

Brand	Lidl Product	Pack Size	Lidl Price		Asda Brand	Asda Product	Pack Size	ASDA RETAIL PRICE		ASDA PRO RATA PRICE	SAVING
Freshona	Frozen Peas	900g	£1.15	£1.15/100g	ASDA	Frozen Peas	1000g	£1.56	£0.14/100g	1.4	£0.25
Dulano	Chicken Frankfurter Sausages	350g	£1.99	£1.99/100g	Herta	Chicken Frankfurter	350g	£2.62	£0.65/100g	2.6	£0.63
Deluxe	Wiltshire Breaded Cured Ham	120g	£2.09	£2.09/100g	ASDA Extra Special	Wiltshire Breaded Cured Ham	120g	£3.24	£2.57/100g	3.2	£1.15
Dulano	German Salami	135g	£0.99	£0.99/100g	ASDA	German Style Salami	115g	£1.25	£0.94/100g	1.5	£0.48
Deluxe	Chorizo	200g	£1.89	£1.89/100g	ASDA Exceptional	Chorizo	225g	£2.65	£1.06/100g	2.4	£0.47
Meadow Fresh	Houmous	200g	£0.99	£0.99/100g	ASDA	Classic Houmous	200g	£1.20	£0.64/100g	1.2	£0.21
Chef Select	Chicken & Gravy Pie	200g	£1.65	£1.65/100g	ASDA	Chicken & Gravy Shortcrust Pie	200g	£2.08	£1.04/100g	2.1	£0.43
Lighthouse Bay	Hot Smoked Salmon - Sweet Chilli	185g	£4.39	£4.39/100g	ASDA	Hot Smoked Salmon - Sweet Chilli	180g	£5.65	£3.14/100g	5.8	£1.42
Deluxe	Smoked Salmon	100g	£3.09	£3.09/100g	ASDA Extra Special	Smoked Salmon	100g	£4.75	£4.75/100g	4.8	£1.66
Ocean Sea	Smoked Haddock Assorted	400g	£4.19	£4.19/100g	ASDA	Smoked Haddock Fillets	320g	£6.00	£1.56/100g	7.5	£3.31
Woodcote	12 Medium Free Range Eggs	12each	£2.49	£2.49/each	ASDA	Medium Free Range Eggs	12each	£2.85	£0.23/each	2.9	£0.36
Bellarom	Italian Ground Coffee	227g	£2.59	£2.59/100g	ASDA	Italian Style Roasted Ground	227g	£3.47	£1.53/100g	3.5	£0.88
Newgate	Beef Stock Cubes	120g	£0.69	£0.69/100g	ASDA	Beef Stock Cubes	120g	£1.08	£0.98/100g	1.1	£0.39
Birchwood	Lean Turkey Mince	500g	£2.99	£2.99/100g	ASDA	Lean Turkey Mince	500g	£4.17	£0.70/100g	4.2	£1.18
Deluxe	Pork Sausages	400g	£2.49	£2.49/100g	ASDA Extra Special	6 Pork Sausages	400g	£3.17	£0.75/100g	3.2	£0.68
Lighthouse Bay	MSC Cod Fillets	250g	£4.99	£4.99/100g	ASDA	Flaky 2 Norwegian Cod Fillets	260g	£6.50	£2.78/100g	6.3	£1.26
Lighthouse Bay	Coldwater Prawns	150g	£1.99	£1.99/100g	ASDA	Cold Water Prawns	150g	£2.78	£1.85/100g	2.8	£0.79
Birchwood	Smoked Gammon Steaks	450g	£3.39	£3.39/100g	ASDA	Smoked Gammon Steaks	450g	£4.48	£0.88/100g	4.5	£1.09
Batts	Mint Sauce	180g	£0.59	£0.59/100g	ASDA	Mint Sauce	280g	£1.12	£0.49/100g	0.7	£0.13
Deluxe	Premium Coleslaw	300g	£1.39	£1.39/100g	ASDA Extra Special	Extra Special Coleslaw	300g	£1.85	£0.55/100g	1.9	£0.46
Meadow Fresh	Pineapple Chunks	300g	£1.49	£1.49/100g	ASDA	Juicy & Sweet Pineapple Chunks	400g	£2.28	£0.61/100g	1.7	£0.22
Nixe	Mackerel in Tomato Sauce	125g	£0.99	£0.99/100g	ASDA	inless & Boneless Mackerel Fillets in a Rich Tomato Sau	125g	£1.30	£0.76/100g	1.3	£0.31
