



# FRESH FOOD COMP CHECK

MARCH 23 2022

## MEAT COMP CHECK

| PRODUCT                 | COLES            | WOW              | COLES DOWN DOWN<br>WOW PRICE DROP |
|-------------------------|------------------|------------------|-----------------------------------|
| <b>BEEF</b>             |                  |                  |                                   |
| Eye Fillet Steak        | 51.00 kg         | 52.00 kg         |                                   |
| Scotch Fillet Steak     | 43.00 kg         | 43.00 kg         |                                   |
| Porterhouse Steak       | 40.00 kg         | 37.00 kg Special |                                   |
| T-Bone Steak            | 30.00 kg         | 30.00 kg         |                                   |
| Rump Steak              | 30.00 kg         | 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         |                                   |
| <b>LAMB</b>             |                  |                  |                                   |
| Lamb Leg Roast          | 15.00 kg         | 15.00 kg         |                                   |
| Lamb Cutlets            | 43.00 kg         | 38.00 kg Special |                                   |
| Lamb Loin Chops         | 23.00 kg Special | 28.00 kg         |                                   |
| Forequarter BBQ Chops   | 19.00 kg         | 16.00 kg Special |                                   |
| Lamb Leg Boneless       | 20.00 kg         | 20.00 kg         |                                   |
| <b>PORK</b>             |                  |                  |                                   |
| Boneless Pork Leg Roast | 10.00 kg         | 10.00 kg         |                                   |
| Pork Loin Chops         | 18.00 kg         | 18.00 kg         |                                   |
| Pork Spare Ribs         | 21.00 kg         | 18.00 kg Special |                                   |
| <b>POULTRY</b>          |                  |                  |                                   |
| 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<br>WOW PRICE DROP |
|------------------------------|------------------|------------------|-----------------------------------|
| Breast Fillets               | 9.50 kg Special  | 10.00 kg         |                                   |
| Thigh Fillets                | 12.00 kg         | 11.50 kg Special |                                   |
| Drumsticks                   | 4.00 kg Special  | 3.50 kg Special  |                                   |
| Wings                        | 6.50 kg          | 6.50 kg          |                                   |
| Middle Bacon                 | 11.00 kg Special | 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         | 26.00 kg Special | 26.50 kg Special |                                   |
| Roast Pork                   | 25.00 kg         | 25.00 kg         |                                   |
| Salami Mild or Hot           | 29.00 kg Special | 31.50 kg         |                                   |
| Silverside                   | 20.00 kg         | 20.00 kg         | DD                                |
| Roast Beef                   | 28.00 kg         | 28.00 kg         |                                   |
| Turkey Breast                | 25.00 kg Special | 28.00 kg         |                                   |
| Kabana                       | 3.70 kg          | 21.00 kg         |                                   |
| Saveloys                     | 8.50 kg          | 11.00 kg         |                                   |
| Cocktail Saveloys            | 6.50 kg Special  | 8.00 kg          |                                   |
| Thin Frankfurts              | 6.50 kg Special  | 8.00 kg          |                                   |
| Champagne Ham                | 20.00 kg         | 20.00 kg         | DD                                |
| Hickory Smoked Leg Ham       | 27.00 kg         |                  |                                   |
| Hot BBQ Chickens Family Size | 10.00 EA         | 11.00 EA         |                                   |
| Virginian Leg Ham            | 20.00 kg Special |                  |                                   |
| 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              | 24.00 kg Special | 23.00 kg Special |                                   |
| Triple Smoked Leg Ham        |                  | 20.00 kg Special |                                   |



# FRESH COMP CHECK - COLES & WOOLWORTHS

| DATE: 23/03/22            |      | COLES       |          |        | WOOLWORTHS |         |        | COMMENTS |
|---------------------------|------|-------------|----------|--------|------------|---------|--------|----------|
| Products                  | Unit | Price       | Special  | Origin | Price      | Special | Origin |          |
| Apples - Golden Delicious | kg   | na          |          |        | \$4.90     |         |        |          |
| Apples - Granny Smith     | kg   | \$3.90      |          |        | \$3.90     |         |        |          |
| Apples Red - Royal Gala   | kg   |             | \$3.50   |        | \$3.50     |         |        |          |
| Apples Red - Fuji         | kg   | Na          |          |        |            | \$4.00  |        |          |
| Apricots                  | kg   | na          |          |        | na         |         |        |          |
| Avocados                  | ea   |             | \$1.30   | Hass   | \$1.40     |         |        | Hass     |
| Bananas                   | kg   |             | \$2.50   |        | \$2.50     |         |        |          |
| Cherries                  | kg   | na          |          |        | na         |         |        |          |
| Grapes Green              | kg   | \$3.50      |          |        |            | \$3.50  |        |          |
| Grapes Red                | kg   |             | \$3.80   |        | na         |         |        |          |
| Lemons                    | kg   | 1 For \$1.3 | 3For \$3 |        | \$5.90     |         |        |          |
| Mandarins                 | kg   | \$10.50     |          |        | \$14.90    |         |        |          |
| Mangoes                   | ea   | na          |          |        | na         |         |        |          |
| Nectarines                | kg   | \$3.90      |          |        | \$3.90     |         |        |          |
| Oranges Navel             | kg   |             | \$5.90   |        |            | \$5.90  | USA    |          |
| Oranges Valencia          | kg   | \$4.90      |          |        | \$2.90     |         |        |          |
| Oranges Valencia 3kg Bag  | ea   | \$6.90      |          |        | \$6.50     |         |        |          |
| Peaches                   | kg   | \$3.90      |          |        | \$3.90     |         |        |          |
| Plums                     | kg   | \$4.50      |          |        |            | \$3.50  |        |          |
| Raspberries               | pun  |             | \$4.00   |        |            | \$4.00  |        |          |
| Strawberries              | pun  | \$3.90      |          |        |            | \$3.50  |        |          |
| Watermelon                | kg   |             | \$1.90   |        | \$1.90     |         |        |          |
|                           |      |             |          |        |            |         |        |          |
| Asparagus                 | Bun  | \$3.50      |          |        | no tag     |         | /aus   |          |
| Broccoli                  | kg   |             | \$4.50   |        | \$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   | \$13.90     |          |        | \$14.90    |         |        |          |
| Carrots                   | kg   | \$2.20      |          |        | \$2.50     |         |        |          |
| Cauliflower               | ea   |             | \$3.50   |        | \$5.00     |         |        |          |
| Lettuce Iceberg           | ea   | \$4.00      |          |        |            | \$2.90  |        |          |
| 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  |             | \$4.00   |        | \$7.00     |         |        |          |
| Potatoes Washed Loose     | kg   | \$4.00      |          |        | \$4.00     |         |        |          |
| Potatoes Washed Packed    | kg   | \$7.00      |          |        | \$7.00     |         |        |          |
| Pumpkin - Butternut       | kg   | \$4.90      |          |        | \$4.50     |         |        |          |
| Pumpkin - Grey            | kg   | na          |          |        | \$3.90     |         |        |          |
| Pumpkin - Kent            | kg   | \$4.00      |          |        | \$3.90     |         |        |          |
| Tomatoes Gourmet          | kg   | \$6.90      |          |        | \$6.90     |         |        |          |
| Tomatoes Truss            | kg   | \$7.90      |          |        | \$7.90     |         |        |          |
| Zucchini                  | kg   | \$7.90      |          |        | \$7.90     |         |        |          |

