



FRESH FOOD COMP CHECK

NOVEMBER 16 2022

FRESH COMP CHECK - COLES & WOOLWORTHS

DATE: 16/11/22		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			\$3.90		
Apples Red - Fuji	kg	Na			\$4.50			
Apricots	kg		\$12.90		\$14.90			
Avocados	ea		\$2.00	Hass	\$2.00			Hass
Bananas	kg	\$3.50			\$3.50			
Cherries	kg	na			na			
Grapes Green	kg	\$12.50			\$10.90		USA	
Grapes Red	kg	\$11.90			\$9.90		USA	
Lemons	kg	1 for \$1.50	3 for \$4		\$6.90			
Mandarins	kg		\$3.00	Amour	na			Tangold
Mangoes	ea		\$2.00			\$2.50		Kensington
Nectarines	kg		\$7.90		\$9.90			
Oranges Navel	kg		\$2.90		\$3.50			
Oranges Valencia	kg	na			na			
Oranges Valencia 3kg Bag	ea	\$7.90		Navel	\$6.90			Navel
Peaches	kg		\$8.90		na			
Plums	kg	na			na			
Raspberries	pun	\$5.90			no tag			
Strawberries	pun		\$3.00		na			
Watermelon	kg		\$2.90		\$2.90			
Asparagus	Bun	\$2.00			\$2.00			
Broccoli	kg	\$6.90			\$5.90			
Cabbage Green	ea		\$4.90		\$9.90			
Cabbage Red	ea		\$4.90		\$4.95	1/2		
Capsicum Green	kg	\$9.90			\$9.90			
Capsicum Red	kg	\$12.90			\$12.90			
Carrots	kg	\$2.50			\$2.50			
Cauliflower	ea		\$4.50		no tag			
Lettuce Iceberg	ea	\$2.90			\$2.90			
Mushrooms Brown	kg	\$15.90			\$14.50			
Mushrooms White	kg	\$12.50			\$11.50	\$9.50		
Onions Loose	kg	\$3.00			\$3.00			
Potatoes Brushed Loose	kg	\$4.00			\$4.00			
Potatoes Brushed Packed	bag	\$6.00			\$7.50			
Potatoes Washed Loose	kg	\$4.00			\$4.50			
Potatoes Washed Packed	kg	\$7.50			\$7.50			
Pumpkin - Butternut	kg	\$3.90				\$2.50		
Pumpkin - Grey	kg	na			\$3.90			
Pumpkin - Kent	kg		\$2.40			\$2.50		
Tomatoes Gourmet	kg	\$7.90			\$7.90			
Tomatoes Truss	kg		\$3.90			\$3.90		
Zucchini	kg	\$7.90			\$7.90			