

Price Check Date 29/09/2025

(Price Go Live date: 01/10/2025)

Spar					Tesco			
	Name	Item Price	Unit of Measure	Volume	Name	Volume	Unit of Measure	Item Price
211003	SPAR EXTRA MATURE CHEDDAR CHEESE 200G	£2.25	GRAM	200	Tesco British Extra Mature Cheddar Cheese 220G	220	GRAM	£2.50
211010	SPAR MATURE CHEEDAR CHEESE 200G	£2.25	GRAM	200	Tesco British Mature Cheddar Cheese 220G	220	GRAM	£2.50
211006	SPAR MILD CHEDDAR CHEESE 200G	£2.25	GRAM	200	Tesco British Mild Cheddar Cheese 220G	220	GRAM	£2.50
211555	SPAR RED LEICESTER 200G	£2.25	GRAM	200	Tesco Red Leicester Cheese 220G	220	GRAM	£2.50
264084	SPAR SINGLE CREAM 300ML	£1.30	ML	300	Tesco Fresh Single Cream 300MI	300	ML	£1.30
315721	SPAR DOUBLE KITCHEN TOWEL 2 ROLLS	£2.50	PACK	2	Tesco Kitchen Towel 2 Rolls	2	PACK	£2.50
612144	SPAR APPLE & BLACKCURRANT NO ADDED SUGAR SQUASH 1LTR	£1.40	LITRE	1	Tesco Quadruple Strength Apple & Blackcurrant No Added Sugar 750MI	1	LITRE	£1.75
612115	SPAR ORANGE NO ADDED SUGAR SQUASH 1LTR	£1.40	LITRE	1	Tesco Quadruple Strength Orange Squash No Added Sugar 750MI	1	LITRE	£1.75
511371	SPAR SUMMER FRUITS NO ADDED SUGAR SQUASH 1LTR	£1.40	LITRE	1	Tesco Quadruple Strength No Added Sugar Summer Fruits 750ml	1	LITRE	£1.75
395478	SPAR DAIRY BUTTER (FOIL) 250G	£1.99	GRAM	250	Tesco British Salted Block Butter 250G ++	250	GRAM	£1.99
264073	SPAR DOUBLE CREAM 300ML	£1.65	ML	300	Tesco Fresh Double Cream 300MI	300	ML	£1.65
345197	SPAR HALF FAT CREME FRAICHE 300G	£0.85	GRAM	300	Tesco Full Fat Creme Fraiche 300MI	300	GRAM	£0.85
345199	SPAR FAT FREE GREEK YOGURT 500G	£1.10	GRAM	500	Tesco Greek Style Yogurt 500G	500	GRAM	£1.10
343780	SPAR PETIT POIS 600G	£1.10	GRAM	600	Tesco Petit Pois 1kg	1000	GRAM	£1.85
354524	SPAR CLASSIC BLEND COFFEE	£2.90	GRAM	200	Tesco House Roast & Ground Coffee 227G	227	GRAM	£3.30
354523	SPAR ITALIAN BLEND COFFEE	£2.90	GRAM	200	Tesco House Roast & Ground Coffee 227G	227	GRAM	£3.30
314243	SPAR PORRIDGE OATS 500G	£0.59	GRAM	0.5	Tesco Scottish Oats Porridge 1Kg	1	GRAM	£1.25
347382	SPAR CUSTARD 400G	£1.00	GRAM	400	Tesco Ready To Serve Custard 400G	400	GRAM	£1.00
347384	SPAR RICE PUDDING 400G	£0.90	GRAM	400	Tesco Rice Pudding 400G	400	GRAM	£0.90
296655	SPAR CITRUS THICK BLEACH 750ML	£0.65	ML	750	Tesco Thick Bleach Citrus 750MI	750	ML	£0.65
296666	SPAR ORIGINAL THICK BLEACH 750ML	£0.65	ML	750	Tesco Thick Bleach Fresh 750MI	750	ML	£0.65
