

CHILLED & FROZEN

Updated 05/11/2024

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

Department	Chilled	
Row Labels	Org?	Average of Price
Chilled-Baked Goods		
Clives GF Pie Chickpea Tagine 235g	Organic	£3.49
Clives GF Pie Mushroom Leek 235g	Organic	£3.49
Clives GF Pie Saag Aloo 235g	Organic	£3.49
Clives Pie Mushroom 235g	Organic	£3.39
Clives Pie Puff Mushroom 235g	Organic	£3.49
Clives Quiche Red Pepper Harissa 380g	Organic	£4.79
Clives Tart Rustic Mushroom Shallot 380g	Organic	£4.79
Clives Tart Tomato Olive 150g	Organic	£3.49
Clives Vegan Sausagey Roll 160g	Organic	£3.15
Cool Chile Tortillas x13 Corn		£3.95
Gluten Free Pie Co Various		£4.15
St James Filo Pastry 400g		£1.75
Chilled-MilkCheeseYoghurt		
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		£6.49
IANO Cheese Crack On 120g		£5.89
IANO Cheese Sauvignonsense 120g		£6.89
IANO Fetamorphosis 140g		£5.89
IANO Garlic Ricotta 140g		£5.89
IANO GOAT 120g		£6.49
IANO Miner Threat 120g		£6.49
IANO Nerominded 120g		£7.15
IANO Papparica 120g		£6.49
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
Mozzarisella Granri Parmesan Grated 80g		£2.09
Mozzarisella Granri Parmesan Wedge 150g	Organic	£4.19
Mozzarisella Mascarpone 150g	organic	£3.99
Mozzarisella Spreadable Blue Cheese 150g	Organic	£3.49
Nush Almond Cheese Spead 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
Risella Mozzarella 200g	Organic	£3.89
Risella Smoked Mozzarella 200g	Organic	£3.89
Sojade Kefir Blueberry Cherry 250ml	Organic	£1.95
Sojade Kefir Natural 250ml	Organic	£1.79
Sojade La Fraiche 200g	Organic	£1.89
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		£1.45
Sojade Yoghurt Skyr Natural 400g	Organic	£2.39
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		
Better Nature Smoky Tempeh 220g		£2.99
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
Dell Ugo Ravioli Roasted Aubergine 250g		£3.79

SGAIA Foods Smoky Rashers 150g		£4.69
VPud 200g		£1.69
Chilled-Oil&Fat		
Biona Olive Spread 250g	Organic	£3.39
Naturli Vegan Butter Block 200g	Organic	£1.99
Naturli Vegan Butter Spreadable 225g	Organic	£1.99
Naturli Vegan Butter Spreadable 450g	Organic	£3.79
Suma Soya Spread 500g		£1.99
Suma Sunflower Spread 2kg		£7.89
Suma Sunflower Spread 500g		£1.99
Chilled-SaucesDipsSpreads		
Biona Horseradish 125g	Organic	£3.19
Delphi Aubergine Dip 170g		£2.19
Delphi Houmous 170g		£1.19
Delphi Houmous Lemon Coriander 170g		£1.39
Delphi Houmous Smoky Red Lentil 170g		£1.39
Eaten Alive Kimchi Classic Massive 775g		£9.99
Hodmedod Fermented Naked Barley Miso 175g		£2.25
Hodmedod Umami Fava Bean Paste 175g		£2.25
Origin Kitchen Spread Mushroom 140g		£3.29
Origin Kitchen Spread Pesto 140g		£3.29
Origin Kitchen Spread Tomato 140g		£3.29
Precious Pea Houmous 180g	Organic	£2.75
Precious Pea Houmous Kalamata 180g	Organic	£2.75
Precious Pea Houmous Smoked 180g	Organic	£2.75
Precious Pea Houmous Turmeric 180g	Organic	£2.75
Real Olive Co Pesto 150g	Organic	£2.69
Real Olive Co Pesto Tomato Olive 150g	Organic	£2.69
San Amvrosia Houmous 228g		£2.75
San Amvrosia Houmous 340g		£3.75
San Amvrosia Houmous Avocado 228g		£3.19
San Amvrosia Houmous Indian Style 170g		£2.49
San Amvrosia Houmous Red Pepper 228g		£3.19
San Amvrosia Organic Houmous 170g	Organic	£3.29
San Amvrosia Organic Spicy Bean Dip 170g	Organic	£2.99
Chilled-Tofu&Burgers		
Better Nature Tempeh 200g	Organic	£2.69
Better Nature Tempeh Mediterranean Bites 180g		£2.95
Biona Burger Black Bean Cashew 160g	Organic	£3.89
Biona Burger Red Lentil Sunflower Seed 160g	Organic	£3.89
Biona Falafel Asia 220g	Organic	£3.95
Biona Lucky Stars 250g	Organic	£3.89
Biona Mushroom Burgers 150g	Organic	£2.69
Biona Quinoa Mini Burger 195g	Organic	£3.89
Biona Spinach Cashew Rolls 200g	Organic	£3.89
Biona Thai Mini Spring Rolls 200g	Organic	£3.95
Biona Vegan Samosas Black Cumin Seed 230g	Organic	£3.25

