

FRESH & READY-TO-GO PRICELIST

Updated 05/01/2023

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	£2.39
Biona Rice Bread 500g	£3.99
Biona Rye Bread Pumpkin Seed 500g	£2.15
Biona Rye Bread Sourdough 500g	£1.99
Crosta Mollica Piadina Flat Bread 300g	£1.69
Crosta Mollica Spelt Mini Piadina 100g	£1.19
Everfresh Bread Sprouted Spelt 400g	£2.59
Florentin Spelt Pitta Bread x4	£2.49
Florentin Wholemeal Pitta Bread x4	£2.05
Incredible Flatbread Wraps 500g	£3.99
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
Incredible Quinoa Loaf 470g	£2.99
Pauls Baguettes x2	£2.35
Pauls Herb Bread 800g	£3.35
Pauls Hot Cross Buns x4	£2.79
Pauls Light Rye 400g	£2.99
Pauls Light Rye Fruit 400g	£3.59
Pauls Melton Loaf 800g	£3.29
Pauls Melton Salt Free 800g	£3.29
Pauls Mixed Seed 400g	£2.35
Pauls Mixed Seed 800g	£3.69
Pauls Pain de Campagne 400g	£2.09
Pauls Pain de Campagne 800g	£3.79
Pauls Rolls x2	£1.79
Pauls Rolls x4	£2.39
Pauls Rye Sourdough 800g	£3.99
Pauls Sourdough Muffins x2	£1.85
Pauls Sourdough Spelt 400g	£2.79
Pauls Sourdough Spelt 800g	£4.39
Pauls Sourdough Wholewheat 800g	£3.79
Pauls Spelt Stoneground Yeast Bread 400g	£2.79
Pauls Spelt Stoneground Yeast Bread 800g	£4.39
Pauls Teacakes x2	£2.19
Pauls Tortilla Large Brown x5	£3.79
Pauls Tortilla Large White x5	£3.79
Pauls Tortilla Small Brown x5	£2.79
Pauls Tortilla Small Spelt x5	£3.59
Pauls Tortilla Small White x5	£2.79
Pauls Wholemeal Yeast Bread 400g	£2.09
Pauls Wholemeal Yeast Bread 800g	£3.39

Pauls Wraps Sweet Potato x5	£3.09
Saker Fruit Scones x4	£3.59
Saker Hot Cross Buns x4	£2.99

Deli-Bread

Deli Bread HMB Button	£3.69
Deli Bread Reduced	£1.89
HG Soup Roll	£1.10
HMB Campagne	£3.69
HMB Hearth Loaf	£3.69
HMB Malted Seeded Granary	£3.69
HMB Poppy Seed White	£3.69
HMB Seeded Sourdough Rye	£3.69
HMB Sisu Tin Loaf	£3.99
HMB Sleepless White	£3.69
HMB Special Carrot	£3.69
HMB Special Cranberry Pecan	£3.69
HMB Special Focaccia	£3.69
HMB Special New York Rye	£3.69
HMB Special Olive Ciabatta	£3.69
HMB Special Potato Rosemary	£3.69
HMB Special Seeded Spelt	£3.69
HMB Stone Millers Cob	£3.69
HMB Yorkshire Leaven	£3.69
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
Pauls Sourdough Rye 400g	£2.99
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 Apple 330ml	£0.79
Cawston Can Ginger Beer 330ml	£0.79
Cocos Kefir Strawberry 200ml	£2.79
Hip Pop Soda Ginger Turmeric 330ml	£2.49
Laid Bear Kombucha Ginger 300ml	£2.79
Laid Bear Kombucha Original 300ml	£2.79
Left Field Kombucha Oolong 330ml	£2.45
Left Field Kombucha Sencha Green 330ml	£2.45
Left Field Kombucha Yunnan Black 330ml	£2.45

Loving Foods Kombucha Matcha Mint 330ml	£2.59
Loving Foods Kombucha Raspberry Tulsi 330ml	£2.59
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 Kefir Blueberry Cherry 250ml	£1.79
Sojade Kefir Natural 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 Antipasti 185g	£2.79
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 Olives 185g	£2.69
Real Olive Co Tricolore Whole Olives KG	£11.90

