



FRESH FOOD COMP CHECK

OCTOBER 19 2022

FRESH COMP CHECK - COLES & WOOLWORTHS

DATE: 19/10/22		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			\$3.90		
Apples Red - Fuji	kg	Na			\$4.50			
Apricots	kg	na			na			
Avocados	ea		\$1.80	Hass	\$2.00			Hass
Bananas	kg		\$4.50		\$4.00			
Cherries	kg	na			na			
Grapes Green	kg		\$9.90		\$10.90		USA	
Grapes Red	kg		\$9.90			\$9.90	USA	
Lemons	kg	1 For \$1.5	3 for \$4		\$5.90			
Mandarins	kg	\$3.90		Afourer	\$3.90			Afourer
Mangoes	ea		\$2.90			\$2.90		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	\$6.50			Navel
Peaches	kg	na			na			
Plums	kg	na			na			
Raspberries	pun	\$6.50			na			
Strawberries	pun	\$3.50			na			
Watermelon	kg		\$1.90			\$1.90		
Asparagus	Bun		\$1.00			\$1.50		
Broccoli	kg	\$4.90			\$5.50			
Cabbage Green	ea		\$4.90		\$9.90			
Cabbage Red	ea		\$4.90		\$4.95	1/2		
Capsicum Green	kg	\$6.90			\$7.90			
Capsicum Red	kg	\$7.90			\$7.90			
Carrots	kg	\$2.50			\$2.50			
Cauliflower	ea		\$3.50			\$2.90		
Lettuce Iceberg	ea		\$2.00		\$2.50			
Mushrooms Brown	kg	\$14.50				\$11.50		
Mushrooms White	kg	\$12.50			\$11.50			
Onions Loose	kg	\$3.00			\$3.00			
Potatoes Brushed Loose	kg	\$4.00			\$4.00			
Potatoes Brushed Packed	bag		\$4.00		\$7.00			
Potatoes Washed Loose	kg	\$4.00			\$4.50			
Potatoes Washed Packed	kg	\$7.50			na			
Pumpkin - Butternut	kg		\$2.50			\$2.90		
Pumpkin - Grey	kg	na			\$3.90			
Pumpkin - Kent	kg	\$3.50				\$2.90		
Tomatoes Gourmet	kg	\$6.90			\$7.90			
Tomatoes Truss	kg		\$5.90			\$4.90		
Zucchini	kg	\$5.90			\$6.90			