296588	SPAR LEMON WASHING UP LIQUID 500ML	£0.65	ML	500	Tesco Lemon Washing Up Liquid 500MI	500	ML	£0.65
296633	SPAR ORIGINAL WASHING UP LIQUID 500ML	£0.65	ML	500	Tesco Original Washing Up Liquid 500MI	500	ML	£0.65
343267	SPAR EXTRA LARGE TISSUES 100 PACKS	£2.00	GRAM	100	Tesco Luxury Soft Gentle Extra Large Tissues 100	100	GRAM	£2.00
331419	SPAR ECONOMY TOILET TISSUE 4 ROLLS	£1.55	PACK	4	Tesco Luxury Soft Toilet Tissue White 4 Roll	4	PACK	£1.55
343961	SPAR BASMATI MICROWAVE RICE 250G	£0.60	GRAM	250	Tesco Microwave Basmati Rice 250G	250	GRAM	£0.60
343960	SPAR LONG GRAIN MICROWAVE RICE 250G	£0.60	GRAM	250	Tesco Microwave Long Grain Rice 250G	250	GRAM	£0.60
294540	SPAR SUNDRIED TOMATOES 285G	£3.25	GRAM	285	Tesco Sun Dried Tomato Antipasti 285G	285	GRAM	£3.25
103516	TATE & LYLE GRANULATED SUGAR 1KG	£1.09	KG	1	Granulated Sugar 1kg Silver Spoon	1	KG	£1.09
333660	SPAR DIET INDIAN TONIC WATER 1LTR	£0.70	LITRE	1	Tesco Low Calorie Indian Tonic Water 1 Litre	1	LITRE	£0.70
353930	SPAR OLIVE OIL 250ML	£3.10	ML	250	Tesco Extra Virgin Olive Oil 250ml	250	ML	£3.10
159223	WALKERS BAKED CHEESE&ON.	£1.10	GRAM	37.5	Walkers Baked Cheese and Onion Grab Bag Crisps 37.5g	38	GRAM	£1.10
159221	WALKERS BAKED RDY.SALTED	£1.10	GRAM	37.5	Walkers Baked Salted Grab Bag Crisps 37.5g	38	GRAM	£1.10
159222	WALKERS BAKED SALT&VIN.	£1.10	GRAM	37.5	Walkers Baked Salt and Vineger Grab Bag Crisps 37.5g	38	GRAM	£1.10
306554	GALPHARM HAY.&ALGY.TABS	£1.85	PCE	14	Tesco Health One A Day Hayfever Allergy Tablets	14	PCE	£1.85

319222	ELNETT HAIRSPRAY NORMAL	£3.25	ML	75	L'Oreal Paris Elnett Normal Hold Hairspray 75ml	75	ML	£3.25
242970	SPAR BALSAMIC VIN MODENA	£1.50	ML	250	Tesco Balsamic Vinegar Of Modena 250MI	250	ML	£1.50
234926	SPAR BEEF BURGERS 4'S	£1.85	PCE	4	Tesco Beef Burgers 8 Pack 454G	8	PCE	£3.75
355083	SPAR CRÈME FRAICHE	£0.85	ML	300	Tesco Full Fat Creme Fraiche 300MI	300	ML	£0.85
292141	BIRRA MORETTI PREMIUM LAGER 4X33CL	£7.25	PACK	4	Birra Moretti Premium Lager Beer Bottle 4x330ml	4	PACK	£7.25
351397	APPLETISER SPARKLING APPLE JUICE 150ML	£0.65	ML	150	Appletiser 150ml	150	ML	£0.65
344396	BEN'S ORIGINAL BASMATI MICROWAVE RICE 220G	£1.00	G	220	Ben's Original Basmati Microwave Rice 220g	220	G	£1.00
344397	BEN'S ORIGINAL LONG GRAIN MICROWAVE RICE 220G	£1.00	G	220	Ben's Original Long Grain Microwave Rice 220g	220	G	£1.00
