



FRESH FOOD COMP CHECK

MARCH 17 2021

MEAT COMP CHECK

PRODUCT	COLES	WOW	COLES DOWN DOWN WOW PRICE DROP
BEEF			
Eye Fillet Steak	45.00 kg	45.00 kg	
Scotch Fillet Steak	39.00 kg	39.00 kg	
Porterhouse Steak	36.00 kg	36.00 kg	
T-Bone Steak	26.00 kg	23.00 kg	
Special		24.00 kg Special	
Rump Steak	27.00 kg	27.00 kg	
Round Steak	N.A	19.00 kg	
Oyster Blade Steak	20.00 kg	20.00 kg	
Gravy Beef	18.00 kg	18.00 kg	
Chuck Stewing Steak	18.00 kg	18.00 kg	
Blade Roast	15.00 kg	15.00 kg	PD
1st Grade Beef Mince	16.00 kg	16.00 kg	
Regular Mince	13.00 kg	13.00 kg	
Corned Silverside	9.00 kg	9.00 kg	
LAMB			
Lamb Leg Roast	12.00 kg Special	14.00 kg	
Lamb Cutlets	42.00 kg	42.00 kg	
Lamb Loin Chops	27.00 kg	27.00 kg	
Forequarter BBQ Chops	17.00 kg	15.00 kg Special	
Lamb Leg Boneless	20.00 kg	20.00 kg	
PORK			
Boneless Pork Leg Roast	10.00 kg	10.00 kg	
Pork Loin Chops	14.00 kg Special	17.00 kg	
Pork Spare Ribs	20.00 kg	20.00 kg	
POULTRY			
Chicken Thigh Fillets	12.00 kg	12.00 kg	Bulk Buy
Chicken Drumsticks	4.00 kg	4.00 kg	Bulk Buy
Chicken Breast Fillets	9.50 kg	9.50 kg	Bulk Buy
Whole Fresh Chickens	3.90 kg	3.90 kg	DD PD

DELI COMP CHECK

PRODUCT	COLES	WOW	COLES DOWN DOWN WOW PRICE DROP
Breast Fillets	9.00 kg	9.50 kg	
Special	9.00 kg	11.50 kg Special	
Special		3.50 kg Special	
Thigh Fillets	12.00 kg	12.00 kg	
Drumsticks	4.00 kg	3.50 kg	
Special		17.00 kg	
Wings	6.00 kg	6.00 kg	
Middle Bacon	13.00 kg	13.00 kg	
Short Cut Bacon	12.00 kg	25.00 kg	
Special	14.00 kg	31.50 kg	
Special		18.00 kg	
Streaky Bacon	17.00 kg	15.00 kg	
Special		28.00 kg	
Leg Ham Off The Bone	25.00 kg	21.00 kg	
Special	25.00 kg	11.00 kg	
Special		8.00 kg	
Roast Pork	25.00 kg	25.00 kg	
Salami Mild or Hot	31.50 kg	31.50 kg	
Silverside	18.00 kg	18.00 kg	
Roast Beef	27.00 kg	27.00 kg	
Turkey Breast	28.00 kg	28.00 kg	
Kabana	3.70 EA	21.00 kg	
Saveloys	8.50 kg	11.00 kg	
Cocktail Saveloys	7.50 kg	8.00 kg	
Thin Frankfurts	7.50 kg	8.00 kg	
Champagne Ham	19.00 kg	19.00 kg	DD PD
Virginian Ham	23.00 kg	23.00 kg	
Hot BBQ Chickens Family Size	10.00 EA	10.00 EA	
Triple Smoked Leg Ham		20.00 kg	
Special			
Devon	8.60 kg	8.60 kg	
Chicken Loaf	14.00 kg	13.50 kg	
Special			
Chicken Breast Cooked	19.00 kg	18.50 kg	
Special			
Hickory Smoked Ham	26.00 kg		
Honey Leg Ham	20.00 kg		
Special			



FRESH COMP CHECK - COLES & WOOLWORTHS

DATE: 17/03/21		COLES			WOOLWORTHS			COMMENTS
Products	Unit	Price	Special	Origin	Price	Special	Origin	
Apples - Golden Delicious	kg	NA			na			
Apples - Granny Smith	kg	\$5.50			\$5.50			
Apples Red - Royal Gala	kg	\$4.50				\$3.50		
Apples Red - Fuji	kg	\$4.90			NA			
Apricots	kg	NA			\$12.90		NZ	
Avocadoes	ea	\$2.00		Shepard		\$2.00		Shepp
Bananas	kg	\$3.90			\$3.90			
Cherries	kg	NA			NA			
Grapes Green	kg		\$2.90			\$2.90		
Grapes Red	kg	\$4.50				\$3.90		
Lemons	kg	1 for \$1.	3 For \$2			\$4.90		
Mandarins	kg		\$7.90		\$9.90		USA	
Mangoes	ea	NA				\$2.90		Keitt
Nectarines	kg	\$3.50			\$3.90			
Oranges Navel	kg		\$4.50			\$4.50	USA	
Oranges Valencia	kg		\$4.50		NA			
Oranges Valencia 3kg Bag	ea		\$7.50		\$6.90			
Peaches	kg	\$3.90			\$3.90			
Plums	kg	\$3.90			\$3.90			
Raspberries	pun		\$4.00			\$3.50		
Strawberries	pun	1 For \$3.50	2 for \$6			\$3.50		
Watermelon	kg		\$1.90			\$1.90		
Asparagus	Bun		\$2.50		\$3.00			
Broccoli	kg	\$5.50			\$5.50			
Cabbage Green	ea	\$5.90			\$7.00			
Cabbage Red	ea		\$3.00		\$7.00			
Capsicum Green	kg	\$6.90			\$7.90			
Capsicum Red	kg	\$7.90			\$8.90			
Carrots	kg	\$2.20			\$2.20			
Cauliflower	ea	\$4.90			\$4.50			
Lettuce Iceberg	ea	\$2.90			\$3.20			
Mushrooms Brown	kg	\$14.00			NA			
Mushrooms White	kg		\$9.00		\$11.00			
Onions Loose	kg	\$3.00			\$3.00			
Potatoes Brushed Loose	kg	\$4.00			\$3.50			
Potatoes Brushed Packed	bag		\$5.00		\$7.00			
Potatoes Washed Loose	kg	\$4.00			\$4.00			
Potatoes Washed Packed	kg	\$7.00				\$4.00		
Pumpkin - Butternut	kg	\$3.00			\$4.00			
Pumpkin - Grey	kg	na			\$4.00			
Pumpkin - Kent	kg	\$3.00			\$4.00			
Tomatoes Gourmet	kg		\$4.90		\$4.50			
Tomatoes Truss	kg	\$4.90			\$4.90			
Zucchini	kg	\$5.90				\$4.50		

