

## FRESH & READY-TO-GO PRICELIST

Updated 03/09/2024

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

Department (Multiple Items)

Row Labels	Average of Price
<b>Deli-Ambient Bread</b>	
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
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 Poppy 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 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 800g	£3.79
Pauls Rolls x2	£1.79
Pauls Rolls x4	£2.39
Pauls Sourdough Muffins x2	£1.85
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 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

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<b>Saker Hot Cross Buns x4</b>	<b>£2.99</b>
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#### **Deli-Bread**

<b>Deli Bread Button</b>	<b>£3.99</b>
<b>Deli Bread Baguette Button</b>	<b>£3.19</b>
<b>Deli Bread Reduced</b>	<b>£1.99</b>
<b>Deli Bread Soup Roll Button</b>	<b>£0.99</b>

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#### **Deli-Drinks**

<b>Cawston Can Apple 330ml</b>	<b>£0.95</b>
<b>Cawston Can Ginger Beer 330ml</b>	<b>£0.95</b>
<b>Hip Pop Soda Ginger Tumeric 330ml</b>	<b>£2.49</b>
<b>Laid Bear Kombucha Ginger 330ml</b>	<b>£2.89</b>
<b>Laid Bear Kombucha Lime Mint 330ml</b>	<b>£2.89</b>
<b>Left Field Kombucha Oolong 330ml</b>	<b>£2.55</b>
<b>Left Field Kombucha Sencha Green 330ml</b>	<b>£2.55</b>
<b>Left Field Kombucha Yunnan Black 330ml</b>	<b>£2.55</b>
<b>Loving Foods Kombucha Matcha Mint 330ml</b>	<b>£2.69</b>
<b>Loving Foods Kombucha Raspberry Tulsi 330ml</b>	<b>£2.69</b>
<b>Mighty Brew Kombucha Jasmine 275ml</b>	<b>£2.39</b>
<b>Mighty Brew Kombucha Lemongrass 275ml</b>	<b>£2.39</b>
<b>Whole Earth Cola 330ml</b>	<b>£1.29</b>
<b>Whole Earth Elderflower 330ml</b>	<b>£1.29</b>
<b>Whole Earth Ginger Beer 330ml</b>	<b>£1.29</b>
<b>Whole Earth Lemonade 330ml</b>	<b>£1.29</b>

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#### **Deli-Olives & Loose**

<b>Amato Mixed Italian Whole KG</b>	<b>£12.90</b>
<b>Amato Mixed Pitted Olives KG</b>	<b>£10.90</b>
<b>Amato Nocellara Del Belice KG</b>	<b>£11.90</b>
<b>Delphi Dolmades Stuffed x5</b>	<b>£1.95</b>
<b>DiForti Artichoke Hearts 180g</b>	<b>£2.79</b>
<b>DiForti Caper Berries 180g</b>	<b>£2.79</b>
<b>DiForti Mixed Mushrooms 180g</b>	<b>£2.79</b>
<b>DiForti Olives Almond 180g</b>	<b>£2.79</b>
<b>DiForti Olives Piri Piri 180g</b>	<b>£2.79</b>
<b>DiForti Semi Dried Cherry Tomato 200g</b>	<b>£3.79</b>
<b>DiForti Sweet Garlic 170g</b>	<b>£2.79</b>
<b>Real Olive Co Harissa Tapenade 180g</b>	<b>£2.89</b>
<b>Real Olive Co Olives Antipasti 160g</b>	<b>£2.65</b>
<b>Real Olive Co Olives Chilli Cumin Garlic 150g</b>	<b>£2.65</b>
<b>Real Olive Co Olives Lemon Thyme Black Pepper 15</b>	<b>£2.65</b>
<b>Real Olive Co Olives Wild Garlic Basil 150g</b>	<b>£2.65</b>
<b>Real Olive Kalamata Tapenade 180g</b>	<b>£2.59</b>

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#### **Deli-Pasties & Each**

<b>Forest Foods Burrito Black Bean 300g</b>	<b>£2.95</b>
<b>Forest Foods Burrito Chilli Cheese 230g</b>	<b>£2.95</b>
<b>Forest Foods Calzone Bolognese</b>	<b>£2.65</b>
<b>Forest Foods Calzone Spinach Chickpea 175g</b>	<b>£2.65</b>

