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| --- | --- |
| Food: | Spirits (Rum) |

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| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (ml)  Per bottle | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price |
| Malibu Original White Rum | 1 L | 81.6 | 0 | 0 | 20.00 |
| Sainsbury's Superior Dark Rum | 1 L | 83 | 0 | 0 | 15.40 |
| Sainsbury's Superior White Rum | 1 L | 83 | 0 | 0 | 15.40 |
| Bacardi white rum | 70cl | 86 | 0 | 10 | 16.50 |
| Lamb's Navy Rum | 70 cl | 87 | 0 | 0 | 14.00 |
| Bacardi Carta Blanca Rum | 70 cl | 87 | 0 | 0 | 16.00 |
| Captain Morgan Rum | 70 cl | 87 | 0 | 0 | 16.25 |
| The Kraken Black Spiced Rum | 70 cl | 87 | 0 | 0 | 20.00 |
| Mount Gay 1703 Eclipse Rum | 70cl | 87 | 0 | 0 | 17.50 |
| Sailor Jerry Spiced Rum | 70cl | 87 | 0 | 0 | 16.00 |
| Havana Club Añejo Especial Rum | 70 cl | 87 | 0 | 0 | 20.50 |
| Havana Club 3 Year Old White Rum | 70 cl | 87 | 0 | 0 | 15.00 |
| Havana Club 7 Year Old Dark Rum | 70 cl | 87 | 0 | 0 | 26.00 |
| Wray & Nephew White Overproof Rum | 70 cl | 87 | 0 | 0 | 26.00 |
| Red Leg Spiced Rum | 70 cl | 87 | 0 | 0 | 20.00 |
| Wood's 100 Navy Rum | 70 cl | 87 | 0 | 0 | 22.50 |
| The Duppy Share Caribbean Rum | 70 cl | 87 | 0 | 0 | 26.00 |
| Bacardí Spiced Premium Spirit Rum | 70 cl | 87 | 0 | 0 | 15.00 |
| Kirk & Sweeney 12 Year Old Rum | 70 cl | 87 | 0 | 0 | 32.00 |
| ASDA Refined Dark Navy Rum | 1 L | 87 | 0 | 0 | 15.00 |
| ASDA Carta Blanc Superior White Rum | 1 L | 87 | 0 | 0 | 15.00 |
| ASDA Fine Dark Navy Rum | 70 cl | 87 | 0 | 0 | 11.00 |
| Tesco Dark Rum | 1 L | 87 | 0 | 0 | 15.00 |
| Tesco Spiced Gold Rum | 70 cl | 87 | 0 | 0 | 11.87 |
| Tesco White Rum | 1 L | 87 | 0 | 0 | 15.00 |
| Tesco Coconut Rum | 70 cl | 87 | 0 | 0 | 8.00 |

* Shows Per 40 ml shot

Supermarkets

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| ASDA | Tesco | Morrison’s | Sainsbury’s | Waitrose | Able & Cole | ICELAND |
| YES | YES | YES | YES | YES | YES | YES |

*N/A Indicates Either Nutrition Information Not Available On The Company’s Website Or The Company Doesn’t Supply This Brand.*