive 170g	Organic	£3.39
San Amvrosia Organic Spicy Bean Dip 170g	Organic	£2.59
Suma Mushroom Pate Bombe 200g		£2.35

Chilled-Tofu&Burgers

Better Nature Tempeh Curry Bites 180g		£2.69
Better Nature Tempeh Mince 180g		£2.69
Better Nature Tempeh Roast Bites 180g		£2.69
Better Nature Tempeh Smoked 170g	Organic	£2.95
Better Nature Tempeh Smoky Rashers 180g		£2.69
Biona Ballini Provencale 250g	Organic	£3.69
Biona Burger Black Bean Cashew 160g	Organic	£3.79
Biona Burger Red Lentil Sunflower Seed 160g	Organic	£3.79
Biona Burger Sweet Potato Buckwheat 160g	Organic	£3.79
Biona Energy Burger 250g	Organic	£3.59
Biona Gnocchi 400g	Organic	£3.49
Biona Lucky Stars 250g	Organic	£3.79
Biona Mini Spring Roll 200g	Organic	£3.89
Biona Quinoa Mini Burger 195g	Organic	£3.79
Biona Ravioli 350g	Organic	£4.19
Biona Sweet Potato Gnocchi 400g	Organic	£3.79

Biona Tagliatelle 250g	Organic	£2.79
Bonsan Kofu Fishless Fillet 150g	Organic	£3.39
Bonsan Kofu Ragu Chunks 150g	Organic	£3.29
Bonsan Kofu Steak 120g	Organic	£2.69
Bonsan Mezzelune Sweet Potato Chilli 250g	Organic	£3.75
Bonsan Tortelloni Spinach Pine Nut 250g	Organic	£3.75
Clearspot Marinated Tofu 190g	Organic	£1.75
Clearspot Seacakes x2	Organic	£1.65
Clearspot Sesame Tofu x2	Organic	£1.45
Clearspot Smokey Tofu 225g	Organic	£1.95
Clearspot Tofu 280g	Organic	£1.55
Clearspot Tofu 450g	Organic	£2.45
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	£1.89
Dragonfly Tofu Smoked 300g	Organic	£2.15
Dragonfly Tofu Super Firm 300g	Organic	£2.10
Florentin Falafel Date Raisin 250g	Organic	£3.99
Florentin Falafel Original 240g	Organic	£3.99
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
Impulse Hemp Seed Tempeh 200g	Organic	£2.99

Impulse Sea Veg Tempeh 200g	Organic	£2.99
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
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	£2.99
Pauls Burger Mexican x2	Organic	£2.99
Pauls Burger Tofu Nut x2	Organic	£2.99
Pauls Tofu 220g	Organic	£2.19
Pauls Tofu Abura Marinated 125g	Organic	£2.65
Sojade Seitan Steak 210g		£3.25
Taifun Almond Sesame Tofu 200g	Organic	£3.75
Taifun Basil Tofu 200g	Organic	£3.85
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		£3.69
Taifun Fermented Tofu Pepper 200g		£3.29
Taifun Grill Sausages 250g	Organic	£4.19
Taifun Herb Sausages 250g	Organic	£3.85
Taifun Rosso Tofu 200g	Organic	£3.85
Taifun Silken Tofu 400g	Organic	£3.19
Taifun Tofu Filets Garlic x2 160g	Organic	£3.45
Taifun Tofu Filets x2 160g	Organic	£3.19
Taifun Tofu Mini Wiener 160g	Organic	£2.95
Taifun Tofu Wiener 300g	Organic	£4.99
Tofoo Scrambled 200g	Organic	£2.49
Tofoo Tofu Teriyaki 280g	Organic	£2.05
Viana Hazelnut Tofu 250g		£2.49
Viana Smoked Tofu 250g		£2.99
Wheaty Chorizo Spacebar 40g	Organic	£1.25

Wheaty Hot Dogs 200g	Organic	£3.59
Wheaty Salami Slices 100g	Organic	£2.39
Wheaty Seitan Medallions 175g	Organic	£3.59
Wheaty Smoked Slices 100g	Organic	£2.39

Chilled-Veg&Salad

Great Food Veg Cakes 180g		£1.75
Kramer Sauerkraut Natural 520g	Organic	£1.29
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	£1.85
Sky Sprouts Alfalfa Broccoli 100g	Organic	£1.85
Sky Sprouts Alfalfa Fenugreek 100g	Organic	£1.85
Sky Sprouts Alfalfa Radish 100g	Organic	£1.85
Sky Sprouts Broccoli 100g	Organic	£1.85
Sky Sprouts China Rose 100g	Organic	£1.85
Sky Sprouts Mixed 225g	Organic	£1.85
Sky Sprouts Multipack 160g	Organic	£2.59
Sky Sprouts Mung 200g	Organic	£1.85
Sky Sprouts Red Clover 100g	Organic	£1.85
Sky Sprouts Single Pack 100g	Organic	£1.85

Frozen-Baked Goods

Clives Mushroom Nut Roast 280g	Organic	£4.99
Clives Nut Roast Family Size 600g	Organic	£10.69
Frozen Gluten Free Pie Co Various		£3.99
Traditional Bagels Frozen x6		£2.09

Frozen-Fruit

Natural Cool Frozen Berry Mix 300g	Organic	£4.09
Natural Cool Frozen Blueberries 300g	Organic	£4.59
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	£3.69
Natural Cool Frozen Strawberries 300g	Organic	£3.89
Windmill Hill Frozen Blackcurrants 400g	Organic	£2.59

Frozen-Sweets

Bear Ice Lollies Mango x 5		£2.80
Bear Ice Lollies Strawberry x 5		£2.80
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 Chocolate	Organic	£5.49

Booja Ice Cream 500ml Chocolate Hazelnut	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		£4.09
Goodlife Frozen Falafel 280g		£3.09
Goodlife Nut Burger x4		£3.55
Naturli Frozen Mince 325g		£3.09
Naturli Frozen Sausages 300g		£3.79
Pauls Frozen Tempeh 250g	Organic	£2.85
Pauls Yuba Tofu Paper 200g	Organic	£4.19
Strong Roots Pumpkin Spinach Burgers 300g		£3.69
Strong Roots Vegetable Nuggets 300g		£3.69
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

Morgiel Raw Beetroot Slices 300g	Organic	£2.35
Natural Cool Frozen Broccoli 300g	Organic	£2.49
Natural Cool Frozen Green Beans 450g	Organic	£2.25
Natural Cool Frozen Oven Chips 1250g	Organic	£4.99
Natural Cool Frozen Oven Chips 600g	Organic	£3.25
Natural Cool Frozen Peas 450g	Organic	£3.09
Natural Cool Frozen Spinach 450g	Organic	£2.29
Natural Cool Frozen Sweetcorn 450g	Organic	£3.39
Natural Cool Frozen Vegetable Mix 450g	Organic	£2.69
Strong Roots Proper Chips 750g		£2.59