



# FRESH FOOD COMP CHECK

FEBRUARY 8 2023

## MEAT COMP CHECK

| PRODUCT                 | COLES            | WOW              | COLES DOWN DOWN<br>WOW PRICE DROP |
|-------------------------|------------------|------------------|-----------------------------------|
| BEEF                    |                  |                  |                                   |
| Eye Fillet Steak        | 46.00 kg Special | 52.00 kg         |                                   |
| Scotch Fillet Steak     | 43.00 kg         | 43.00 KG         |                                   |
| Porterhouse Steak       | 40.00 kg         | 40.00 kg         |                                   |
| T-Bone Steak            | 30.00 kg         | 30.00 kg         |                                   |
| Rump Steak              | 30.00 kg         | 30.00 kg         |                                   |
| Oyster Blade Steak      | 25.90 kg         | 25.00 kg         |                                   |
| Gravy Beef              | 19.00 kg         | 19.00 kg         |                                   |
| Chuck Stewing Steak     | 20.00 kg         | 20.00 kg         |                                   |
| Topside Roast           | 18.00 kg         | 18.00 kg         |                                   |
| 1st Grade Beef Mince    | 19.00 kg         | 19.00 kg         |                                   |
| Regular Mince           | 14.00 kg         | 14.00 kg         |                                   |
| Corned Silverside       | 12.00 kg         | 12.00 kg         |                                   |
| LAMB                    |                  |                  |                                   |
| Lamb Leg Roast          | 15.00 kg         | 15.00 kg         |                                   |
| Lamb Cutlets            | 38.00 kg Special | 43.00 kg         |                                   |
| Lamb Loin Chops         | 28.00 kg         | 21.00 kg Special |                                   |
| Forequarter BBQ Chops   | 19.00 kg         | 19.00 kg         |                                   |
| Lamb Leg Boneless       | 20.00 kg         | 20.00 kg         |                                   |
| PORK                    |                  |                  |                                   |
| Boneless Pork Leg Roast | 9.00 kg Special  | 9.00 kg Special  |                                   |
| Pork Loin Chops         | 17.00 kg Special | 20.00 kg         |                                   |
| Pork Spare Ribs         | 18.00 kg Special | 19.00 kg Special |                                   |
| CHICKEN                 |                  |                  |                                   |
| Chicken Thigh Fillets   | 13.50 kg         | 13.50 kg         | Bulk Buy                          |
| Chicken Drumsticks      | 4.00 kg          | 4.00 kg          | Bulk Buy                          |
| Chicken Breast Fillets  | 10.50 kg         | 10.50 kg         | Bulk Buy                          |
| Whole Fresh Chickens    | 5.00 kg          | 5.00 kg          |                                   |

DELI COMP CHECK

| PRODUCT                      | COLES            | WOW              | COLES DOWN DOWN<br>WOW PRICE DROP |
|------------------------------|------------------|------------------|-----------------------------------|
| Breast Fillets               | 9.00 kg Special  | 10.50 kg         |                                   |
| Thigh Fillets                | 13.50 kg         | 13.50 kg         |                                   |
| Drumsticks                   | 5.00 kg          | 5.00 kg          |                                   |
| Wings                        | 7.00 kg          | 7.00 kg          |                                   |
| Middle Bacon                 | 15.00 kg         | 12.80 kg Special |                                   |
| Short Cut Bacon              | 15.00 kg Special | 18.00 kg         |                                   |
| Streaky Bacon                | 18.00 kg         | 18.00 kg         |                                   |
| Leg Ham Off the Bone         | 29.00 kg Special | 29.00 kg Special |                                   |
| Roast Pork                   | 25.00 kg         | 25.00 kg         |                                   |
| Salami Mild or Hot           | 34.50 kg         | 35.00 kg         |                                   |
| Silverside                   | 23.00 kg         | 23.00 kg         |                                   |
| Roast Beef                   | 32.00 kg         | 32.00 kg         |                                   |
| Turkey Breast                | 28.00 kg         | 28.00 kg         |                                   |
| Kabana                       | 3.30 EA Special  | 22.50 kg         |                                   |
| Saveloys                     | 9.50 kg          | 13.50 kg         |                                   |
| Cocktail Saveloys            | 7.30 kg Special  | 9.00 kg          |                                   |
| Thin Frankfurts              | 7.30 kg Special  | 9.00 kg          |                                   |
| Champagne Ham                | 18.00 kg Special | 20.00 kg Special |                                   |
| Honey Leg Ham                | 27.00 kg         |                  |                                   |
| Hot BBQ Chickens Family Size | 11.00 EA         | 11.00 EA         |                                   |
| Virginian Leg Ham            | 21.00 kg Special |                  |                                   |
| Devon                        | 9.60 kg          | 9.85 kg          |                                   |
| Chicken Loaf                 | 15.00 kg         | 15.00 kg         |                                   |
| Chicken Breast Cooked        | 19.00 kg         | 19.00 kg         |                                   |
| Premium Leg Ham              | 25.00 kg Special | 25.00 kg Special |                                   |
| Hickory Smoked Leg Ham       | 29.00 kg         |                  |                                   |
| Triple Smoked Leg Ham        |                  | 22.50 kg         |                                   |
|                              |                  | Special          |                                   |

