

FRESH & READY-TO-GO PRICELIST

Updated 07/03/2024

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	£3.79
Bio Idea Wheat Pizza Base 300g x 2	£2.65
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 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
KnifeFork Buckwheat Poppyseed Loaf 620g	£4.79
KnifeFork Cinnamon Date Loaf 620g	£5.99
KnifeFork Quinoa Millet Loaf 620g	£4.79
KnifeFork Sourdough Loaf 620g	£4.79
Pauls Baguettes x2	£2.35
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	£3.99
Saker Hot Cross Buns x4	£2.99

Deli-Bread

Deli Bread Button	£3.99
Deli Bread Baguette Button	£3.19
Deli Bread Soup Roll Button	£0.99

Deli-Drinks

Cawston Can Apple 330ml	£0.95
Cawston Can Ginger Beer 330ml	£0.95
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
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 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
DiForti Artichoke Hearts 180g	£2.79
DiForti Mixed Mushrooms 180g	£2.79
DiForti Semi Dried Cherry Tomato 200g	£3.99
Real Olive Co Harissa Tapenade 180g	£2.89
Real Olive Co Olives Antipasti 160g	£2.65
Real Olive Co Olives Chilli Cumin Garlic 150g	£2.65
Real Olive Co Olives Lemon Thyme Black Pepper 150g	£2.65
Real Olive Co Olives Wild Garlic Basil 150g	£2.65

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
Pauls Fresh Yeast		£8.00
Pauls Ganmodoki 75g		£1.39
Saker Sosmix Roll	Spinach	£2.25
Saker Sosmix Roll	Tomato	£2.25
Saker Tamil Pasty		£2.45

Deli-Sweets

Black Cat Brownie Peanut Butter		£2.69
Black Cat Cake Banana Walnut		£2.79
Black Cat Cake Sticky Ginger Loaf		£2.79
Grab Go Saker Muesli Flapjack		£1.99
Nourish Bar Caramel 60g		£2.65
Nourish Bar Coconutty 60g		£2.65
Nourish Bar Peppermint 60g		£2.65
Nourish Bar Raspbounty 60g		£2.65
Nourish Bar Strawberry Choc 60g		£2.65
Nutritionist Kitchen Banana Chocolate Loaf		£2.39
Nutritionist Kitchen Spiced Banana Loaf		£2.39
Skoulikas Halva Sultana Grape Juice KG		£15.90

Deli-Sweets-Chiller

Origin Kitchen Dessert Choc Fudge 80g		£2.39
Origin Kitchen Dessert Mango Passion 80g		£2.39
Origin Kitchen Dessert Raspberry Vanilla 80g		£2.39
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 Stephensons 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 Tofoo Smoked Tofu 6kg	£38.52

Food Prep-Chiller

Chiller Unicorn Baba Ganoush 200g	£2.49
Chiller Unicorn Onion Gravy 500ml	£1.89
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 Refried Beans 200g	£2.29
Chiller Unicorn Sauce Cheezy Pasta 250g	£2.99
Chiller Unicorn Sauce Curry 350g	£2.89
Chiller Unicorn Sauce Lentil Bolognese 400g	£3.49
Chiller Unicorn Sauce Puttanesca 300g	£2.49
Chiller Unicorn Tomato Salsa 200g	£2.49

Food Prep-Frozen

Frozen Unicorn Barley Paella 450g	£4.99
Frozen Unicorn Cashew Mac Cheeze 400g	£3.49
Frozen Unicorn Cottage Pie 400G	£3.99
Frozen Unicorn Lentil Lasagna	£4.99
Frozen Unicorn Massaman Curry 450g	£4.99
Frozen Unicorn Nut Roast 300g	£4.99
Frozen Unicorn 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	£2.99
Chiller Mixed Bean Salad 250g	£2.99
Chiller Potato Green Bean Salad 250g	£2.79
Chiller Potato Salad 250g	£2.49
Chiller Salad £2.49	£2.49
Chiller Seasonal Salad £2.79	£2.79
Chiller Seasonal Salad £3.19	£3.19
Chiller Spelt Salad 250g	£2.79
Chiller Tabbouleh 250g	£3.19
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
Chiller Unicorn Seasonal Salad £3.19	£3.19
Chiller Unicorn Winter Slaw 200g	£2.99

Food Prep-Savoury

Chiller Dhal Rice Pot 300g	£2.99
Chiller Salad Celeriac Caper Gherkin 250g	£2.79
Chiller Unicorn Chilli 450g	£4.99
Chiller Unicorn Curry 450g	£4.99
Chiller Unicorn Dhal 450g	£3.99
Chiller Unicorn Houmous 350g	£2.79
Chiller Unicorn Red Wine Onion Gravy 500ml	£2.49
Chiller Unicorn Salad Indian Carrot 250g	£2.79

Food Prep-Soup

Chiller Unicorn Soup 500ml 01	£2.59
Chiller Unicorn Soup 500ml 02	£2.59
Chiller Unicorn Soup 500ml 03	£2.59
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 Blueberry 275g	£3.29
Chiller Granola Yoghurt Pot Choc 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	£1.99
Grab Go Seeded Flapjack	£1.99
Unicorn Black Bean Brownie	£2.49
Unicorn Coconut Bar	£1.89
Unicorn Tiffin	£1.99