

## CHILLED & FROZEN

Updated 07/03/2024

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

Department	Chilled
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Row Labels	Org?	Average of Price
<b>Chilled-Baked Goods</b>		
Clives GF Pie Chickpea Tagine 235g	Organic	£3.35
Clives GF Pie Mushroom Leek 235g	Organic	£3.35
Clives GF Pie Saag Aloo 235g	Organic	£3.35
Clives Pie Cauliflower 235g	Organic	£3.25
Clives Pie Chickeny Puff 235g	Organic	£3.35
Clives Pie Chickpea 235g	Organic	£3.25
Clives Pie Coronation Chickpea Puff 235g	Organic	£3.35
Clives Pie Mushroom 235g	Organic	£3.25
Clives Pie Mushroom Puff 235g	Organic	£3.35
Clives Pie Saag Aloo Puff 235g	Organic	£3.35
Clives Quiche Broccoli Pesto 165g	Organic	£2.65
Clives Tart Tomato Olive 195g	Organic	£3.25
Cool Chile Tortillas x13 Blue Corn		£3.95
Cool Chile Tortillas x13 Corn		£3.95
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		£3.75
Gluten Free Pie Chickpea Curry		£4.15
Gluten Free Pie Co Various		£4.15
St James Filo Pastry 400g	Organic	£1.75
<b>Chilled-MilkCheeseYoghurt</b>		
Applewood Smoked Vegan Block 200g		£2.49
Cocos Kefir Strawberry 200ml	Organic	£2.79
Cocos Yoghurt Mango Passion 125g	Organic	£2.09
Cocos Yoghurt Mixed Berry 125g	Organic	£2.09
Cocos Yoghurt Natural 125g	Organic	£2.09
Cocos Yoghurt Natural 250g	Organic	£3.69
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 Smoked Gouda 250g		£2.89
GreenVie Vintage Cheddar 200g		£2.89
Happy Mouse Tofu Cheese Caramelised Onion 165g		£6.29
Happy Mouse Tofu Cheese Cranberry 165g		£6.29
Happy Mouse Tofu Cheese Garlic 165g		£6.29
Happy Mouse Tofu Cheese Onion Chive 165g		£6.29
Happy Mouse Tofu Cheese Original 165g		£6.29
Happy Mouse Tofu Cheese Smoked 165g		£6.29
IANO Ce Dairy 120g		£6.89
IANO Cheese Crack On 120g		£5.89
IANO Cheese Sauvignonsense 120g		£6.89

IANO Fetamorphosis 140g		£6.89
IANO Garlic Ricotta 140g		£6.89
IANO GOAT 120g		£6.89
IANO Miner Threat 120g		£6.89
IANO Nerominded 120g		£7.15
IANO Paparica 120g		£6.89
IANO Smokey Dokey Cream Cheese 150g		£6.29
Mouses Favourite Aged Classic 125g	Organic	£8.49
Mouses Favourite Beer Spruce Wrapped 135g	Organic	£9.49
Mouses Favourite Camembert Style 135g	Organic	£8.49
Mouses Favourite Cheese Apricolina 135g		£7.50
Mouses Favourite Cheese Creamy Cashew 170g		£6.59
Mouses Favourite Cheese True Blue 135g	Organic	£9.49
Mouses Favourite Cranbrie 135g	Organic	£8.99
Mozzarisella Classic 125g	Organic	£2.89
Nush Almond Cheese Spread Chive 150g		£2.85
Nush Almond Cheese Spread Natural 150g		£2.85
Nush Almond Yoghurt Blueberry 350g		£3.09
Nush Almond Yoghurt Mango Passion 350g		£3.09
Nush Almond Yoghurt Raspberry 350g		£3.09
Nush Almond Yoghurt Strawberry 350g		£3.09
Oato Bottle Return		£0.10
Oato Oat Milk		£1.39
Palace Culture Almond Ricotta 120g	Organic	£6.49
Palace Culture Cheese Holy Smoke 120g		£6.49
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 Truffle Ash 150g	Organic	£8.99
Palace Culture Ubriaco 150g		£9.99
Sojade Kefir Blueberry Cherry 250ml	Organic	£1.95
Sojade Kefir Natural 250ml	Organic	£1.79
Sojade La Fraiche 200g	Organic	£1.89
Sojade Yoghurt Apricot 400g	Organic	£1.99
Sojade Yoghurt Banana Passion Fruit 400g	Organic	£2.59
Sojade Yoghurt Blueberry Cherry 400g	Organic	£2.59
Sojade Yoghurt Greek 400g	Organic	£2.09
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
Chilled-Misc		
Dell Ugo Corn Rice Penne 300g		£2.85
Dell Ugo Gnocchi Pumpkin 450g		£3.19
Dell Ugo Gnocchi Spinach 450g		£3.19
Dell Ugo Ravioli Porcini Mushroom Spinach 250g		£3.79