# FRESH COMP CHECK - COLES & WOOLWORTHS

| DATE: 8/02/23             |     | COLES       |           |       | WOOLWORTHS |        |  | COMMENTS     |
|---------------------------|-----|-------------|-----------|-------|------------|--------|--|--------------|
| Apples - Golden Delicious | kg  | na          |           |       | \$4.90     |        |  |              |
| Apples - Granny Smith     | kg  | \$4.90      |           |       | \$4.90     |        |  |              |
| Apples Red - Royal Gala   | kg  | \$5.90      |           |       | \$5.90     |        |  |              |
| Apples Red - Fuji         | kg  | Na          |           |       | \$5.50     |        |  |              |
| Apricots                  | kg  | Na          |           |       | na         |        |  |              |
| Avocadoes                 | ea  | \$3.00      |           | Hass  | \$3.00     |        |  | Hass         |
| Bananas                   | kg  | \$4.00      |           |       | \$4.50     |        |  |              |
| Cherries                  | kg  | \$16.90     |           |       | \$16.90    |        |  |              |
| Grapes Green              | kg  |             | \$5.90    |       |            | \$6.90 |  |              |
| Grapes Red                | kg  | \$6.50      |           |       | \$6.50     |        |  |              |
| Lemons                    | kg  | 1 for \$1.5 | 3 for \$4 |       | \$8.90     |        |  |              |
| Mandarins                 | kg  | \$11.90     |           |       | \$11.40    |        |  | Imported usa |
| Mangoes                   | ea  | 3..9        |           | H G   | \$3.90     |        |  | Honey gold   |
| Nectarines                | kg  |             | \$3.40    |       |            | \$3.90 |  |              |
| Oranges Navel             | kg  | \$8.90      |           |       | \$7.50     |        |  | USA          |
| Oranges Valencia          | kg  | \$4.90      |           |       | \$3.50     |        |  |              |
| Oranges Valencia 3kg Bag  | ea  |             | \$6.50    | Navel | \$6.90     |        |  | Navel        |
| Peaches                   | kg  |             | \$3.80    |       |            | \$3.90 |  |              |
| Plums                     | kg  | \$5.90      |           |       |            | \$4.90 |  |              |
| Raspberries               | pun |             | \$3.00    |       |            | \$3.50 |  |              |
| Strawberries              | pun |             | \$2.40    |       |            | \$3.50 |  |              |
| Watermelon                | kg  |             | \$1.90    |       |            | \$2.90 |  |              |
|                           |     |             |           |       |            |        |  |              |
| Asparagus                 | Bun | \$4.50      |           |       | \$3.90     |        |  |              |
| Broccoli                  | kg  | \$5.50      |           |       | \$5.40     |        |  |              |
| Cabbage Green             | ea  |             | \$4.90    |       | \$3.50     | 1/2    |  |              |
| Cabbage Red               | ea  |             | \$4.90    |       | \$3.50     | 1/2    |  |              |
| Capsicum Green            | kg  | \$8.90      |           |       | \$8.90     |        |  |              |
| Capsicum Red              | kg  | \$8.90      |           |       | \$8.90     |        |  |              |
| Carrots                   | kg  | \$2.50      |           |       | \$2.50     |        |  |              |
| Cauliflower               | ea  | \$5.50      |           |       | \$4.50     |        |  |              |
| Lettuce Iceberg           | ea  |             | \$2.90    |       | \$2.90     |        |  |              |
| Mushrooms Brown           | kg  | \$16.90     |           |       | \$13.90    |        |  |              |
| Mushrooms White           | kg  | \$12.90     |           |       | \$12.50    |        |  |              |
| Onions Loose              | kg  | \$3.00      |           |       | \$3.00     |        |  |              |
| Potatoes Brushed Loose    | kg  | \$4.00      |           |       | \$4.50     |        |  |              |
| Potatoes Brushed Packed   | bag | \$7.00      |           |       | \$7.50     |        |  |              |
| Potatoes Washed Loose     | kg  | \$4.00      |           |       | \$4.50     |        |  |              |
| Potatoes Washed Packed    | kg  | \$7.50      |           |       | \$7.80     |        |  |              |
| Pumpkin - Butternut       | kg  | \$4.00      |           |       | \$4.00     |        |  |              |
| Pumpkin - Grey            | kg  | na          |           |       | \$3.90     |        |  |              |
| Pumpkin - Kent            | kg  | \$3.90      |           |       | \$3.90     |        |  |              |
| Tomatoes Gourmet          | kg  | \$6.90      |           |       | \$6.90     |        |  |              |
| Tomatoes Truss            | kg  | \$4.90      |           |       |            | \$2.90 |  |              |
| Zucchini                  | kg  |             | \$4.90    |       | \$5.90     |        |  |              |