Bonsan Kofu Steak 120g	Organic	£2.69
Bonsan Scrambled 200g	Organic	£2.69
Clearspot Marinated Tofu 190g	Organic	£2.05
Clearspot Smoked Tofu 225g	Organic	£2.29
Clearspot Tofu 280g	Organic	£1.69
Clearspot Tofu 450g	Organic	£2.59
Clives Nut Roast 280g	Organic	£5.49
Dragonfly Shizenno Megumi Firm Tofu 300g	Organic	£2.25
Dragonfly Shizenno Megumi Silken Soft Tofu 250g	Organic	£2.25
Dragonfly Shizenno Megumi Super Firm Tofu 300g	Organic	£2.25
Dragonfly Tofu Marinated 300g	Organic	£2.95
Dragonfly Tofu Smoked 300g	Organic	£2.65
Florentin Falafel Date Raisin 240g	Organic	£4.15
Florentin Falafel Original 240g	Organic	£4.15
Florentin Falafel Sweet Potato 240g	Organic	£4.15
Impulse Tempeh Chickpea & Chia 200g	Organic	£4.09
Impulse Tempeh Hemp Seed 200g	Organic	£3.59
Impulse Tempeh Sea Veg 200g	Organic	£3.59
Impulse Tempeh Turtle Bean 200g	Organic	£4.09
K2 Natto 100g	Organic	£2.95
MacSween Veg Haggis 200g		£2.39
MacSween Veg Haggis 400g		£4.59
Pauls Burger Bengal x2	Organic	£2.99
Pauls Burger GF Rice Tofu x2	Organic	£2.99
Pauls Burger Mexican x2	Organic	£2.99
Pauls Burger Tofu Nut x2	Organic	£2.99
Pauls Tofu 220g	Organic	£2.19
Pauls Tofu Abura Marinated 125g	Organic	£2.65
Pauls Tofu Smoked 220g	Organic	£2.59
Taifun Almond Sesame Tofu 200g	Organic	£3.89
Taifun Basil Tofu 200g	Organic	£3.95
Taifun BBQ Sausages 250g	Organic	£4.39
Taifun Black Forest Tofu 200g	Organic	£3.95
Taifun Fermented Tofu Natural 200g		£3.79
Taifun Grill Sausages 250g	Organic	£4.35
Taifun Rosso Tofu 200g	Organic	£3.95
Taifun Silken Tofu 400g	Organic	£3.60
Taifun Tofu Filets Garlic x2 160g	Organic	£3.55
Taifun Tofu Fillets x2 160g	Organic	£3.35
Taifun Tofu Wiener 300g	Organic	£4.99
Tofoo Scrambled 200g	Organic	£2.75
Tofoo Tempeh Original 200g	Organic	£2.69
Tofoo Tofu Teriyaki 280g	Organic	£2.35
Chilled-Veg&Salad		
Eaten Alive Kimchi Classic 375g		£5.89
Eaten Alive Kimchi Mild 375g		£5.89
Eaten Alive Kimchi White Cabbage 375g		£5.69
Kramer Sauerkraut Natural 520g	Organic	£1.69
Loving Foods Cortido 475g	Organic	£6.09

Loving Foods Kimchi Classic 475g	Organic	£6.09
Loving Foods Kimchi Turmeric 475g	Organic	£6.09
Loving Foods Ruby Sauerkraut 475g	Organic	£6.09
Morgiel Raw Beetroot Slices 300g	Organic	£2.35
RAW Sauerkraut Classic 410g	Organic	£3.09
Sky Sprouts Alfalfa 100g	Organic	£2.09
Sky Sprouts Alfalfa Broccoli 100g	Organic	£2.09
Sky Sprouts Alfalfa Fenugreek 100g	Organic	£2.09
Sky Sprouts Alfalfa Radish 100g	Organic	£2.09
Sky Sprouts Broccoli 100g	Organic	£2.09
Sky Sprouts China Rose 100g	Organic	£2.09
Sky Sprouts Mixed 225g	Organic	£2.09
Sky Sprouts Multipack 160g	Organic	£2.90
Sky Sprouts Mung 200g	Organic	£2.09
Sky Sprouts Red Clover 100g	Organic	£2.09
Sky Sprouts Single Pack 100g	Organic	£2.09