<b>Dell Ugo Ravioli Roasted Aubergine 250g</b>		£3.79
<b>EatPlanted Kebab 220g</b>		£3.99
<b>VPud 200g</b>		£1.69
<b>Chilled-Oil&amp;Fat</b>		
<b>Better Nature Tempeh 200g</b>	Organic	£2.69
<b>Biona Sunflower Spread 250g</b>	Organic	£2.95
<b>Biona Sunflower Spread 500g</b>	Organic	£3.69
<b>Naturli Vegan Butter Block 200g</b>	Organic	£1.99
<b>Naturli Vegan Butter Spreadable 225g</b>	Organic	£1.99
<b>Naturli Vegan Butter Spreadable 450g</b>	Organic	£3.79
<b>Suma Olive Spread 500g</b>		£2.39
<b>Suma Soya Spread 500g</b>		£1.99
<b>Suma Sunflower Spread 2kg</b>		£7.89
<b>Suma Sunflower Spread 500g</b>		£1.99
<b>Chilled-SaucesDipsSpreads</b>		
<b>Biona Horseradish 125g</b>	Organic	£2.69
<b>Delphi Aubergine Dip 170g</b>		£2.19
<b>Delphi Houmous 170g</b>		£1.19
<b>Delphi Houmous Lemon Coriander 170g</b>		£1.39
<b>Delphi Houmous Smoky Red Lentil 170g</b>		£1.39
<b>Don Marco Pizza Sauce 150g</b>		£2.05
<b>Hodmedod Fermented Naked Barley Miso 175g</b>		£2.15
<b>Hodmedod Umami Fava Bean Paste 175g</b>		£2.15
<b>Origin Kitchen Spread Mushroom 140g</b>		£3.29
<b>Origin Kitchen Spread Pesto 140g</b>		£3.29
<b>Origin Kitchen Spread Tomato 140g</b>		£3.29
<b>Precious Pea Houmous 180g</b>	Organic	£2.49
<b>Precious Pea Houmous Kalamata 180g</b>	Organic	£2.49
<b>Precious Pea Houmous Smoked 180g</b>	Organic	£2.49
<b>Precious Pea Houmous Turmeric 180g</b>	Organic	£2.49
<b>Real Olive Co Pesto 150g</b>	Organic	£2.69
<b>Real Olive Co Pesto Tomato Olive 150g</b>	Organic	£2.69
<b>San Amvrosia Houmous 228g</b>		£2.69
<b>San Amvrosia Houmous 340g</b>		£3.59
<b>San Amvrosia Houmous Avocado 228g</b>		£3.09
<b>San Amvrosia Houmous Indian Style 170g</b>		£2.39
<b>San Amvrosia Houmous Red Pepper 228g</b>		£3.09
<b>San Amvrosia Organic Houmous 170g</b>	Organic	£3.19
<b>San Amvrosia Organic Houmous 340g</b>	Organic	£4.79
<b>San Amvrosia Organic Houmous Tom Olive 170g</b>	Organic	£3.39
<b>San Amvrosia Organic Spicy Bean Dip 170g</b>	Organic	£2.89
<b>San Amvrosia Tahini Dip 142g</b>		£2.09
<b>Chilled-Tofu&amp;Burgers</b>		
<b>Better Nature Tempeh Mediterranean Bites 180g</b>		£2.95
<b>Better Nature Tempeh Smoky Rashers 180g</b>		£2.95
<b>Biona Ballini Provencale 250g</b>	Organic	£3.89
<b>Biona Burger Black Bean Cashew 160g</b>	Organic	£3.89