344399	BEN'S ORIGINAL WHOLEGRAIN MICROWAVE RICE 220G	£1.00	G	220	Ben's Original Classic Wholegrain Rice 220G	220	G	£1.00
353928	BLUE DRAGON HOISIN SAUCE 250ML	£2.45	ML	250	Blue Dragon Rich Hoisin Sauce 250ml	250	ML	£2.45
354807	CRUNCHY NUT HONEY & NUT CLUSTERS BREAKFAST CEREAL 400G	£3.55	G	400	Kellogg's Crunchy Nut Honey & Nut Clusters Cereal 400G	400	G	£3.55
900581	DUNNS RIVER CREAM COCONUT	£1.75	G	200	Dunns River Creamed Coconut 200G	200	G	£1.75
345630	FERRERO ROCHER CLASSIC ICE CREAM 4 PACK	£5.20	PACK	4	Ferrero Rocher Classic Ice Cream Sticks 4 X 70MI	4	PACK	£5.20
345633	FERRERO ROCHER DARK ICE CREAM 4 PACK	£5.20	PACK	4	Ferrero Rocher Dark Ice Cream Sticks 4 X 70MI	4	PACK	£5.20
253368	FLORETTE MIXED SALAD 125G	£1.25	G	125	Florette Mixed Salad 125G	125	G	£1.25
346899	KELLOGG'S FRUIT WINDERS STRAWBERRY SNACK ROLLS 5X17G	£2.00	PACK	5	Kellogg's Fruit Winders Strawberry Snack Rolls 5x17g	5	PACK	£2.00
353767	LIPTON ICE TEA LEMON 1.25L	£2.25	L	1.25	Lipton Ice Tea Lemon Bottle 1.25L	1	L	£2.25
354727	MENTOS 35 GUM PURE FRESH CHERRY FLAVOUR 68G	£2.00	G	68	Mentos Pure Fresh Cherry Gum 35 Pieces 68G	68	G	£2.00
355020	MENTOS 35 GUM PURE FRESH FRESH MINT 70G	£2.00	G	68	Mentos Pure Fresh Fresh Mint Gum 35 Pieces 70G	68	G	£2.00
355019	MENTOS 35 GUM PURE FRESH TROPICAL FLAVOUR 70G	£2.00	G	68	Mentos Pure Fresh Tropical Mint Gum 35 Pieces 70G	68	G	£2.00
345631	RAFFAELLO ICE CREAM 4 PACK	£5.20	PACK	4	Ferrero Raffaello Ice Cream Sticks 4 X 70MI	4	PACK	£5.20
171616	SAXA COARSE SEA SALT 350G	£1.65	G	350	Saxa Coarse Sea Salt 350G	350	G	£1.65
350575	SPAR COOKED CHICKEN BREAST SLICES 210G	£3.90	G	210	Tesco Flamegrilled Roast Chicken Slices 160g	160	G	£3.00
341654	SPAR NO DRAIN TUNA STEAK IN SPRING WATER 110G	£1.40	G	110	Tesco Drained Tuna Steak In Spring Water 110G	110	G	£1.40
341655	SPAR NO DRAIN TUNA STEAK IN SUNFLOWER OIL 110G	£1.40	G	110	Tesco Drained Tuna Steak In Sunflower Oil 110G	110	G	£1.40
353391	STRINGS & THINGS CHEESTRINGS TWIN PACK 20G	£1.30	G	40	Strings & Things, Meal Deal Cheestrings Twin Pack, 40g	40	G	£1.30
353964	THE COLLECTIVE GREAT DAIRY SUCKIES BANANA 90G	£0.95	G	90	The Collective Suckies Banana Yogurt 90G	90	G	£0.95
351723	THE COLLECTIVE GREAT DAIRY SUCKIES STRAWBERRY 90G	£0.95	G	90	The Collective Suckies Strawberry Kids Yoghurt Pouch 90g	90	G	£0.95
352063	CRISP N DRY OIL	£2.95	LITRE	1	Crisp 'N Dry 100% Rapeseed Oil 1L	1	LITRE	£2.95