



FRESH FOOD COMP CHECK

OCTOBER 12 2022

FRESH COMP CHECK - COLES & WOOLWORTHS

DATE: 12/10/22		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			\$4.90			
Apples Red - Royal Gala	kg		\$3.90		\$4.50			
Apples Red - Fuji	kg	Na			\$4.50			
Apricots	kg	na			na			
Avocados	ea	\$1.80		Hass	\$2.00			Hass
Bananas	kg		\$4.50			\$2.00		
Cherries	kg	na			na			
Grapes Green	kg	\$11.90				\$10.90	USA	
Grapes Red	kg		\$9.90		\$11.90		USA	
Lemons	kg	1 For \$1.2	3 for \$3		\$5.90			
Mandarins	kg		\$2.90	Afourer		\$2.90		Afourer
Mangoes	ea	\$3.50			\$3.90			Kensington
Nectarines	kg	na			na			
Oranges Navel	kg		\$2.90		\$3.50			
Oranges Valencia	kg	na			na			
Oranges Valencia 3kg Bag	ea	\$6.50		Navel		\$5.90		Navel
Peaches	kg	na			na			
Plums	kg	na			na			
Raspberries	pun		\$5.50		na			
Strawberries	pun	\$3.50			na			
Watermelon	kg		\$1.90			\$2.50		
Asparagus	Bun		\$1.00			\$1.50		
Broccoli	kg	\$4.50			\$6.90			
Cabbage Green	ea	\$6.50			\$9.90			
Cabbage Red	ea	\$6.50			\$4.95	1/2		
Capsicum Green	kg	\$6.90			\$7.90			
Capsicum Red	kg		\$6.90		\$7.90			
Carrots	kg	\$2.50			\$2.50			
Cauliflower	ea	\$4.90			\$4.90			
Lettuce Iceberg	ea		\$2.90			\$2.40		
Mushrooms Brown	kg	\$14.50				\$11.90		
Mushrooms White	kg		\$10.50			\$9.90		
Onions Loose	kg	\$3.00			\$3.00			
Potatoes Brushed Loose	kg	\$4.00			\$4.00			
Potatoes Brushed Packed	bag	\$6.00			\$7.00			
Potatoes Washed Loose	kg	\$4.00			\$4.50			
Potatoes Washed Packed	kg		\$5.00			\$6.00		
Pumpkin - Butternut	kg		\$3.00		\$4.00			
Pumpkin - Grey	kg	na			\$3.90			
Pumpkin - Kent	kg	\$3.90				\$2.90		
Tomatoes Gourmet	kg		\$5.90			\$6.90		
Tomatoes Truss	kg	\$6.90				\$5.90		
Zucchini	kg	\$5.90			\$6.90			