

SKY FOOD & DRINK PRICE COMPARISON

So you can see what great value we offer on all our food and drink items, we've created a list to show you how we compare to some of the high street outlets. We will update twice per year.

Product	SKY Price March 2018	High Street Price March 2018	High Street Benchmark
Live Well			
Bircher Muesli	£0.80	£2.25	Pret
Coconut Water	£1.00	£2.79	Pret
Fresh Juice	£0.80	£3.69	Pret
Blended Smoothie	£0.80	£3.79	Tossed
Freshly pressed juice / smoothie	£0.90	£2.15	Leon
Fruit Salad	£0.45	£2.69	Pret
Get Fruity Bar	£0.80	£1.55	Holland & Barrett
Granola & Yoghurt Pot	£0.80	£1.65	Pret
Live Well Cake	£0.80	£1.95	Costa
Live Well Cake (Small)	£0.45	£1.60	Pret
Live Well Cookie	£0.45	£1.45	Pret
LW Nuts/Dried Fruit Bag	£0.50	£1.45	Pret
Munchy Seeds	£0.80	£1.45	Pret
Naked Juice	£1.20	£2.75	Costa
NAKD Bar	£0.50	£0.99	Holland & Barrett
9 Bar	£0.60	£0.99	Holland & Barrett
Overnight Oats	£0.80	£1.99	Pret
Salad Pot Classic	£2.30	£4.75	Pret
Salad Pot	£2.60	£4.99	Pret
Classic Protein Pot	£0.50	£2.49	Pret
Premium Protein pot	£0.80	£2.69	Pret
Protein Pot 8oz	£1.00	£2.69	Pret
Handpicked Salad Sml	£1.30	£4.79	Tossed
Handpicked Salad Med	£1.85	£5.79	Tossed
Handpicked Salad Box	£2.40	£6.79	Tossed
Seeds, Nuts and Berries	£0.80	£1.45	Pret
Breakfast			
Avocado on Toast	£0.65	£4.50	Sourced Market
Bacon Bap	£1.05	£2.95	Pret

Bacon & Egg on Toast	£1.50	£5.25	Café Rouge
Big Breakfast	£2.10	£6.95	Cote
Breakfast Wrap	£2.10	£4.35	EAT.
Cheese n Tom Croissant	£1.05	£2.25	Pret
Croissant	£1.05	£1.60	Pret
Muffin - English	£0.25	£1.60	Pret
Omelette (2 fillings)	£1.05	£2.10	Leon
Danish/Pastry	£1.30	£1.60	Pret
Poached Eggs & Toast	£0.75	£4.95	Cote
Porridge with Toppings	£0.40	£4.50	Bills
Sausage Bap	£1.05	£4.25	Bills
Sausage & Egg on Toast	£1.50	£5.25	Café Rouge
Toast	£0.10	£3.50	Bills
Lunch & Dinner			
Soup - Veg	£0.40	£2.99	Eat.
Soup - Meat	£0.80	£3.59	Eat.
Light Main Meal	£1.60	£4.95	Eat.
Main Meal	£2.10	£6.95	Benugo
Main Meal	£2.60	£7.95	Benugo
Table service restaurant meal	£3.70	£12.50	Zizzi
Table service restaurant meal	£4.20	£12.95	Brownns
Hot Dessert	£1.30	£4.50	Cote
Dessert	£1.30	£5.50	Zizzi
Hotpot	£3.15	£4.95	Leon
Jacket Potato	£0.50	£3.50	Spudulike
Packaged Sandwich	£2.10	£3.49	Pret
Deli Sandwich	£2.10	£3.99	Subway
Deli Wrap	£2.10	£4.99	Tossed
Hot Sandwich	£2.75	£3.99	Pret
Vegetarian Sandwich	£2.10	£3.15	Pret
Ramen Pot	£3.15	£6.25	Itsu
Sushi	£2.60	£3.95	Wasabi
Sushi	£3.15	£6.00	Wasabi
Soft Drinks			
Diet Coke 330ml Can	£0.60	£2.95	Zizzi
Coke Zero 330ml Can	£0.60	£0.99	Pret
Coca-cola 330ml Can	£0.70	£0.99	Pret
Diet coke 500ml Bottle	£1.10	£1.65	Costa
Coke Zero 500ml Bottle	£1.10	£1.65	Costa
Coca-Cola 500ml bottle	£1.30	£1.65	Costa
Firefly	£1.30	£1.85	Benugo

Innocent Juice	£0.90	£1.85	Leon
Innocent Smoothie	£1.00	£2.40	Costa
Juicy Water 420ML	£1.30	£1.95	Costa
MANGAJO	£1.10	£2.15	Leon
Naked Smoothie	£1.20	£2.75	Costa
San Pellegrino	£0.80	£1.35	Benugo
Hot Drinks			
Cup of Tea / Bag	£0.65	£1.85	Costa
Extra Shot	£0.35	£0.45	Costa
Hot Chocolate	£1.05	£3.00	Costa
Piccolo	£0.35	£1.70	Café Nero
Herbal tea	£0.65	£3.00	Costa
Single Espresso	£0.35	£1.70	Starbucks
Double Espresso	£0.70	£2.00	Starbucks
Small Americano	£0.35	£1.95	Costa
Med Americano	£0.70	£2.30	Costa
Flat White	£1.00	£2.40	Costa
Sml Cappuccino/Latte	£1.05	£2.35	Starbucks
Med Cappuccino/Latte	£1.40	£2.70	Starbucks
Sml Mocha	£1.05	£2.95	Starbucks
Med Mocha	£1.40	£3.20	Starbucks
Flavoured Syrup	£0.15	£0.45	Starbucks
Crisps, Confectionary & Snacks			
Mars/Kit Kat/Bounty	£0.70	£1.20	Pret
Cookie	£1.30	£1.85	Costa
Cake	£1.30	£5.95	Zizzi
Polo's/Trebor Mints	£0.70	£0.99	Pret
Pop Chips	£0.55	£1.00	Wasabi
Propercorn	£0.60	£1.00	Wasabi
Sweet Bags	£1.30	£1.50	Pret
Walkers/McCoys	£0.50	£0.75	Pret
Wrigleys Chewing Gum	£0.50	£0.75	Pret