



FRESH FOOD COMP CHECK

NOVEMBER 30 2022

FRESH COMP CHECK - COLES & WOOLWORTHS

DATE: 30/11/22		COLES			WOOLWORTHS			COMMENTS
Apples - Golden Delicious	kg	\$4.90			\$4.90			
Apples - Granny Smith	kg	\$4.90			\$4.90			
Apples Red - Royal Gala	kg		\$4.50			\$3.90		
Apples Red - Fuji	kg	Na			\$4.50			
Apricots	kg		\$12.90		\$14.90			
Avocados	ea	\$2.50		Hass	\$2.20			Hass
Bananas	kg	\$3.90			\$3.90			
Cherries	kg	na			na			
Grapes Green	kg		\$9.90			\$9.90	USA	
Grapes Red	kg	\$11.90			\$11.90		USA	
Lemons	kg	1 for \$1.50	3 for \$4			\$6.90		
Mandarins	kg		\$3.50	Amour	na			Tangold
Mangoes	ea		\$2.90			\$2.00		Kensington
Nectarines	kg	\$7.90			\$6.90			
Oranges Navel	kg		\$3.50		\$2.90			
Oranges Valencia	kg	na			na			
Oranges Valencia 3kg Bag	ea	\$7.90		Navel		\$6.50		Navel
Peaches	kg		\$4.90			\$6.90		
Plums	kg	na			na			
Raspberries	pun		\$4.50			\$5.00		
Strawberries	pun		\$3.00		\$5.90			
Watermelon	kg	\$3.90			\$3.50			
Asparagus	Bun	\$1.80			\$2.50			
Broccoli	kg	\$9.90			\$6.90			
Cabbage Green	ea		\$4.90		\$7.00			
Cabbage Red	ea		\$4.90		\$1.75	1/2		
Capsicum Green	kg	\$9.90			\$10.90			
Capsicum Red	kg	\$14.90			\$14.90			
Carrots	kg	\$1.90			\$2.50			
Cauliflower	ea	\$5.90			\$4.90			
Lettuce Iceberg	ea		\$2.00		\$2.90			
Mushrooms Brown	kg	\$15.90				\$11.90		
Mushrooms White	kg	\$12.90			\$11.50			
Onions Loose	kg	\$3.00			\$3.00			
Potatoes Brushed Loose	kg	\$4.00			na			
Potatoes Brushed Packed	bag	\$6.00			na			
Potatoes Washed Loose	kg	\$4.00			na			
Potatoes Washed Packed	kg	\$7.50			na			
Pumpkin - Butternut	kg	\$3.50				\$2.50		
Pumpkin - Grey	kg	na			\$3.90			
Pumpkin - Kent	kg		\$2.50		\$3.90			
Tomatoes Gourmet	kg	\$5.50			\$7.90			
Tomatoes Truss	kg		\$3.90			\$4.90		
Zucchini	kg	\$6.90			\$7.90			

MEAT COMP CHECK

PRODUCT	COLES	WOW	COLES DOWN DOWN WOW PRICE DROP
BEEF			
Eye Fillet Steak	"48.00 kg Special"	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	30.00 kg	30.00 kg	
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	12.00 kg	12.00 kg	
LAMB			
Lamb Leg Roast	15.00 kg	"13.00 kg Special"	
Lamb Cutlets	"33.00 kg Special"	43.00 kg	
Lamb Loin Chops	28.00 kg	"20.00 kg Special"	
Forequarter BBQ Chops	19.00 kg	19.00 kg	
Lamb Leg Boneless	"18.00 kg Special"	20.00 kg	
PORK			
"Boneless Pork Leg Roast Boneless"	"9.00 kg Special"	11.00 kg	
Pork Loin Chops	18.00 kg	18.00 kg	
Pork Spare Ribs	21.00 kg	21.00 kg	
CHICKEN			
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	6.60 kg Special		
Chicken Breast Fillets Nichols	"15.50 kg Special"		
Chicken Thigh Fillets Nichols	16.00 kg		
Honey Soy Stir Fry Nichols	"18.00 kg Special"		
Whole Birds Nichols	7.50 kg		
Whole Fresh Chickens	5.00 kg	5.00 kg	

DELI COMP CHECK

PRODUCT	COLES	WOW	COLES DOWN DOWN WOW PRICE DROP
Breast Fillets	9.50 kg Special	10.50 kg	
Thigh Fillets	13.00 kg	12.00 kg Special	
Drumsticks	5.00 kg	5.00 kg	
Wings	7.00 kg	7.00 kg	
Middle Bacon	12.50 kg Special	15.00 kg	
Short Cut Bacon	17.00 kg	15.00 kg Special	
Streaky Bacon	17.00 kg	17.00 kg	
Leg Ham Off the Bone	33.00 kg	33.00 kg	
Roast Pork	25.00 kg	25.00 kg	
Salami Mild or Hot	29.00 kg Special	33.00 kg	
Silverside	17.50 kg Special	23.00 kg	
Roast Beef	29.50 kg Special	32.00 kg	
Turkey Breast	28.00 kg	28.00 kg	
Kabana	3.70 EA	22.50 kg	
Saveloys	9.30 kg	13.50 kg	
Cocktail Saveloys	9.00 kg	8.40 kg	
Thin Frankfurts	9.00 kg	8.40 kg	
Champagne Ham	22.00 kg	19.00 kg Special	
Honey Leg Ham	24.00 kg		
"Hot BBQ Chickens Family Size"	11.00 EA	11.00 EA	
Virginian Leg Ham	20.00 kg Special		
Devon	9.60 kg	9.85 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	28.00 kg		
Triple Smoked Leg Ham		21.50 kg Special	
Red Gum Leg Ham	26.00 kg Special		