



FRESH FOOD COMP CHECK

JANUARY 20 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	35.00 kg Special	
Porterhouse Steak	36.00 kg	36.00 kg	
T-Bone Steak	26.00 kg	26.00 kg	
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	16.00 kg	16.00 kg	
Blade Roast	11.95 kg	12.00 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	11.50 kg Special	12.50 kg Special	
Lamb Cutlets	38.00 kg Special	38.00 kg Special	
Lamb Loin Chops	27.00 kg	27.00 kg	
Forequarter BBQ Chops	15.00 kg Special	17.00 kg	
Lamb Leg Boneless	20.00 kg	20.00 kg	
PORK			
Boneless Pork Leg Roast	10.00 kg	10.00 kg	
Pork Loin Chops	17.00 kg	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	9.50 kg	9.50 kg	
Thigh Fillets	12.00 kg	12.00 kg	
Drumsticks	4.00 kg	4.00 kg	
Wings	6.00 kg	6.00 kg	
Middle Bacon	13.00 kg	13.00 kg	
Short Cut Bacon	17.00 kg	17.00 kg	
Streaky Bacon	17.00 kg	15.00 kg Special	
Leg Ham Off The Bone	25.00 kg Special	25.00 kg Special	
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	2.90 EA Special	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	19.00 kg	PD
Virginian Ham	20.00 kg Special	22.00 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	14.00 kg	
Chicken Breast Cooked	19.00 kg	19.00 kg	
Hickory Smoked Ham	26.00 kg		
Honey Leg Ham	23.00 kg		



FRESH COMP CHECK - COLES & WOOLWORTHS

Product	Coles	Special	W'Worths	Special
Apples- Cooking kg	\$5.50		\$5.50	
Apples Fuji kg	\$5.90		\$5.90	
Apples- Gold del kg	\$5.90		\$5.90	
Apples Cooking 1kg	\$5.50		\$5.50	
Apples - Pink Lady kg	\$6.90		\$6.90	
Apples Gold Del 1kg	\$		\$7.50	
Apples - Red 1kg	\$6.90		\$6.90	
Apples- Gala kg	\$6.90		\$6.90	
Apricots			\$5.90	yes
Acocado - Bulk				
Avocado - trays (Hass)	2.90 each		\$2.90	
Bananas kg	\$2.90	yes	\$2.50	yes
Blueberries each	\$4.00	yes	\$5.70	
Canteloupes	2.50 each		\$3.50	
Cherries	\$16.90		\$16.70	
Dates kg	\$20.00		\$20.00	
Grapefruit Red kg			\$5.90	
Grapefruit Yellow kg				
Grapes Black kg	\$5.00	yes	\$4.90	yes
Grapes Green kg	\$3.90	yes	\$3.50	
Grapes Red kg	\$3.50		\$5.90	
Honey Dew each	\$2.50	yes	\$3.90	
Kiwi Fruit each	\$0.70	yes	\$6.50kg	
Kiwi Gold each	\$1.20	yes	\$12.90kg	
Lemons each	\$1.40		7.90kg	
Limes each	\$0.90		\$12.90 kg	
Mandarines USA kg	\$10.90kg		=	
Mangoes each	\$3.50		\$2.90	yes
Mangoes KP each	\$2.50		\$2.00	
Nashi				
Nectarines White kg	\$3.50	yes	\$3.50	yes
Nectarines Yellow kg	\$3.50	yes	3.5	yes
Oranges 3kg	\$7.50		\$7.50	
Oranges Navel kg USA	\$5.90		\$5.90	yes
Oranges Valencia kg AUS	\$5.50			
Passion Fruit				
Paw Paw Each	\$4.50			
Peaches White kg	\$3.00	yes	\$2.90	yes
Peaches Yellow kg	\$3.00	yes	\$2.90	yes
Pears Brown				
Pears Green kg	\$3.50		\$3.90	
Pineapples Each	\$2.80		\$3.90	
Plums Kg	\$5.00	yes	\$4.90 kg	
Pommegranite Ea	\$3.90		\$4.90 ea	
Rhubarb Ea	\$5.50			
Raspberries ea	\$5.50		4.9	yes
Strawberries ea	\$3.50	yes	3.5	
Tangellos kg				
Watermelon kg	\$1.20	yes	1.50 kg	



Product	Coles	Special	W'Worths	Special
Basil ea	\$3.00		\$3.00	
Cont. Parsley ea	\$3.00		\$3.00	
Mint ea	\$3.00		\$3.00	
Coriander ea	\$3.00		\$3.00	
Parsley ea	\$3.00		\$3.00	

