

FRESH & READY-TO-GO PRICELIST

Updated 09/11/2023

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	£2.49
Biona Rice Bread 500g	£4.79
Biona Rye Bread Pumpkin Seed 500g	£2.49
Biona Rye Bread Sourdough 500g	£2.29
Crosta Mollica Piadina Flat Bread 300g	£1.59
Crosta Mollica Spelt Mini Piadina 100g	£1.09
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	£4.99
Incredible Flatbread Wraps x4	£4.99
Incredible Golden Linseed Loaf 600g	£3.69
Incredible Linseed Rolls 470g	£3.99
Incredible Oat Loaf 650g	£3.69
Incredible Oat Rolls x 4	£3.69
Incredible Quinoa Loaf 650g	£3.69
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 Sourdough Muffins x2	£1.85
Pauls Sourdough Rye 400g	£2.99
Pauls Sourdough Rye 800g	£3.99
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	£3.85
Saker Hot Cross Buns x4	£2.99

Deli-Bread

Deli Bread Button	£3.99
Deli Bread Baguette Button	£3.19
Deli Bread Crown Ciab Focc SAT SUN Button	£3.19
Deli Bread Reduced	£1.99
Deli Bread Soup Roll Button	£0.99

Deli-Drinks

Cawston Can Apple 330ml	£0.95
Cawston Can Ginger Beer 330ml	£0.95
Cocos Kefir Strawberry 200ml	£2.79
Hip Pop Soda Ginger Tumeric 330ml	£2.49
Laid Bear Kombucha Ginger 330ml	£2.89
Laid Bear Kombucha Lime Mint 330ml	£2.89
Left Field Kombucha Oolong 330ml	£2.55
Left Field Kombucha Sencha Green 330ml	£2.55
Left Field Kombucha Yunnan Black 330ml	£2.55
Loving Foods Kombucha Matcha Mint 330ml	£2.69
Loving Foods Kombucha Raspberry Tulsi 330ml	£2.69
Sojade Kefir Blueberry Cherry 250ml	£1.95
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 Mixed Pitted Olives KG	£10.90
Amato Nocellara Del Belice KG	£11.90
Delphi Dolmades Stuffed x5	£1.95
Real Olive Co Antipasti 160g	£2.45
Real Olive Co Chilli Cumin Garlic 150g	£2.45
Real Olive Co Harissa Tapenade 180g	£2.75
Real Olive Co Lemon, Thyme & Black Pepper 150g	£2.75
Real Olive Co Wild Garlic Basil 150g	£2.45

Deli-Pasties & Each

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 Chickpea 175g	£2.65	
Forest Foods Calzone Various	£2.65	
Forest Foods Spicy Lentil Calzone 200g	£2.65	
Forest Foods Wrap Curried Sweet Potato 200g	£2.59	
Lilys Onion Bhaji	£1.29	
Lilys Samosa	£1.29	
Lilys Veg Cutlet	£0.95	
Ottomen Super Seed Falafel	£0.45	
Pauls Fresh Yeast	£8.00	
Pauls Ganmodoki 75g	£1.39	
Saker Sosmix Roll	Spinach	£2.05
Saker Sosmix Roll	Tomato	£2.05
Saker Tamil Pasty	£2.25	

Deli-Sweets

Black Cat Brownie Peanut Butter	£2.49
Black Cat Cake Banana Walnut	£2.59
Black Cat Cake Sticky Ginger Loaf	£2.59
Grab Go Saker Muesli Flapjack	£1.89
Nourish Caramel Bar 60g	£2.65
Nourish Coconutty Bar 60g	£2.65
Nourish Peppermint Bar 60g	£2.65
Nourish Raspbounty Bar 60g	£2.65
Nourish Strawberry Choc Mousse Bar 60g	£2.65
Nutritionist Kitchen NGCI Almond Blondie	£2.39
Nutritionist Kitchen NGCI Banana Chocolate Loaf	£2.39
Nutritionist Kitchen NGCI Spiced Banana Loaf	£2.39
Saker Muesli Flapjack	£1.89
Skoulikas Halva Sultana Grape Juice KG	£15.90

Deli-Sweets-Chiller

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
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-Bulk Ingredients

FP Amato Lefktro Tomato Paste 800g	£2.49
FP Amato Lion Mayo 10 Ltr	£25.87
FP Amato Mr Hughes Rapeseed Oil 5 Ltr	£16.90
FP Amato Pomace Oil 5 Ltr	£1.65
FP Do It Sunflower Oil 5 Ltr	£13.78

FP Do-It Rice Syrup 25kg	£77.50
FP Essential Campo Balsamic Vinegar 5 Ltr	£17.28
FP Essential Mixed Beans 2.6kg	£3.94
FP Essential Red Kidney Beans 2.6kg	£4.18
FP Healthy Oils Chopped Tomatoes 2.5kg	£2.92
FP Plamil Chocolate Chips 7.5kg	£68.88
FP Sojade Yoghurt 5kg	£13.69
FP Stephenson's Baking Parchment	£0.01
FP Suma Apple Concentrate 5 Ltr	£25.50
FP Suma Black Beans 2.6kg	£2.56
FP Suma Chickpeas 2.6kg	£2.63
FP Suma Red Wine Vinegar 5 Ltr	£8.02
FP Terrasana Maple Syrup 1 Ltr	£17.66
FP Tofu Smoked Tofu 6kg	£38.52

Food Prep-Frozen

Frozen Barley Paella 450g	£4.99
Frozen Cashew Mac Cheeze 400g	£3.49
Frozen Cottage Pie 400G	£3.99
Frozen Lentil Lasagna	£4.99
Frozen Massaman Curry 450g	£4.99
Frozen Nut Roast 300g	£4.99
Frozen Risotto Fennel Barley 450g	£4.99

Food Prep-Salad

Chiller Asian Slaw 250g	£2.99
Chiller Beluga Salad 250g	£2.99
Chiller Channa Salad 250g	£2.79
Chiller Creamy Beetroot Horseradish Salad 250g	£2.79
Chiller German Style Potato Salad 250g	£2.79
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 Spelt Salad 250g	£2.79
Chiller Tabbouleh 250g	£2.79
Chiller Tamarind Potato 250g	£2.99
Chiller Thai Noodles 200g	£3.19
Chiller Unicorn Coleslaw 250g	£2.49
Chiller Unicorn Courgette Almond Salad 250g	£3.19
Seasonal Salad £3.19	£3.19

Food Prep-Savoury

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 Unicorn Baba Ganoush 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 Bean Sundried Tomato 200g	£2.49
Chiller Unicorn Pate Coriander Chilli 200g	£2.49
Chiller Unicorn Pate Mushroom Walnut 150g	£3.49
Chiller Unicorn Salad Indian Carrot 250g	£2.79
Chiller Unicorn Tomato Salsa 200g	£2.49
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 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 Blackcurrant 275g	£3.29
Chiller Granola Yoghurt Pot Cherry 275g	£3.29
Chiller Granola Yoghurt Pot Mango 275g	£3.29
Chiller Granola Yoghurt Pot Prune 275g	£3.29
Chiller Granola Yoghurt Pot Strawberry 275g	£3.29
Grab Go Coconut Choc Chip Flapjack	£1.89
Grab Go Seeded Flapjack	£1.89
Unicorn Black Bean Brownie	£2.49
Unicorn Coconut Bar	£1.89
Unicorn Flapjack Seeded	£1.89