

## Supermarket Friday Blues

Every Friday night I take my life in to my hands,  
When I go down to the supermarket to fetch those bottles and cans.  
Reaching for a basket like a fast man with a gun,  
I get a stabbing pain in my backside from a woman with a trolley on the run.

Chorus

Supermarket Friday blues: enough to turn a sober man to booze.

So heading for those fruit desserts the kids say I must buy,  
I reach up for a strawberry moose and I get one in the eye.  
Half blinded by those strawberries I'm groping for the cream;  
But I don't know just what I'm touching 'till I hear a woman scream!

Chorus



And those meat balls they're a calling me but they're running out real fast,  
And with all these crazy women well I'm bound to get there last;  
So playing mean and dirty I spill some oil on the floor,  
And twenty trolleys skid out of control and crash straight through the door!

Chorus

And every trolley that I choose somehow is always cursed.  
'Cos when I push 'em forward they just go in reverse!  
There's a screeching of the wheels that sets my teeth on edge;  
I'm like a grand prix driver who's carrying fruit and veg.

Chorus

Now some men they like crunchy nuts and some like buttered toast,  
But my wife knows each morning I've got to have my oats!  
But I can't see them anywhere so I ask a woman nearby,  
And she says "This is discount week, so it's half price if you try!"

Chorus

Well I never knew fish had fingers or potatoes played croquet.  
I've seen drumsticks on them chickens but I've yet to hear them play.  
Is parsley doing thyme? Can a salmon really rock?  
And do scotch eggs come from the hens of a whisky drinking cock.

Chorus

Well finally you make it to that check-out at the end,  
And all your bag of goodies down the conveyor belt you send.  
But the cashier she's the whiz kid, the Queen Bee of the store,  
And she rounds 'em up and heads 'em out and they all fall on the floor!

Chorus

Music and Lyrics © Alan Kingshott

Footnote: Those readers who have heard Scarlet & Lace perform this song in public will know that the supermarket in question was the sadly missed Sainsbury store in Greenford. The song was used in Roy Castle's Christmas Record Breakers show on BBC 1 and was also performed by Scarlet & Lace on a number of Radio 2 shows. The song remains one of their most requested numbers and is one they always enjoy singing.

