



FRESH FOOD COMP CHECK

MAY 11 2022

FRESH COMP CHECK - COLES & WOOLWORTHS

DATE: 11/05/22		COLES			WOOLWORTHS			COMMENTS
Products	Unit	Price	Special	Origin	Price	Special	Origin	
Apples - Golden Delicious	kg	\$4.90			\$4.90			
Apples - Granny Smith	kg	\$4.90				\$3.90		
Apples Red - Royal Gala	kg		\$2.90			\$2.90		
Apples Red - Fuji	kg	Na			\$4.50			
Apricots	kg	na			na			
Avocados	ea		\$1.80	Shep	\$1.60			Shepard
Bananas	kg	\$3.90			\$3.90			
Cherries	kg	na			na			
Grapes Green	kg	\$5.00			\$4.90			
Grapes Red	kg		\$3.50		\$4.90			
Lemons	kg	1For \$1.20	3 For \$3		\$5.90			
Mandarins	kg		\$2.90			\$3.50		Imperial
Mangoes	ea	na			na			
Nectarines	kg	na			na			
Oranges Navel	kg	\$5.90				\$3.50	USA	
Oranges Valencia	kg	na			\$2.90			
Oranges Valencia 3kg Bag	ea	\$8.50				\$7.90		Navel
Peaches	kg	na			na			
Plums	kg	na			\$4.50			
Raspberries	pun		\$4.50		\$4.50			
Strawberries	pun	\$5.00			\$6.50			
Watermelon	kg		\$2.50		\$3.50			
Asparagus	Bun		\$2.50		\$3.50		/aus	
Broccoli	kg		\$4.90			\$4.50		
Cabbage Green	ea	\$5.90			\$7.00			
Cabbage Red	ea	\$7.00			\$7.00			
Capsicum Green	kg	\$10.90			\$10.90			
Capsicum Red	kg	\$14.90			\$14.90			
Carrots	kg	\$2.20			\$2.20			
Cauliflower	ea	\$5.00			\$4.50			
Lettuce Iceberg	ea	\$4.80			\$4.50			
Mushrooms Brown	kg	\$14.50			\$14.50			
Mushrooms White	kg	\$11.50			\$11.50			
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	\$4.50			No tag			
Pumpkin - Grey	kg	na			\$4.90			
Pumpkin - Kent	kg		\$1.40		\$3.90			
Tomatoes Gourmet	kg	\$9.90			\$8.90			
Tomatoes Truss	kg	\$9.90			\$9.90			
Zucchini	kg		\$4.50			\$4.50		

MEAT COMP CHECK

PRODUCT	COLES	WOW	COLES DOWN DOWN WOW PRICE DROP
BEEF			
Eye Fillet Steak	51.00 kg	52.00 kg	
Scotch Fillet Steak	43.00 kg	39.00 kg Special	
Porterhouse Steak	40.00 kg	40.00 kg	
T-Bone Steak	30.00 kg	30.00 kg	
Rump Steak	27.00 kg Special	30.00 kg	
Oyster Blade Steak	22.50 kg	25.00 kg	
Gravy Beef	19.00 kg	19.00 kg	
Chuck Stewing Steak	21.00 kg	21.00 kg	
Blade Roast	16.00 kg	16.00 kg	
1st Grade Beef Mince	19.00 kg	19.00 kg	
Regular Mince	16.00 kg	16.00 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	28.00 kg	
Forequarter BBQ Chops	19.00 kg	17.00 kg Special	
Lamb Leg Boneless	18.00 kg Special	20.00 kg	
PORK			
Boneless Pork Leg Roast	9.00 kg	9.00 kg	PD
Pork Loin Chops	18.00 kg	18.00 kg	
Pork Spare Ribs	18.00 kg Special	21.00 kg	
CHICKEN			
Chicken Thigh Fillets	12.00 kg	12.50 kg	Bulk Buy
Chicken Drumsticks	4.50 kg	4.50 kg	Bulk Buy
Chicken Breast Fillets	10.00 kg	10.00 kg	Bulk Buy
Whole Fresh Chickens	4.50 kg	4.50 kg	

DELI COMP CHECK

PRODUCT	COLES	WOW	COLES DOWN DOWN WOW PRICE DROP
Breast Fillets	10.00 kg	10.00 kg	
Thigh Fillets	12.50 kg	11.50 kg Special	
Drumsticks	4.00 kg Special	3.50 kg Special	
Wings	6.50 kg	6.50 kg	
Middle Bacon	13.00 kg	13.00 kg	
Short Cut Bacon	17.00 kg	14.00 kg Special	
Streaky Bacon	17.00 kg	17.00 kg	
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	28.00 kg Special	31.50 kg	
Silverside	23.00 kg	23.00 kg	
Roast Beef	28.00 kg	28.00 kg	
Turkey Breast	26.00 kg Special	28.00 kg	
Kabana	3.70 EA	21.00 kg	
Saveloys	7.60 kg Special	11.00 kg	
Cocktail Saveloys	6.50 kg Special	8.00 kg	
Thin Frankfurts	6.50 kg Special	8.00 kg	
Champagne Ham	18.00 kg Special	20.00 kg	
Honey Leg Ham	24.00 kg		
Hot BBQ Chickens Family Size	11.00 EA	11.00 EA	
Virginian 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	19.00 kg	
Premium Leg Ham	23.00 kg Special	23.00 kg Special	
Triple Smoked Leg Ham		20.00 kg Special	