



FRESH FOOD COMP CHECK

JANUARY 11 2023

FRESH COMP CHECK - COLES & WOOLWORTHS

DATE: 11/01/23		COLES			WOOLWORTHS			COMMENTS
Apples - Golden Delicious	kg	\$4.90			\$4.90			
Apples - Granny Smith	kg	\$4.90			\$4.90			
Apples Red - Royal Gala	kg	\$4.90			\$5.90			
Apples Red - Fuji	kg	Na			\$4.90			
Apricots	kg	Na			\$9.90			
Avocadoes	ea	\$2.50		Hass	\$2.50			Hass
Bananas	kg	\$4.00			\$4.00			
Cherries	kg		\$15.90		na			
Grapes Green	kg		\$8.50			\$7.90	USA	
Grapes Red	kg	\$9.90			na		USA	
Lemons	kg	1 for \$1.8	3 for \$5		\$9.90			
Mandarins	kg	\$14.90			\$14.90			Imported usa
Mangoes	ea		\$2.00	Calypso		\$2.90		Honey gold
Nectarines	kg	\$4.90				\$4.50		
Oranges Navel	kg		\$3.90		\$9.00			USA
Oranges Valencia	kg	na			\$3.50			
Oranges Valencia 3kg Bag	ea	\$6.90		Navel	\$6.90			Navel
Peaches	kg		\$3.50			\$3.50		
Plums	kg	\$9.90			\$6.90			
Raspberries	pun		\$3.50			\$4.00		
Strawberries	pun		\$2.00		\$3.90			
Watermelon	kg	\$3.90			\$3.90			
Asparagus	Bun	\$4.50			\$3.90			
Broccoli	kg	\$5.50			\$4.90			
Cabbage Green	ea		\$4.90		\$7.00			
Cabbage Red	ea		\$4.90		\$3.50	1/2		
Capsicum Green	kg	\$9.90			\$9.90			
Capsicum Red	kg	\$12.90			\$12.90			
Carrots	kg	\$2.50			\$2.50			
Cauliflower	ea		\$3.50			\$3.90		
Lettuce Iceberg	ea		\$3.50		\$2.90			
Mushrooms Brown	kg	\$16.90			\$14.50			
Mushrooms White	kg	\$12.90			\$11.90			
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			\$7.50			
Pumpkin - Butternut	kg	\$4.00				\$2.90		
Pumpkin - Grey	kg	na			\$3.90			
Pumpkin - Kent	kg		\$2.50			\$2.90		
Tomatoes Gourmet	kg	\$5.50			\$5.50			
Tomatoes Truss	kg		\$2.90			\$3.90		
Zucchini	kg		\$4.90		na			

MEAT COMP CHECK

PRODUCT	COLES	WOW	COLES DOWN DOWN WOW PRICE DROP
BEEF			
Eye Fillet Steak	52.00 kg	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	15.00 kg Special	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	21.00 kg Special	28.00 kg	
Forequarter BBQ Chops	19.00 kg	19.00 kg	
Lamb Leg Boneless	16.00 kg Special	20.00 kg	
PORK			
Boneless Pork Leg Roast	9.00 kg Special	11.00 kg	
Pork Loin Chops	20.00 kg	20.00 kg	
Pork Spare Ribs	18.00 kg Special	21.00 kg	
CHICKEN			
Chicken Thigh Fillets	13.00 kg	13.00 kg	Bulk Buy
Chicken Drumsticks	5.00 kg	5.00 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 WOW PRICE DROP
Breast Fillets	10.50 kg	10.50 kg	
Thigh Fillets	13.00 kg	12.00 kg Special	
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	18.00 kg	18.00 kg	
Streaky Bacon	17.00 kg	17.00 kg	
Leg Ham Off the Bone	29.00 kg Special	35.00 kg	
Roast Pork	25.00 kg	25.00 kg	
Salami Mild or Hot	33.00 kg	31.00 kg Special	
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	22.00 kg	22.00 kg	
Honey Leg Ham	27.00 kg		
Hot BBQ Chickens Family Size	11.00 EA	11.00 EA	
Virginian Leg Ham	24.00 kg		
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	
Natural Smoked Leg Ham	24.00 kg Special		
Triple Smoked Leg Ham		21.50 kg Special	
Tasmanian Salmon	29.50 kg	33.00 kg	
Portions Skin On	Special		