

FRESH & READY-TO-GO PRICELIST

Updated 02/01/2025

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	
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
Deli-Bread	
Deli Bread	£3.99
Deli Bread Baguette	£3.19
Deli Bread Crown Ciab Focc SAT SUN	£3.19
Deli Bread Reduced	£1.99
Deli Bread Soup Roll	£0.99
Deli-Drinks	
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 Dip Kalamata 150g	£2.39
Real Olive Co Dip Smoky Harissa 150g	£2.39
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 Nocellara 180g	£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 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
Saker Tamil Pasty	£2.45

Deli-Sweets

Black Cat Brownie Peanut Butter	£2.69
Black Cat Cake Banana Walnut	£2.79
Black Cat Cake Blueberry Lemon	£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 Cheesecake Lemon 75g	£1.89
Origin Kitchen Cheesecake Passion 75g	£1.89
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	£2.26
FP Amato Lion Mayo 10 Ltr	£24.21
FP Amato Mr Hughes Rapeseed Oil 5 Ltr	£19.50
FP Amato Olive Oil 5 Ltr	£46.92
FP Amato Pomace Oil 5 Ltr	£45.84
FP Amato Sunflower Oil 5 Ltr	£10.08
FP Do-It Bulk TVP	£38.90
FP Do-It Maple Syrup 24.9kg	£290.00
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	£4.22
FP Healthy Oils Chopped Tomatoes 2.5kg	£2.92
FP RFS Chocolate Drops 1kg	£13.99
FP Sojade Yoghurt 5kg	£13.69
FP Stephenson's Baking Parchment	£0.01
FP Sugar 25kg	£46.25
FP Suma Apple Concentrate 5 Ltr	£33.19

FP Suma Black Beans 2.6kg	£2.57
FP Suma Chickpeas 2.6kg	£3.00
FP Suma Red Wine Vinegar 5 Ltr	£22.14
FP Tofoo Smoked Tofu 6kg	£38.52
FP Yakso Tamari 5 Ltr	£39.52

Food Prep-Chiller

Chiller Unicorn Onion Gravy 500ml	£1.99
Chiller Unicorn Pate Bean Sundried Tomato 200g	£2.89
Chiller Unicorn Pate Mushroom Walnut 150g	£3.69
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 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
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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 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