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| Food: | Spirits (Popular) |

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| Suggested Brands | Size / Weight (ml)Per bottle | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price |
| Gin Gordons | 1 L | 52 | 0 | 0 | 16.00 |
| Pims | 70cl | 64 | 0 | 1.6 | 15.30 |
| Smirnoff Red Label Vodka | 70cl | 73 | 0 | 0 | 15.00 |
| Tesco Napoleon Brandy | 1 L | 80 | 0 | 0 | 16.00 |
| Tesco Finest Xo Brandy | 70 cl | 80 | 0 | 0 | 16.50 |
| Waitrose 3 Year Old French Brandy | 1 L | 81 | 0 | 0 | 17.50 |
| Waitrose 3 Year Old French Brandy | 70 cl | 81 | 0 | 0 | 13.25 |
| Malibu Original White Rum | 1 L | 81.6 | 0 | 0 | 20.00 |
| Tesco Spanish Brandy | 70 cl | 82 | 0 | 0 | 14.50 |
| Sainsbury's Dry Gin | 1 L | 82 | 0 | 0 | 15.40 |
| Sainsbury's Vodka, Basics | 70cl | 82.4 | 0 | 0 | 10.00 |
| Sainsbury's Vodka | 1L | 82.4 | 0 | 0 | 15.40 |
| Morrisons Imperial Vodka | 70cl | 82.8 | 0 | 0 | 11.00 |
| Sainsbury's Gin, | 70 cl | 83 | 0 | 0 | 10.00 |
| Waitrose London Dry Gin | 1 L | 83 | 0 | 0 | 16.35 |
| Sainsbury's Superior Dark Rum | 1 L | 83 | 0 | 0 | 15.40 |
| Sainsbury's Superior White Rum | 1 L | 83 | 0 | 0 | 15.40 |
| Waitrose Vodka | 70cl | 83.2 | 0 | 0 | 12.49 |
| Bacardi white rum  | 70cl | 86 | 0 | 10 | 16.50 |
| Tesco Dry London Gin | 1 L | 86 | 0 | 0 | 15.00 |
| Glen's Vodka | 70cl | 87 | 0 | 0 | 13.50 |
| Absolut Original Swedish Vodka | 29.5 ml | 87 | 0 | 0 | 19.00 |
| Russian Standard Vodka | 1L | 87 | 0 | 0 | 16.00 |
| ASDA Triple Distilled Vodka | 1L | 87 | 0 | 0 | 14.95 |
| Vladivar Vodka | 1L | 87 | 0 | 0 | 15.50 |
| Russian Standard Vodka | 70cl | 87 | 0 | 0 | 15.00 |
| Russian Standard Gold Vodka | 70cl | 87 | 0 | 0 | 23.50 |
| Wm Morrison Vodka | 70cl | 87 | 0 | 0 | 16.00 |
| Jules Clairon Fine French Brandy | 70cl | 87 | 0 | 0 | 13.50 |
| Three Barrels Rare Old French Brandy VSOP | 1 L | 87 | 0 | 0 | 19.00 |
| ASDA Napoleon French V.S.O.P. Brandy | 1 L | 87 | 0 | 0 | 16.00 |
| ASDA Napoleon French V.S.O.P. Brandy | 70cl | 87 | 0 | 0 | 11.50 |
| Bardinet Brandy | 1 L | 87 | 0 | 0 | 19.00 |
| EJ Brandy Original Brandy | 70 cl | 87 | 0 | 0 | 16.50 |
| Soberano 5 Brandy Reserva | 70 cl | 87 | 0 | 0 | 14.00 |
| De Valcourt V.S.O.P Finest French Brandy | 70 cl | 87 | 0 | 0 | 13.50 |
| ASDA Extra Special Rare Old French XO Brandy | 70 cl | 87 | 0 | 0 | 16.00 |
| Sainsbury's 3 Year Old French Brandy | 1 L | 87 | 0 | 0 | 16.00 |
| Morrisons 3 Year Old French Brandy | 70 cl | 87 | 0 | 0 | 12.50 |
| M Best Brandy XO | 70 cl | 87 | 0 | 0 | 16.00 |
| 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 |