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Forest Foods Calzone Various	£2.65
Forest Foods Spicy Lentil Calzone 200g	£2.65
Forest Foods Wrap Curried Sweet Potato 200g	£2.59
Forest Foods Wrap Moroccan Bean 200g	£2.59
Lilys Onion Bhaji	£1.29
Lilys Samosa	£1.29
Lilys Veg Cutlet	£0.95
Palette Jamaican Patty	£3.29
Pallette Rice Flour Jamaican Patty	£3.29
Pauls Fresh Yeast	£8.00
Pauls Ganmodoki 75g	£1.39
Plantisserie Roll Mushroom Miso	£2.89
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 Chocolate Courgette	£2.79
Black Cat Cake Coconut Chai	£2.79
Black Cat Cake Sticky Ginger Loaf	£2.79
Saker Muesli Flapjack	£1.99
Skoulikas Halva Sultana Grape Juice KG	£15.90

#### Deli-Sweets-Chiller

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
Nourish The Nutty One 50g	£1.79
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 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	£2.64
FP Amato Lion Mayo 10 Ltr	£23.74
FP Amato Mr Hughes Rapeseed Oil 5 Ltr	£19.50
FP Amato Pomace Oil 5 Ltr	£45.84
FP Do It Sunflower Oil 5 Ltr	£13.78
FP Do-It Rice Syrup 25kg	£77.50
FP Essential Campo Balsamic Vinegar 5 Ltr	£17.64
FP Essential Dijon Mustard 1kg	£7.97

FP Essential Mixed Beans 2.6kg	£3.99
FP Essential Red Kidney Beans 2.6kg	£4.18
FP Healthy Oils Chopped Tomatoes 2.5kg	£2.92
FP Maple Syrup 24.9kg	£290.00
FP Plamil Chocolate Chips 7.5kg	£120.44
FP Sojade Yoghurt 5kg	£13.69
FP Stephenson's Baking Parchment	£0.01
FP Sugar 25kg	£46.25
FP Suma Apple Concentrate 5 Ltr	£25.50
FP Suma Black Beans 2.6kg	£2.85
FP Suma Chickpeas 2.6kg	£3.00
FP Suma Red Wine Vinegar 5 Ltr	£8.02
FP Terrasana Maple Syrup 1 Ltr	£17.66
FP Tofoo Smoked Tofu 6kg	£38.52
FP Yakso Tamari 5 Ltr	£39.52

#### Food Prep-Chiller

Chiller Unicorn Onion Gravy 500ml	£1.89
Chiller Unicorn Pate Bean Sundried Tomato 200g	£2.89
Chiller Unicorn Refried Beans 200g	£2.69
Chiller Unicorn Sauce Puttanesca 300g	£2.89
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 Channa Salad 250g	£2.79
Chiller Creamy Beetroot Horseradish Salad 250g	£2.79
Chiller Dijon Noodle Salad 200g	£2.99
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 Seasonal Salad 250g £2.49	£2.49
Chiller Seasonal Salad 250g £2.79	£2.79
Chiller Seasonal Salad 250g £2.99	£2.99
Chiller Seasonal Salad 250g £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

<b>Chiller Unicorn Coleslaw 250g</b>	<b>£2.49</b>
<b>Chiller Unicorn Lentil Salad 250g</b>	<b>£2.99</b>
<b>Chiller Unicorn Winter Slaw 200g</b>	<b>£2.99</b>

#### **Food Prep-Savoury**

<b>Chiller Dhal Rice Pot 300g</b>	<b>£2.99</b>
<b>Chiller Salad Celeriac Caper Gherkin 250g</b>	<b>£2.79</b>
<b>Chiller Unicorn Chilli 450g</b>	<b>£4.99</b>
<b>Chiller Unicorn Curry 450g</b>	<b>£4.99</b>
<b>Chiller Unicorn Dhal 450g</b>	<b>£3.99</b>
<b>Chiller Unicorn Salad Indian Carrot 250g</b>	<b>£2.79</b>

#### **Food Prep-Soup**

<b>Chiller Unicorn Soup 500ml 01</b>	<b>£2.59</b>
<b>Chiller Unicorn Soup 500ml 02</b>	<b>£2.59</b>
<b>Chiller Unicorn Soup 500ml 03</b>	<b>£2.59</b>
<b>Hot Soup Paper Cup</b>	<b>£2.69</b>
<b>Members Soup</b>	<b>£2.24</b>
<b>Soup Cup Deposit Return</b>	<b>£2.85</b>
<b>Soup Cup Re-useable</b>	<b>£2.85</b>

#### **Food Prep-Sweet**

Chiller Granola Pot Blackcurrant 275g	£3.29
Chiller Granola Yoghurt Pot Choc Cherry 275g	£3.29
Chiller Granola Yoghurt Pot Mango 275g	£3.29
Chiller Granola Yoghurt Pot Mixed Berry 275g	£3.29
Chiller Granola Yoghurt Pot Strawberry 275g	£3.29
Unicorn Black Bean Brownie	£2.49
Unicorn Coconut Choc Chip Flapjack	£1.99
Unicorn Seeded Flapjack	£1.99
Unicorn Tiffin	£1.99