



FRESH FOOD COMP CHECK

OCTOBER 19 2022

FRESH COMP CHECK - COLES & WOOLWORTHS

DATE: 26/10/22		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		\$3.50			
Cherries	kg	na			na			
Grapes Green	kg	\$10.50			\$10.90		USA	
Grapes Red	kg	\$10.50				\$9.90	USA	
Lemons	kg	\$1.33			\$5.90			
Mandarins	kg	\$3.90		Afourer		\$3.50		Afourer
Mangoes	ea		\$2.50		\$3.90			Kensington
Nectarines	kg	na			na			
Oranges Navel	kg	\$3.50			\$3.50			
Oranges Valencia	kg	na			na			
Oranges Valencia 3kg Bag	ea		\$5.50	Navel	\$5.90			Navel
Peaches	kg	na			na			
Plums	kg	na			na			
Raspberries	pun	\$5.90			\$6.00			
Strawberries	pun	\$3.50			\$3.50			
Watermelon	kg		\$2.50			\$1.90		
Asparagus	Bun		\$1.00			\$1.50		
Broccoli	kg		\$3.50		\$4.90			
Cabbage Green	ea		\$4.90		\$9.90			
Cabbage Red	ea		\$4.90		\$4.95	1/2		
Capsicum Green	kg	\$8.90			\$7.90			
Capsicum Red	kg	\$9.90			\$9.90			
Carrots	kg	\$2.50			\$2.50			
Cauliflower	ea		\$4.50		\$4.90			
Lettuce Iceberg	ea		\$1.90			\$1.90		
Mushrooms Brown	kg	\$15.90			\$14.50			
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			\$7.00			
Pumpkin - Butternut	kg		\$2.50		\$4.00			
Pumpkin - Grey	kg	na			\$3.90			
Pumpkin - Kent	kg	\$3.50			\$3.90			
Tomatoes Gourmet	kg	\$6.90			\$7.90			
Tomatoes Truss	kg		\$4.90			\$3.90		
Zucchini	kg	\$5.90			\$6.90			

MEAT COMP CHECK

PRODUCT	COLES	WOW	COLES DOWN DOWN WOW PRICE DROP
BEEF			
Eye Fillet Steak	52.00 kg	52.00 kg	
Scotch Fillet Steak	43.00 kg	43.00 KG	
Porterhouse Steak	40.00 kg	40.00 kg	
T-Bone Steak	30.00 kg	30.00 kg	
Rump Steak	26.00 kg Special	25.00 kg Special	
Oyster Blade Steak	25.90 kg	25.00 kg	
Gravy Beef	19.00 kg	19.00 kg	
Chuck Stewing Steak	18.00 kg Special	20.00 kg	
Topside Roast	18.00 kg	18.00 kg	
1st Grade Beef Mince	19.00 kg	19.00 kg	
Regular Mince	14.00 kg	14.00 kg	
Corned Silverside	10.00 kg Special	12.00 kg	
LAMB			
Lamb Leg Roast	10.00 kg Special	12.00 kg Special	
Lamb Cutlets	43.00 kg	43.00 kg	
Lamb Loin Chops	28.00 kg	20.00 kg Special	
Forequarter BBQ Chops	15.00 kg Special	19.00 kg	
Lamb Leg Boneless	20.00 kg	20.00 kg	
PORK			
Boneless Pork Leg Roast	11.00 kg	11.00 kg	
Pork Loin Chops	14.00 kg Special	18.00 kg	
Pork Spare Ribs	21.00 kg	19.00 kg Special	
CHICKEN			
Whole Fresh Chickens	4.50 kg	4.50 kg	
Chicken Thigh Fillets	13.00 kg	13.00 kg	Bulk Buy
Chicken Drumsticks	5.00 kg	5.00 kg	Bulk Buy
Chicken Breast Fillets	10.50 kg	10.50 kg	Bulk Buy
Nichols Bocconini	8.00 kg		
Chicken Breast Fillets Nichols	19.00 kg		
Chicken Thigh Fillets Nichols	16.00 kg		
Honey Soy Stir Fry Nichols	20.00 kg		
Whole Birds Nichols	7.50 kg		

DELI COMP CHECK

PRODUCT	COLES	WOW	COLES DOWN DOWN WOW PRICE DROP
Breast Fillets	10.50 kg	9.00 kg Special	
Thigh Fillets	13.00 kg	13.00 kg	
Drumsticks	4.00 kg Special	4.50 kg Special	
Wings	4.00 kg Special	6.00 kg	
Middle Bacon	14.00 kg	14.00 kg	
Short Cut Bacon	15.00 kg Special	17.00 kg	
Streaky Bacon	17.00 kg	17.00 kg	
Leg Ham Off the Bone	33.00 kg	28.00 kg Special	
Roast Pork	22.50 kg Special	25.00 kg	
Salami Mild or Hot	33.00 kg	29.00 kg Special	
Silverside	24.50 kg	23.00 kg	
Roast Beef	34.00 kg	32.00 kg	
Turkey Breast	28.00 kg	28.00 kg	
Kabana	3.90 EA	22.50 kg	
Saveloys	9.00 kg	12.00 kg	
Cocktail Saveloys	8.40 kg	8.40 kg	
Thin Frankfurts	8.40 kg	8.40 kg	
Champagne Ham	19.00 kg Special	21.00 kg	
Honey Leg Ham	24.00 kg		
Hot BBQ Chickens Family Size	11.00 EA	11.00 EA	
Virginian Leg Ham	24.00 kg		
Devon	9.00 kg	9.00 kg	
Chicken Loaf	15.00 kg	15.00 kg	
Chicken Breast Cooked	19.00 kg	19.00 kg	
Premium Leg Ham	25.00 kg Special	25.00 kg Special	
Hickory Smoked Ham	24.00 kg Special		
Triple Smoked Leg Ham		21.50 kg Special	