



FRESH FOOD COMP CHECK

MARCH 30 2022

FRESH COMP CHECK - COLES & WOOLWORTHS

DATE: 30/03/22		COLES			WOOLWORTHS			COMMENTS
Products	Unit	Price	Special	Origin	Price	Special	Origin	
Apples - Golden Delicious	kg		\$5.00		\$4.90			
Apples - Granny Smith	kg	\$3.90			\$3.90			
Apples Red - Royal Gala	kg		\$3.50		\$3.90			
Apples Red - Fuji	kg	Na				\$2.90		
Apricots	kg	na			na			
Avocados	ea		\$1.30	Hass		\$1.20		Shepard
Bananas	kg	\$3.00			\$3.90			
Cherries	kg	na			na			
Grapes Green	kg		\$3.40			\$4.90		
Grapes Red	kg	\$5.00				\$4.90		
Lemons	kg	1 For \$1.3	3For \$3		\$5.90			
Mandarins	kg	\$10.50			\$7.90			
Mangoes	ea	na			na			
Nectarines	kg	\$3.90			\$3.90			
Oranges Navel	kg	\$6.90				\$6.90	USA	
Oranges Valencia	kg	\$4.90			\$2.90			
Oranges Valencia 3kg Bag	ea		\$6.00		\$6.50			
Peaches	kg	\$3.90			\$3.90			
Plums	kg		\$3.50		\$4.50			
Raspberries	pun		\$4.00			\$4.00		
Strawberries	pun		\$3.50		\$6.90			
Watermelon	kg		\$1.90		\$2.90			
Asparagus	Bun	\$3.50			\$3.50		aus	
Broccoli	kg	\$5.50			\$5.00			
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			\$12.90			
Carrots	kg	\$2.20			\$2.50			
Cauliflower	ea	\$6.50			\$6.00			
Lettuce Iceberg	ea	\$4.00			\$4.00			
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	\$4.90			\$4.50			
Pumpkin - Grey	kg	na			\$4.90			
Pumpkin - Kent	kg		\$2.00		\$3.90			
Tomatoes Gourmet	kg	\$7.90			\$6.90			
Tomatoes Truss	kg	\$7.90			\$7.90			
Zucchini	kg	\$6.90			\$7.50			