



FRESH FOOD COMP CHECK

JULY 13 2022

FRESH COMP CHECK - COLES & WOOLWORTHS

DATE: 13/07/22		COLES			WOOLWORTHS			COMMENTS
Products	Unit	Price	Special	Origin	Price	Special	Origin	
Apples - Golden Delicious	kg	\$4.90			\$4.90			
Apples - Granny Smith	kg	\$3.50			\$3.90			
Apples Red - Royal Gala	kg		\$3.50			\$3.50		
Apples Red - Fuji	kg	Na			\$4.50			
Apricots	kg	na			na			
Avocados	ea		\$1.00	Hass	\$1.20			Hass
Bananas	kg	\$3.90			\$3.50			
Cherries	kg	na			na			
Grapes Green	kg	\$16.90			Na			
Grapes Red	kg	\$16.90			\$5.90			
Lemons	kg	1 For \$1.2	3 for \$3			\$4.90		
Mandarins	kg		\$2.80		\$3.00			Imperial
Mangoes	ea	na			na			
Nectarines	kg	na			na			
Oranges Navel	kg	\$2.90			\$3.90		USA	
Oranges Valencia	kg	na			na			
Oranges Valencia 3kg Bag	ea		\$5.50	Navel		\$4.90		Navel
Peaches	kg	na			na			
Plums	kg	na			na			
Raspberries	pun	\$6.90			\$7.50			
Strawberries	pun		\$6.50		\$6.50			
Watermelon	kg	\$3.50			\$3.50			
Asparagus	Bun		\$2.90		\$3.00		Mexico	
Broccoli	kg	\$5.90			\$5.90			
Cabbage Green	ea	\$6.50			Na			
Cabbage Red	ea	\$6.50			Na			
Capsicum Green	kg	\$9.90				\$7.90		
Capsicum Red	kg	\$12.90				\$8.90		
Carrots	kg	\$2.50			\$2.50			
Cauliflower	ea	\$4.90			\$4.90			
Lettuce Iceberg	ea	\$6.50			\$6.90			
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			\$4.50			
Pumpkin - Grey	kg	na			\$4.90			
Pumpkin - Kent	kg		\$1.40		\$3.50			
Tomatoes Gourmet	kg	\$8.90			\$8.90			
Tomatoes Truss	kg	\$9.90			\$9.90			
Zucchini	kg	\$10.90			\$10.90			

MEAT COMP CHECK

PRODUCT	COLES	WOW	COLES DOWN DOWN WOW PRICE DROP
BEEF			
Eye Fillet Steak	45.00 kg Special	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	26.00 kg Special	30.00 kg	
Oyster Blade Steak	25.83 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	16.00 kg	16.00 kg	
Corned Silverside	12.00 kg	12.00 kg	
LAMB			
Lamb Leg Roast	15.00 kg	13.50 kg Special	
Lamb Cutlets	40.00 kg Special	43.00 kg	
Lamb Loin Chops	21.00 kg Special	28.00 kg	
Forequarter BBQ Chops	19.00 kg	18.00 kg Special	
Lamb Leg Boneless	20.00 kg	20.00 kg	
PORK			
Boneless Pork Leg Roast	9.00 kg	9.00 kg	PD
Pork Loin Chops	18.00 kg	16.50 kg Special	
Pork Spare Ribs	18.00 kg Special	21.00 kg	
CHICKEN			
Chicken Thigh Fillets	12.50 kg	12.50 kg	Bulk Buy
Chicken Drumsticks	4.00 kg	4.00 kg	Bulk Buy
Chicken Breast Fillets	10.00 kg	10.00 kg	Bulk Buy
Whole Fresh Chickens	4.50 kg	3.50 kg Special	
Nichols			
Nichols Bocconini	8.00 kg		
Chicken Breast Fillets	19.00 kg		
Chicken Thigh Fillets	16.00 kg		
Honey Soy Stir Fry	19.00 kg		
Whole Birds	7.50 kg		

DELI COMP CHECK

PRODUCT	COLES	WOW	COLES DOWN DOWN WOW PRICE DROP
Breast Fillets	10.00 kg	10.00 kg	
Thigh Fillets	13.00 kg	12.50 kg	
Drumsticks	4.00 kg Special	3.00 kg Special	
Wings	5.00 kg Special	5.50 kg	
Middle Bacon	14.00 kg	14.00 kg	
Short Cut Bacon	17.00 kg	15.00 kg Special	
Streaky Bacon	17.00 kg	17.00 kg	
Leg Ham Off the Bone	33.50 kg	33.50 kg	
Roast Pork	25.00 kg	25.00 kg	
Salami Mild or Hot	31.50 kg	29.00 kg Special	
Silverside	24.50 kg	23.00 kg	
Roast Beef	34.00 kg	32.00 kg	
Turkey Breast	26.00 kg Special	28.00 kg	
Kabana	3.70 EA	22.50 kg	
Saveloys	9.00 kg	12.00 kg	
Cocktail Saveloys	8.40 kg	6.90 kg Special	
Thin Frankfurts	8.40 kg	6.90 kg Special	
Champagne Ham	20.00 kg	18.50 kg Special	
Honey Leg Ham	20.00 kg Special		
Hot BBQ Chickens Family Size	11.00 EA	11.00 EA	
Virginian Leg Ham	23.00 kg		
Devon	9.00 kg	9.00 kg	
Chicken Loaf	14.00 kg	14.00 kg	
Chicken Breast Cooked	19.00 kg	19.00 kg	
Premium Leg Ham	25.00 kg Special	25.00 kg Special	
Triple Smoked Leg Ham		20.00 kg Special	