<b>Biona Burger Red Lentil Sunflower Seed 160g</b>	Organic	£3.89
<b>Biona Lucky Stars 250g</b>	Organic	£3.89
<b>Biona Mini Spring Roll 200g</b>	Organic	£3.95
<b>Biona Quinoa Mini Burger 195g</b>	Organic	£3.89
<b>Biona Thai Mini Spring Rolls 200g</b>	Organic	£3.95
<b>Bonsan Kofu Fishless Fillet 150g</b>	Organic	£3.39
<b>Bonsan Kofu Ragu Chunks 150g</b>	Organic	£3.29
<b>Bonsan Kofu Steak 120g</b>	Organic	£2.69
<b>Bonsan Scrambled 200g</b>	Organic	£2.69
<b>Clearspot Marinated Tofu 190g</b>	Organic	£2.05
<b>Clearspot Smoked Tofu 225g</b>	Organic	£2.29
<b>Clearspot Tofu 280g</b>	Organic	£1.69
<b>Clearspot Tofu 450g</b>	Organic	£2.59
<b>Clives Nut Roast 280g</b>	Organic	£5.19
<b>Dragonfly Shizenno Megumi Firm Tofu 300g</b>	Organic	£2.25
<b>Dragonfly Shizenno Megumi Silken Soft Tofu 250g</b>	Organic	£2.25
<b>Dragonfly Shizenno Megumi Super Firm Tofu 300g</b>	Organic	£2.25
<b>Dragonfly Tofu Marinated 300g</b>	Organic	£2.95
<b>Dragonfly Tofu Smoked 300g</b>	Organic	£2.65
<b>EatPlanted Chicken 220g</b>		£3.99
<b>Florentin Falafel Date Raisin 240g</b>	Organic	£4.15
<b>Florentin Falafel Original 240g</b>	Organic	£4.15
<b>Florentin Falafel Sweet Potato 240g</b>	Organic	£4.15
<b>Impulse Hemp Seed Tempeh 200g</b>	Organic	£2.99
<b>Impulse Sea Veg Tempeh 200g</b>	Organic	£2.99
<b>MacSween Veg Haggis 200g</b>		£2.39
<b>MacSween Veg Haggis 400g</b>		£4.59
<b>Pauls Burger Bengal x2</b>	Organic	£2.99
<b>Pauls Burger Mexican x2</b>	Organic	£2.99
<b>Pauls Burger Tofu Nut x2</b>	Organic	£2.99
<b>Pauls Tofu 220g</b>	Organic	£2.19
<b>Pauls Tofu Abura Marinated 125g</b>	Organic	£2.65
<b>Pauls Tofu Smoked 220g</b>	Organic	£2.69
<b>Taifun Almond Sesame Tofu 200g</b>	Organic	£3.89
<b>Taifun Basil Tofu 200g</b>	Organic	£3.95
<b>Taifun Black Forest Tofu 200g</b>	Organic	£3.95
<b>Taifun Fermented Tofu Natural 200g</b>		£3.79
<b>Taifun Grill Sausages 250g</b>	Organic	£4.35
<b>Taifun Rosso Tofu 200g</b>	Organic	£3.95
<b>Taifun Silken Tofu 400g</b>	Organic	£3.60
<b>Taifun Spinach Tofu 200g</b>	Organic	£3.85
<b>Taifun Tofu Filets Garlic x2 160g</b>	Organic	£3.55
<b>Taifun Tofu Fillets x2 160g</b>	Organic	£3.35
<b>Taifun Tofu Wiener 300g</b>	Organic	£4.99
<b>Tofoo Scrambled 200g</b>	Organic	£2.75
<b>Tofoo Tempeh Original 200g</b>	Organic	£2.69
<b>Tofoo Tofu Teriyaki 280g</b>	Organic	£2.35
<b>Viana Smoked Tofu 250g</b>		£2.99
<b>Wheaty Chorizo Spacebar 40g</b>	Organic	£1.29
<b>Wheaty Hot Dogs 200g</b>	Organic	£3.89