Deli-Pasties & Each

Curious Furious Pasty Fenugreek Potato	£2.49	
Curious Furious Pasty Smoked Aubergine	£2.49	
Curious Furious Pasty Spinach Tofu	£2.49	
Forest Foods Burrito Black Bean 300g	£2.95	
Forest Foods Burrito Chilli Cheese 230g	£2.95	
Forest Foods Calzone Bolognese	£2.65	
Forest Foods Calzone Spinach	£2.65	
Forest Foods Calzone Various	£2.65	
Forest Foods Wrap Curried Sweet Potato 200g	£2.59	
Gluten Free Pie Co Various	£3.99	
Lilys Onion Bhaji	£1.15	
Lilys Samosa	£1.15	
Lilys Veg Cutlet	£0.80	
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 Sticky Ginger Loaf	£2.45
Black Cat Loaf Cake Cranberry Apricot	£2.59
Black Cat Maple Date Cashew Flapjack	£2.49
Gluten Free Pie Co Mince Pie 100g	£1.75
Grab Go Saker Muesli Flapjack	£1.69
NGCI Banana & Chocolate Loaf	£2.39
NGCI Spiced Banana 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 Apple Apricot 75g	£1.05
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 Orange Ginger 75g	£1.05
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 Pie Various 60g	£2.15
Snacksy Cacao Almond 55g	£2.19
Snacksy Ginger 55g	£2.19
Snacksy Orange 55g	£2.19
Snacksy Peanut Butter Fudge 55g	£2.19
Snacksy Vanilla Fudge 55g	£2.19
Snacksy Very Berry 55g	£2.19

Food Prep

Unicorn Baba Ganoush	£2.49
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Food Prep-Frozen

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

Food Prep-Salad

Chiller Asian Slaw 250g	£2.79
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Chiller BBQ Chickpea Broccoli 200g	£3.19
Chiller Beluga Salad 250g	£2.79
Chiller Channa 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 Middle Eastern Cous Cous 200g	£3.19
Chiller Potato Green Bean Salad 250g	£2.79
Chiller Potato Salad 250g	£2.49
Chiller Refried Beans 200g	£2.29
Chiller Salad £2.49	£2.49
Chiller Seasonal Salad £2.79	£2.79
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-Savoury

Bean & Sundried Tomato Pate 200g	£2.49
Chiller Cheezy Pasta Sauce 250g	£2.99
Chiller Chinese Curry Sauce 250g	£0.00
Chiller Dhal 450g	£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 450g	£4.99
Chiller Unicorn Curry 450g	£4.99
Chiller Unicorn Houmous 350g	£2.79
Chiller Unicorn Kitchen Curry Sauce 350g	£2.89
Chiller Unicorn Pate Coriander Chilli 200g	£2.49
Chiller Unicorn Pate Mushroom Walnut 150g	£3.49
Lilys Curry 450g	£4.99
Lilys Dhal 450g	£3.99
Red Wine Onion Gravy 500ml	£2.49

Food Prep-Soup

Chiller Unicorn Soup 500ml 01	£2.29
Chiller Unicorn Soup 500ml 02	£2.29
Chiller Unicorn Soup 500ml 03	£2.29
Hot Soup & Roll	£3.79
Hot Soup Paper Cup	£2.69
Members Soup	£2.24
Soup Cup Deposit Return	£2.85

Soup Cup Re-useable**£2.85****Food Prep-Sweet**

Chiller Fruit Crumble Pot 300g	£2.99
Chiller Granola Yoghurt Pot Cherry 275g	£3.19
Chiller Granola Yoghurt Pot Mango 275g	£3.19
Chiller Granola Yoghurt Pot Raspberry 275g	£3.19
Chiller Granola Yoghurt Pot Strawberry 275g	£3.19
Grab Go Seeded Flapjack	£1.59
Unicorn Black Bean Brownie	£2.29
Unicorn Coconut Bar	£1.89
Unicorn Coconut Choc Chip Flapjack	£1.59
Unicorn Flapjack Seeded	£1.59