

Item	Penalty	Description
Black tea	1p	1 tea bag
Green or fruit tea	5p	1 tea bag
Instant coffee	18.9p	1 mug: 2 teaspoons / 12 g
Ground coffee	20.6p	1 mug: 2 teaspoons / 11 g
Milk	1p	1 tablespoon / 15 ml
Soy milk	10.3p	1 tablespoon / 15 ml
Almond milk	13.4p	1 tablespoon / 15 ml
Oat milk	11.9p	1 tablespoon / 15 ml
Salt	0.4p	1 pinch = 0.35 g
Sugar	0.3p	1 tsp = 4.2 g
Bread	3.7p	1 thin slice of a sliced bread loaf - x2 if the slice is thick
Cheese slice	18p	Per slice
Ham	9.7p	Per slice
Mixed weight eggs	13p	Per item
Medium egg	14p	Per item
Large egg	16p	Per item
Penne pasta / Fusilli	7.6p	Per person - 80g
Spaghetti	11p	Per person - 80g
Rice	12.4p	Per person - 75g
Butter	11p	1 slice of bread
Grated cheese	14p	1 portion on pasta - make this triple for a sandwich