Frozen-Baked Goods

Frozen Gluten Free Pie Co Various		£4.15
Natural Cool Hash Browns 390g	Organic	£4.19
Natural Cool Potato Croquettes 400g	Organic	£4.49
Northern Dough Co Frozen Pizza Bases Original 2 x 220g		£2.89
Northern Dough Co Frozen Pizza Dough Wholemeal 2 x 220g		£2.89

Frozen-Fruit

Bio Inside Frozen Cranberries 300g	Organic	£4.49
Natural Cool Frozen Berry Mix 300g	Organic	£4.35
Natural Cool Frozen Bilberries 300g	Organic	£4.69
Natural Cool Frozen Cranberries 300g	Organic	£3.25
Natural Cool Frozen Mango 300g	Organic	£4.19
Natural Cool Frozen Raspberries 300g	Organic	£5.99
Natural Cool Frozen Sour Cherries 300g	Organic	£3.95
Natural Cool Frozen Strawberries 300g	Organic	£4.15
Natural Cool Frozen Tropical Mix 300g	Organic	£3.99
Packd Frozen Cherries 300g	Organic	£4.65
Packd Frozen Strawberries 300g	Organic	£4.65
Packd Frozen Summer Berries 300g	Organic	£4.89
Windmill Hill Frozen Blackcurrants 400g	Organic	£3.39

Frozen-Sweets

Booja Ice Cream 110ml Caramel Pecan Praline	Organic	£1.89
Booja Ice Cream 110ml Chocolate	Organic	£1.89
Booja Ice Cream 110ml Mango Raspberry	Organic	£1.89
Booja Ice Cream 110ml Raspberry	Organic	£1.89
Booja Ice Cream 465ml Caramel Pecan Praline	Organic	£5.49
Booja Ice Cream 465ml Deeply Chocolate	Organic	£5.49
Booja Ice Cream 465ml Fudge Brownie	Organic	£5.49
Booja Ice Cream 465ml Mango Raspberry	Organic	£5.49
Booja Ice Cream 465ml Vanilla	Organic	£5.49
Pip Organic Berry Squeezer 75ml	Organic	£1.29

Pip Organic Fruity Mix Lollies 40g x 6	Organic	£4.79
Pip Organic Rainbow Fruity Lollies 40g x 6	Organic	£4.79
Pip Organic Tropical Squeezer 75ml	Organic	£1.29

Frozen-Tofu&Burgers

Goodlife Bean Burger x4		£4.09
Goodlife Frozen Falafel 280g		£3.09
Naturli Frozen Burgers 320g		£3.99
Naturli Frozen Falafel 325g		£4.39
Naturli Frozen Sausages 300g		£4.15
Naturli Mince Shape Me 300g		£4.15
Naturli Veggie Balls 300g		£3.15
Pauls Frozen Tempeh 250g	Organic	£2.85
Perfect Season Dill Cakes 220g	Organic	£3.69
Perfect Season Mushroom Patties 200g	Organic	£3.69

Frozen-Veg&Salad

Bio Inside Frozen Chives 75g	Organic	£2.39
Bio Inside Frozen Edamame Beans 300g	Organic	£4.69
Bio Inside Frozen Edamame Pods 300g	Yes	£3.59
Bio Inside Frozen Mushrooms 300g	Organic	£2.19
Bio Inside Frozen Peas 300g	Organic	£1.99
Bio Inside Frozen Ratatouille Vegetable Mix 400g	Organic	£2.89
Bio Inside Frozen Stir Fry Mixed Veg 400g	Organic	£2.79
Bio Inside Frozen Sweetcorn 300g	Organic	£2.25
Natural Cool Frozen Broccoli 300g	Organic	£3.09
Natural Cool Frozen Cauliflower 300g	Organic	£2.79
Natural Cool Frozen Green Beans 450g	Organic	£2.65
Natural Cool Frozen Oven Chips 1250g	Organic	£6.79
Natural Cool Frozen Oven Chips 600g	Organic	£3.89
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