Meadow Fresh	Microwave Vegetable Medley	240g	£1.79	£1.79/100g	ASDA	Microwave Vegetable Medley	250g	£2.50	£0.97/100g	2.4	£0.61
Deluxe	Medium Melton Mowbray Pork Pie	290g	£1.99	£1.99/100g	ASDA	Sharing Melton Mowbray Pork Pie	295g	£2.50	£0.85/100g	2.5	£0.47
Rowan Hill Bakery	8 Plain Tortilla Wraps	8each	£0.99	£0.99/each	ASDA	Tortillas	8each	£1.37	£0.18/each	1.4	£0.38
Meadow Fresh	Pineapple Chunks	300g	£1.49	£1.49/100g	ASDA	Juicy & Sweet Pineapple Chunks	400g	£2.28	£0.70/100g	1.7	£0.22
Rowan Hill Bakery	Poppadoms	8each	£1.09	£1.09/each	ASDA	8 Plain Poppadoms	8each	£1.14	£0.71/each	1.1	£0.05
Valley Spire	Wensleydale Cheese	250g	£1.85	£1.85/100g	ASDA	Wensleydale Mild & Crumbly	250g	£2.74	£1.13/100g	2.7	£0.89
Meadow Fresh	Greek Olives Garlic & Chilli	150g	£1.99	£1.99/100g	ASDA	Marinated Garlic & Herb Olives	150g	£2.98	£1.99/100g	3.0	£0.99
Dairy Manor	Dairy Manor UHT Semi Skimmed Milk 1.5%	1000ml	£0.95	£0.95/100ml	ASDA	Long Life Semi Skimmed Milk	1000ml	£1.34	£0.13/100ml	1.3	£0.39
Batts	Chilli Flakes	30g	£0.79	£0.79/100g	ASDA	Crushed Chillies	28g	£1.00	£3.57/100g	1.1	£0.28
Dulano	Frankfurter Sausages	350g	£1.99	£1.99/100g	Herta	Frankfurters Hot Dogs	350g	£2.62	£0.65/100g	2.6	£0.63
Deluxe	Multigrain Farmhouse Loaf	800g	£1.05	£1.05/100g	ASDA Extra Special	Multigrain Sliced Loaf	800g	£1.47	£0.18/100g	1.5	£0.42
Rowan Hill Bakery	Sesame Bagels	5each	£0.99	£0.99/each	New York Bakery Co	Sesame NYC Bagels	5each	£1.85	£0.71/each	1.9	£0.86
Alesto	Pumpkin Seeds	250g	£1.69	£1.69/100g	ASDA	Pumpkin Seeds	150g	£1.48	£0.80/100g	2.5	£0.78
Thai Curry	Thai Curry Pastes Massaman	200g	£1.39	£1.39/100g	ASDA	Massaman Paste	200g	£2.38	£1.20/100g	2.4	£0.99
Thai Curry	Thai Curry Pastes Thai Red	200g	£1.39	£1.39/100g	ASDA	Red Thai Curry Paste	200g	£2.50	£1.25/100g	2.5	£1.11
Green Giant	Green Giant Sweetcorn	594g	£2.19	£2.19/100g	Green Giant	Green Gian Sweetcorn	792g	£3.55	£0.42/100g	2.7	£0.47
Optipharma	Hayfever Tablets	30each	£0.89	£0.89/100g	ASDA	Hayfever Tablets	30each	£2.00	£0.17/ml	2.0	£1.11
Cien	Herbal Bath Assorted	750ml	£0.85	£0.85/100ml	ASDA	Muscle Ease Bath Soak	750ml	£1.24	£0.20/100ml	1.2	£0.39
Birchwood	Chicken Breast Mini Fillets	600g	£3.99	£3.99/100g	ASDA	Tender Chicken Breast Mini Fillets	650g	£4.97	£0.68/100g	4.6	£0.60
Baresa	Black Pitted Olives	160g	£0.89	£0.89/100ml	ASDA	Pitted Black Olives	165g	£1.25	£0.39/100ml	1.2	£0.32
Newgate	Chicken Stock Cubes	120g	£0.69	£0.69/100g	ASDA	Chicken Stock Cubes	120g	£1.08	£0.98/100g	1.1	£0.39
			£79.4							109.5	£30.1