



FACT SHEET

Malta Grocery Basket¹

Bakery	€
Brown sliced loaf, 600g	0.92
White sliced loaf, 600g	0.62
Maltese loaf, large, 700g	0.65
Ciabatta with olives	0.31
Ftira (local, round flat roll)	0.30
Dairy	
Milk 1Litre	0.72
Lurpak butter, 250g	1.76
Fresh cream, 180ml	0.52
Mozarella (soft, local) 250g	1.20
Spreadable margarine	1.15
Cheddar Cheese, 250g	1.70
Eggs, large Italian x 6	1.65

¹ Updated 1st November 2009.

Cans, Packets, Bottled Food	
Cirio whole tomatoes	0.80
Olive Oil, (Carapelli) 1Litre	6.00
Sagra Extra Virgin olive oil, 1 Litre	7.45
Barilla pasta, 500g	0.90
Risotto rice (Scotti), 500g	1.55
Long Grain Rice (Tilda), 500g	1.25
Barilla Flour, tipo00, 500	1.05
Greengrocery	
Potatoes (local/k)	0.50
Tomatoes (local/K)	1.50
Carrots (local/K)	1.10
Cabbage (local/K)	0.50
Oranges (imported)	1.10
Bananas (imported)	1.50
Apples (imported)	1.60

Meat (per Kilo)	
Ham, smoked gammon local, 250g	1.15
Chicken, whole fresh local	3.15
Chicken, whole frozen imported	3.50
Mince Beef, fresh local	7.00
Pork chops, fresh local	3.50
Beef fillet, fresh local	28.00
Pork Sausages, local	4.65
Frozen beef (Argentinian)	5.85
Bacon, local	5.85
Cereals	
Kelloggs Corn flakes, 500g	2.72
Kelloggs Special K, 500g	2.62
Pavi cornflakes, 375g	0.89
Weetabix Bitesize, 450g	2.81
Alpen Original Muesli, 625g	3.53
Cheerios, 375g	2.81
Frozen Foods	
Birds Eye Value Fish Fingers, 250g	1.70
Pizza Four Seasons 2-pack, 740g	5.04
Mixed frozen fruit, 450g	3.25
Birds' Eye 100% Beef burgers, 227g	3.28
Alberto Pizza x 2, 4 Seasons, 600g	5.25

Wine, Beer, Spirits	
Maltese Red, medium priced	3.50-4.50
Italian Chianti Classico Cecchi, 750ml	7.20
Italian, Montepulciano d'Abruzzo '05, 750ml	4.28
Italian, Asti Spumante Conte di Cavour, 75cl	5.61
French Rose d'Anjou, 75cl	4.08
Beers	
Cisk Excel, 50cl can 6-pack	6.35
Cisk Blue Label, 33cl cans, 6-pack	5.24
Heineken, 50cl x 4 pack	4.52
Guinness, 44cl, 4-pack	7.52
Becks, 50cl can	1.11
Budweiser, 47.3cl can	0.97
Tea & Coffee	
PG Tips 160 Tea Bags, 500g	4.31
Lavazza Qualita' Rossa 250g	2.21
Nescafe Gold Blend, 200g	6.40
Soft Drinks	
Local sparkling, Fontana 6x1,500ml	2.10
Perrier, sparkling 75cl, (Glass)	1.02
Local still, Fontana, 6x2L	2.33
San Benedetto Aqua Nat 2Litre	0.58
Pfanner Orange juice, 1L	1.40

Baby	
Pampers Baby-Dr 2MN 3-6K (32)	8.99
Velluto Baby Wipes 72p	1.79
J&J Baby Lotion, 200ml	3.16
J&J Baby Powder, 500ml	4.95
Household & Toiletries	
Andrex Toilet paper x 4	2.95
Scottex Kitchen paper x 2 rolls	2.34
Persil Non-Bio liquid, 1.5Litre	5.65
Persil Powder Original, 2.85kilo	9.96
Fairy Liquid detergent, 650ml	3.69
Fairy Liquid, 450ml	1.90
Cif Cream cleaner, 500ml	1.75
Johnsons Toilet Duck, 750ml	1.90
Jeyes Bleach 3-pack, 750ml each	3.03
Colgate Max White, 100ml	2.38