



FRESH FOOD COMP CHECK

DECEMBER 1 2021

MEAT COMP CHECK

PRODUCT	COLES	WOW	COLES DOWN DOWN WOW PRICE DROP
BEEF			
Eye Fillet Steak	48.00 kg	48.50 kg	
Scotch Fillet Steak	30.00 kg Special	42.50 kg	
Porterhouse Steak	37.00 kg	37.00 kg	
T-Bone Steak	27.00 kg	27.00 kg	
Rump Steak	27.00 kg	24.00 kg Special	
Round Steak	N.A	19.00 kg	
Oyster Blade Steak	22.50 kg	22.50 kg	
Gravy Beef	17.00 kg Special	19.00 kg	
Chuck Stewing Steak	19.00 kg	18.50 kg	
Blade Roast	17.00 kg	17.00 kg	
1st Grade Beef Mince	18.00 kg	18.00 kg	
Regular Mince	15.00 kg	15.00 kg	
Corned Silverside	10.00 kg	10.00 kg	
LAMB			
Lamb Leg Roast	14.00 kg	14.00 kg	
Lamb Cutlets	42.00 kg	42.00 kg	
Lamb Loin Chops	21.00 kg Special	27.00 kg	
Forequarter BBQ Chops	17.00 kg	15.00 kg Special	
Lamb Leg Boneless	20.00 kg	20.00 kg	
PORK			
Boneless Pork Leg Roast	7.50 kg Special	10.00 kg	
Pork Loin Chops	17.00 kg	17.00 kg	
Pork Spare Ribs	14.50 kg Special	20.00 kg	
Half Leg Ham	8.50 kg	8.50 kg	CHRISTMAS HAM
POULTRY			
Chicken Thigh Fillets	12.00 kg	12.00 kg	Bulk Buy
Chicken Drumsticks	4.00 kg	4.00 kg	Bulk Buy
Chicken Breast Fillets	9.50 kg	9.50 kg	Bulk Buy
Whole Fresh Chickens	3.90 kg	3.90 kg	PD DD

DELI COMP CHECK

PRODUCT	COLES	WOW	COLES DOWN DOWN WOW PRICE DROP
Breast Fillets	8.50 kg Special	8.00 kg Special	
Thigh Fillets	11.50 kg Special	10.50 kg Special	
Drumsticks	3.50 kg Special	2.90 kg Special	
Wings	6.00 kg	6.00 kg	
Middle Bacon	11.00 kg Special	13.00 kg	
Short Cut Bacon	16.00 kg	14.00 kg Special	
Streaky Bacon	17.00 kg	16.00 kg Special	
Leg Ham Off the Bone	31.50 kg	31.50 kg	
Roast Pork	25.00 kg	25.00 kg	
Salami Mild or Hot	28.00 kg Special	31.50 kg	
Silverside	18.00 kg	18.00 kg	
Roast Beef	27.00 kg	27.00 kg	
Turkey Breast	28.00 kg	28.00 kg	
Kabana	3.70 EA	21.00 kg	
Saveloys	8.50 kg	11.00 kg	
Cocktail Saveloys	8.00 kg	8.00 kg	
Thin Frankfurts	8.00 kg	8.00 kg	
Champagne Ham	19.00 kg	19.00 kg	DD PD
Hickory Smoked Leg Ham	27.00 kg		
Hot BBQ Chickens Family Size	10.00 EA	10.00 EA	
Triple Smoked Leg Ham		23.00 kg	
Devon	8.60 kg	8.60 kg	
Chicken Loaf	14.00 kg	14.00 kg	
Chicken Breast Cooked	19.00 kg	18.50 kg Special	
Don Loin Ham	24.00 kg Special		
Honey Leg Ham	27.00 kg	27.00 kg	



FRESH COMP CHECK - COLES & WOOLWORTHS

DATE: 2/12/21		COLES			WOOLWORTHS			COMMENTS
Products	Unit	Price	Special	Origin	Price	Special	Origin	
Apples - Golden Delicious	kg	\$4.90			\$4.90			
Apples - Granny Smith	kg	\$3.90			\$3.90			
Apples Red - Royal Gala	kg	\$3.90				\$3.50		
Apples Red - Fuji	kg	Na			\$4.50			
Apricots	kg		\$7.90			\$6.90		
Avocadoes	ea	1 For \$1.50	3 for \$4	Hass	\$1.30			Hass
Bananas	kg	\$3.50			\$3.50			
Cherries	kg		\$17.50		\$18.50			
Grapes Green	kg	\$10.90			\$11.90			
Grapes Red	kg		\$8.90			\$8.90		
Lemons	kg	1 For \$1.9	3For \$5		\$4.90			
Mandarins	kg	\$3.50		Afourer	\$3.50			Afourer
Mangoes	ea	\$2.50		Kensington		\$2.50		Kensington
Nectarines	kg		\$3.80			\$3.80		
Oranges Navel	kg		\$4.00		\$4.90		Aus	
Oranges Valencia	kg	NA			NA			
Oranges Valencia 3kg Bag	ea	\$8.50			\$6.50			
Peaches	kg		\$3.90			\$3.90		
Plums	kg	NA			NA			
Raspberries	pun		\$5.50			\$4.00		
Strawberries	pun		\$3.00			\$3.00		
Watermelon	kg		\$2.50		\$2.50			
Asparagus	Bun	1 For \$2.50	2 for \$4		\$2.50		/aus	
Broccoli	kg	\$7.90			\$7.50			
Cabbage Green	ea	\$5.90			\$7.00			
Cabbage Red	ea	\$5.90			\$7.00			
Capsicum Green	kg	\$9.90			\$9.90			
Capsicum Red	kg	\$13.90			\$13.90			
Carrots	kg	\$2.20			\$2.20			
Cauliflower	ea	\$5.50			\$5.50			
Lettuce Iceberg	ea		\$1.80		\$3.00			
Mushrooms Brown	kg	\$14.50			\$14.00			
Mushrooms White	kg	\$12.50			\$11.00			
Onions Loose	kg	\$3.00			\$3.00			
Potatoes Brushed Loose	kg	\$4.00			\$3.50			
Potatoes Brushed Packed	bag	\$6.00			\$7.00			
Potatoes Washed Loose	kg	\$4.00			\$4.00			
Potatoes Washed Packed	kg	\$7.00			\$7.00			
Pumpkin - Butternut	kg	\$3.90			\$3.90			
Pumpkin - Grey	kg	na			\$3.90			
Pumpkin - Kent	kg	\$3.90			\$3.90			
Tomatoes Gourmet	kg	\$9.90			\$8.90			
Tomatoes Truss	kg		\$3.90		\$4.90			
Zucchini	kg	\$9.90			\$9.90			

