

## FRESH & READY-TO-GO PRICELIST

Updated 05/11/2024

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>	
Good Grain Gluten Free Loaves Various	£5.09
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
Saker Hot Cross Buns x4	£2.99
<b>Deli-Bread</b>	
Deli Bread Button	£3.99
Deli Bread Baguette Button	£3.19
Deli Bread Reduced	£1.99
Deli Bread Soup Roll Button	£0.99
<b>Deli-Drinks</b>	
Cawston Can Apple 330ml	£0.95
Cawston Can Ginger Beer 330ml	£0.95
Hip Pop Soda Ginger Turmeric 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
Mighty Brew Kombucha Jasmine 275ml	£2.39
Mighty Brew Kombucha Lemongrass 275ml	£2.39
Whole Earth Cola 330ml	£1.29
Whole Earth Elderflower 330ml	£1.29
Whole Earth Ginger Beer 330ml	£1.29
Whole Earth Lemonade 330ml	£1.29

#### 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 Caper Berries 180g	£2.79
DiForti Mixed Mushrooms 180g	£2.79
DiForti Olives Almond 180g	£2.79
DiForti Olives Piri Piri 180g	£2.79
DiForti Semi Dried Cherry Tomato 200g	£3.79
DiForti Sweet Garlic 170g	£2.79
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 15	£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 Tomato Olive & Basil 175g	£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
Palette 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

<b>Saker Tamil Pasty</b>	<b>£2.45</b>
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#### **Deli-Sweets**

<b>Black Cat Brownie Peanut Butter</b>	<b>£2.69</b>
<b>Black Cat Cake Banana Walnut</b>	<b>£2.79</b>
<b>Black Cat Cake Lemon Blueberry</b>	<b>£2.79</b>
<b>Black Cat Cake Sticky Ginger Loaf</b>	<b>£2.79</b>
<b>Saker Muesli Flapjack</b>	<b>£1.99</b>
<b>Skoulikas Halva Sultana Grape Juice KG</b>	<b>£15.90</b>

#### **Deli-Sweets-Chiller**

<b>Nourish Bar Caramel 60g</b>	<b>£2.65</b>
<b>Nourish Bar Coconutty 60g</b>	<b>£2.65</b>
<b>Nourish Bar Peppermint 60g</b>	<b>£2.65</b>
<b>Nourish Bar Raspbounty 60g</b>	<b>£2.65</b>
<b>Nourish Bar Strawberry Choc 60g</b>	<b>£2.65</b>
<b>Nourish The Nutty One 50g</b>	<b>£1.79</b>
<b>Origin Kitchen Cheesecake Lemon 75g</b>	<b>£1.89</b>
<b>Origin Kitchen Cheesecake Passion 75g</b>	<b>£1.89</b>
<b>Origin Kitchen Dessert Choc Fudge 80g</b>	<b>£2.39</b>
<b>Origin Kitchen Dessert Mango Passion 80g</b>	<b>£2.39</b>
<b>Origin Kitchen Dessert Raspberry Vanilla 80g</b>	<b>£2.39</b>
<b>Snacksy Cacao Almond 55g</b>	<b>£2.19</b>
<b>Snacksy Orange 55g</b>	<b>£2.19</b>
<b>Snacksy Peanut Butter Fudge 55g</b>	<b>£2.19</b>
<b>Snacksy Vanilla Fudge 55g</b>	<b>£2.19</b>
<b>Snacksy Very Berry 55g</b>	<b>£2.19</b>

#### **Food Prep-Bulk Ingredients**

<b>FP Amato Lefktro Tomato Paste 800g</b>	<b>£2.64</b>
<b>FP Amato Lion Mayo 10 Ltr</b>	<b>£23.74</b>
<b>FP Amato Mr Hughes Rapeseed Oil 5 Ltr</b>	<b>£19.50</b>
<b>FP Amato Pomace Oil 5 Ltr</b>	<b>£45.84</b>
<b>FP Bulk TVP</b>	<b>£38.90</b>
<b>FP Do It Sunflower Oil 5 Ltr</b>	<b>£13.78</b>
<b>FP Do-It Rice Syrup 25kg</b>	<b>£77.50</b>
<b>FP Essential Campo Balsamic Vinegar 5 Ltr</b>	<b>£17.64</b>
<b>FP Essential Dijon Mustard 1kg</b>	<b>£7.97</b>
<b>FP Essential Mixed Beans 2.6kg</b>	<b>£3.99</b>
<b>FP Essential Red Kidney Beans 2.6kg</b>	<b>£4.18</b>
<b>FP Healthy Oils Chopped Tomatoes 2.5kg</b>	<b>£2.92</b>
<b>FP Maple Syrup 24.9kg</b>	<b>£290.00</b>
<b>FP Plamil Chocolate Chips 7.5kg</b>	<b>£120.44</b>
<b>FP Sojade Yoghurt 5kg</b>	<b>£13.69</b>
<b>FP Stephensons Baking Parchment</b>	<b>£0.01</b>
<b>FP Sugar 25kg</b>	<b>£46.25</b>
<b>FP Suma Apple Concentrate 5 Ltr</b>	<b>£25.50</b>
<b>FP Suma Black Beans 2.6kg</b>	<b>£2.85</b>
<b>FP Suma Chickpeas 2.6kg</b>	<b>£3.00</b>
<b>FP Suma Red Wine Vinegar 5 Ltr</b>	<b>£8.02</b>

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 200g £3.19	£3.19
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 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 Lentil Salad 250g	£2.99
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 Salad Indian Carrot 250g	£2.79

**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