| Bulleit Bourbon Frontier Whiskey | 70 cl | 87 | 0 | 0 | 27.00 |
| Jim Beam White Label Bourbon | 70 cl | 87 | 0 | 0 | 14.00 |
| ASDA Blended Bourbon | 70 cl | 87 | 0 | 0 | 14.00 |
| Maker's Mark Kentucky Straight Bourbon Whisky | 70 cl | 87 | 0 | 0 | 25.00 |
| Buffalo Trace Bourbon Whiskey | 70 cl | 87 | 0 | 0 | 23.00 |
| Old Samuel Blended Bourbon Whisky | 70 cl | 87 | 0 | 0 | 14.35 |
| Jack Daniels Tennessee Fire | 70 cl | 87 | 0 | 0 | 16.00 |
| Sainsbury's Scotch Whisky, Basics | 70cl | 88 | 0 | 0 | 11.00 |
| Tesco Special Reserve Scotch Whisky | 1L | 89 | 0 | 0 | 16.30 |
| Waitrose Blended Scotch Whisky | 1L | 89 | 0 | 0 | 18.49 |
| Jack Daniel's Old No. 7 Tennessee Whiskey | 70cl | 90 | 0 | 0 | 16.00 |
| Gin Bombay Sapphire | 1 L | 94.4 | 0 | 0 | 20.00 |
| Bulleit Bourbon Frontier Whiskey | 70cl | 95 | 0 | 0 | 27.00 |
| The Famous Grouse Blended Scotch Whisky | 1L | 95 | 0 | 0 | 16.00 |
| Whyte & Mackay Blended Scotch Whisky | 1L | 95 | 0 | 0 | 16.00 |
| Jameson Irish Whiskey | 1L | 95 | 0 | 0 | 25.00 |
| Cardhu Gold Reserve Single Malt Whisky | 70cl | 95 | 0 | 0 | 26.00 |
| Glenfairn Islay Single Malt Whisky | 70cl | 95 | 0 | 0 | 20.00 |
| ASDA McKendrick's Blended Scotch Whisky 3 Years Old | 1.5L | 95 | 0 | 0 | 23.62 |
| ASDA Extra Special Islay Single Malt Scotch Whisky | 70cl | 95 | 0 | 0 | 18.50 |
| Bells Original Original | 1L | 95 | 0 | 0 | 20.50 |
| Morrisons Scotch Whisky | 70cl | 95 | 0 | 0 | 12.00 |
| Sainsbury's Blended Whisky | 1L | 95 | 0 | 0 | 16.00 |
| Sainsbury's Speyside Whisky, Taste the Difference | 70cl | 95 | 0 | 0 | 18.00 |
| High Commissioner Blended Scotch Whisky | 70cl | 95 | 0 | 0 | 13.50 |
| Johnnie Walker Red Label Blended Scotch Whisky | 70cl | 95 | 0 | 0 | 18.00 |
| Glen Moray Speyside Single Malt Scotch Whisky | 70cl | 95 | 0 | 0 | 20.00 |
| Sainsbury's Blackfriars Gin, Taste the Difference | 70 cl | 95 | 0 | 0 | 16.00 |
| Ungava Canadian Premium Gin | 29.5 | 99 | 0 | 0 | 27.00 |
| M Best Gin | 70 cl | 99 | 0 | 0 | 16.00 |
| Sainsbury's Honey Bourbon Liqueur | 70 cl | 100 | 0 | 0 | 13.50 |
| Sainsbury's Kentucky Bourbon Whiskey | 70 cl | 101 | 0 | 0 | 13.50 |
| ASDA London Dry Gin | 1 L | 107 | 0 | 0 | 14.95 |
| Bombay London Dry Gin | 1 L | 107 | 0 | 0 | 16.00 |
| Tanqueray London Dry Gin | 70 cl | 107 | 0 | 0 | 16.00 |
| Opihr Oriental Spiced London Dry Gin | 70 cl | 107 | 0 | 0 | 18.00 |
| Morrisons London Dry Gin | 70 cl | 107 | 0 | 0 | 11.00 |
| Gordon's Sloe Gin | 70 cl | 133 | 0 | 0 | 15.00 |

* Shows Per 40 ml shot

Supermarkets

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| 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.*