<b>Wheaty Salami Slices 100g</b>	Organic	£2.55
<b>Wheaty Seitan Medallions 175g</b>	Organic	£3.59
<b>Wheaty Smoked Slices 100g</b>	Organic	£2.55
<b>Chilled-Veg&amp;Salad</b>		
<b>Eaten Alive Kimchi Classic 375g</b>		£5.89
<b>Eaten Alive Kimchi Mild 375g</b>		£5.89
<b>Eaten Alive Kimchi White Cabbage 375g</b>		£5.39
<b>Kramer Sauerkraut Natural 520g</b>	Organic	£1.69
<b>Loving Foods Cortido 475g</b>	Organic	£6.09
<b>Loving Foods Kimchi Classic 475g</b>	Organic	£6.09
<b>Loving Foods Kimchi Turmeric 475g</b>	Organic	£6.09
<b>Loving Foods Ruby Sauerkraut 475g</b>	Organic	£6.09
<b>Morgiel Raw Beetroot Slices 300g</b>	Organic	£2.35
<b>Sky Sprouts Alfalfa 100g</b>	Organic	£1.95
<b>Sky Sprouts Alfalfa Broccoli 100g</b>	Organic	£1.95
<b>Sky Sprouts Alfalfa Fenugreek 100g</b>	Organic	£1.95
<b>Sky Sprouts Alfalfa Radish 100g</b>	Organic	£1.95
<b>Sky Sprouts Broccoli 100g</b>	Organic	£1.95
<b>Sky Sprouts China Rose 100g</b>	Organic	£1.95
<b>Sky Sprouts Mixed 225g</b>	Organic	£1.95
<b>Sky Sprouts Multipack 160g</b>	Organic	£2.75
<b>Sky Sprouts Mung 200g</b>	Organic	£1.95
<b>Sky Sprouts Red Clover 100g</b>	Organic	£1.95
<b>Sky Sprouts Single Pack 100g</b>	Organic	£1.95
<b>Frozen-Baked Goods</b>		
<b>Frozen Gluten Free Pie Co Various</b>		£4.15
<b>Natural Cool Hash Browns 390g</b>	Organic	£4.19
<b>Natural Cool Potato Croquettes 400g</b>	Organic	£4.49
<b>Northern Dough Co. Pizza Bases Original 2x220g</b>		£2.89
<b>Northern Dough Co. Pizza Dough Wholemeal 2x220g</b>		£2.89
<b>Frozen-Fruit</b>		
<b>Natural Cool Frozen Berry Mix 300g</b>	Organic	£4.35
<b>Natural Cool Frozen Bilberries 300g</b>	Organic	£4.19
<b>Natural Cool Frozen Cranberries 300g</b>	Organic	£3.25
<b>Natural Cool Frozen Mango 300g</b>	Organic	£4.19
<b>Natural Cool Frozen Raspberries 300gr</b>	Organic	£4.89
<b>Natural Cool Frozen Sour Cherries 300g</b>	Organic	£3.95
<b>Natural Cool Frozen Strawberries 300g</b>	Organic	£4.15
<b>Natural Cool Frozen Tropical Mix 300g</b>	Organic	£4.09
<b>Windmill Hill Frozen Blackcurrants 400g</b>	Organic	£3.39
<b>Frozen-Sweets</b>		
<b>Booja Ice Cream 110ml Caramel Pecan Praline</b>	Organic	£1.89
<b>Booja Ice Cream 110ml Chocolate</b>	Organic	£1.89
<b>Booja Ice Cream 110ml Mango Raspberry</b>	Organic	£1.89
<b>Booja Ice Cream 110ml Raspberry</b>	Organic	£1.89
<b>Booja Ice Cream 465ml Caramel Pecan Praline</b>	Organic	£5.49

<b>Booja Ice Cream 465ml Deeply Chocolate</b>	Organic	£5.49
<b>Booja Ice Cream 465ml Fudge Brownie</b>	Organic	£5.49
<b>Booja Ice Cream 465ml Mango Raspberry</b>	Organic	£5.49
<b>Booja Ice Cream 465ml Vanilla</b>	Organic	£5.49
<b>Pip Organic Pip &amp; Mix Fruity Lollies 6 x 40g</b>	Organic	£4.89
<b>Pip Organic Rainbow Fruity Lollies 6 x 40g</b>	Organic	£4.89

#### **Frozen-Tofu&Burgers**

<b>Goodlife Bean Burger x4</b>		£4.09
<b>Goodlife Frozen Falafel 280g</b>		£3.09
<b>Naturli Frozen Burgers 320g</b>		£3.99
<b>Naturli Frozen Falafel 325g</b>		£4.39
<b>Naturli Frozen Sausages 300g</b>		£4.15
<b>Naturli Veggie Balls 300g</b>		£3.15
<b>Pauls Frozen Tempeh 250g</b>	Organic	£2.85

#### **Frozen-Veg&Salad**

Bio Inside Frozen Chives 75g	Organic	£2.39
Bio Inside Frozen Sweetcorn 300g	Organic	£2.25
Bio Inside Mushrooms 300g	Organic	£2.19
Bio Inside Ratatouille Vegetable Mix 400g	Organic	£2.89
Bio Inside Stir Fry Mixed Veg 400g	Organic	£2.65
Natural Cool Frozen Broccoli 300g	Organic	£3.09
Natural Cool Frozen Green Beans 450g	Organic	£2.65
Natural Cool Frozen Oven Chips 600g	Organic	£3.79
Natural Cool Frozen Peas 450g	Organic	£3.59
Natural Cool Frozen Spinach 450g	Organic	£2.75
Natural Cool Frozen Vegetable Mix 450g	Organic	£2.95