



FRESH FOOD COMP CHECK

NOVEMBER 3 2021

MEAT COMP CHECK

PRODUCT	COLES	WOW	COLES DOWN DOWN WOW PRICE DROP
BEEF			
Eye Fillet Steak	46.50 kg	46.50 kg	
Scotch Fillet Steak	41.00 kg	38.30 kg	
Porterhouse Steak	37.00 kg	37.00 kg	
T-Bone Steak	27.00 kg	27.00 kg	
Rump Steak	27.00 kg	27.00 kg	
Round Steak	N.A	19.00 kg	
Oyster Blade Steak	22.50 kg	22.50 kg	
Gravy Beef	18.00 kg	18.00 kg	
Chuck Stewing Steak	14.00 kg Special	18.00 kg	
Blade Roast	15.00 kg	15.00 kg	PD
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	12.50 kg Special	
Lamb Cutlets	42.00 kg	42.00 kg	
Lamb Loin Chops	27.00 kg	22.00 kg Special	
Forequarter BBQ Chops	14.00 kg Special	17.00 kg	
Lamb Leg Boneless	20.00 kg	20.00 kg	
PORK			
Boneless Pork Leg Roast	8.50 kg	8.50 kg	PD
Pork Loin Chops	17.00 kg	17.00 kg	
Pork Spare Ribs	20.00 kg	17.00 kg Special	
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	9.50 kg	8.00 kg Special	
Thigh Fillets	12.00 kg	12.00 kg	
Drumsticks	4.00 kg	2.90 kg Special	
Wings	6.00 kg	6.00 kg	
Middle Bacon	13.00 kg	13.00 kg	
Short Cut Bacon	14.00 kg	14.00 kg	DD PD
Streaky Bacon	16.00 kg Special	16.00 kg Special	
Leg Ham Off the Bone	26.50 kg Special	26.00 kg Special	
Roast Pork	25.00 kg	25.00 kg	
Salami Mild or Hot	31.50 kg	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	2.90 EA Special	21.00 kg	
Saveloys	8.50 kg	11.00 kg	
Cocktail Saveloys	8.00 kg	6.50 kg Special	
Thin Frankfurts	8.00 kg	6.50 kg Special	
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		20.00 kg Special	
Devon	8.60 kg	8.60 kg	
Chicken Loaf	14.00 kg	14.00 kg	
Chicken Breast Cooked	19.00 kg	19.00 kg	
Premium Leg Ham	24.00 kg Special		
Honey Leg Ham	27.00 kg	27.00 kg	



FRESH COMP CHECK - COLES & WOOLWORTHS

DATE: 3/11/21		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	NA			NA			
Avocados	ea	1 For \$1.5	3 For \$4	Hass		\$1.00		Hass
Bananas	kg	\$3.50			\$3.50			
Cherries	kg	NA			NA			
Grapes Green	kg	\$10.90			\$13.90		USA	
Grapes Red	kg	\$9.90			NA		USA	
Lemons	kg	1 For \$1.8	3 For \$4		\$4.90			
Mandarins	kg		\$2.00	Afourer	\$2.90			Afourer
Mangoes	ea	\$2.50		Calypso		\$1.90		Calypso
Nectarines	kg	NA			\$8.90			
Oranges Navel	kg		\$3.00		\$3.50		Aus	
Oranges Valencia	kg	NA			NA			
Oranges Valencia 3kg Bag	ea	\$7.90			\$6.50			
Peaches	kg	NA			\$8.90			
Plums	kg	NA			NA			
Raspberries	pun		\$5.00		NA			
Strawberries	pun	\$3.90				\$3.50		
Watermelon	kg		\$2.50			\$2.50		
Asparagus	Bun		\$2.00		\$1.50		Mexico/Aus	
Broccoli	kg	\$5.90			\$5.00			
Cabbage Green	ea	\$5.90			\$7.00			
Cabbage Red	ea	\$6.50			\$7.00			
Capsicum Green	kg	\$8.90			\$8.90			
Capsicum Red	kg	\$11.90			\$11.90			
Carrots	kg	\$2.20			\$2.20			
Cauliflower	ea		\$3.50		\$4.50			
Lettuce Iceberg	ea		\$2.00			\$2.00		
Mushrooms Brown	kg	\$14.50			na			
Mushrooms White	kg	\$11.50			\$11.00			
Onions Loose	kg	\$3.00			\$3.00			
Potatoes Brushed Loose	kg	\$4.00			\$3.50			
Potatoes Brushed Packed	bag		\$4.00		\$7.00			
Potatoes Washed Loose	kg	\$4.00			\$4.00			
Potatoes Washed Packed	kg	\$7.00			\$7.00			
Pumpkin - Butternut	kg	\$3.50			\$3.90			
Pumpkin - Grey	kg	na			\$3.90			
Pumpkin - Kent	kg	\$3.50			\$3.90			
Tomatoes Gourmet	kg	\$8.90			NA			
Tomatoes Truss	kg		\$4.90			\$3.90		
Zucchini	kg	\$7.90			\$7.90			

