



Treo Price Comparison Sheets for July

Fruit & Veg				
Product	UOM	Price	Kilo/Unit	% Inc/Dec
Washed & Peeled	9Kg	€8.09	€0.90	1.13%
Washed & Peeled	5kg	€4.98	€1.00	1.01%
Baton Carrot	5kg	€8.92	€1.78	1.90%
Baton Carrot	2kg	€3.57	€1.78	1.90%
Sliced Carrot	5kg	€8.83	€1.77	1.92%
Sliced Carrot	2kg	€3.53	€1.77	1.92%
Topped and Tailed Carrot	5kg	€8.92	€1.78	-1.83%
Carrot Diced	5kg	€9.33	€1.87	2.75%
Carrot Diced	2kg	€3.73	€1.87	4.67%
Carrot & Swede/Turnip Diced	5kg	€8.92	€1.78	1.90%
Carrot & Swede/Turnip Chunky	5kg	€9.67	€1.93	1.75%
Baton Turnip	5kg	€5.77	€1.15	0.00%
Baton Parsnip	5kg	€13.00	€2.60	0.00%
Parsnip Diced	2kg	€5.20	€2.60	-7.69%
Carrot & Parsnip Chunky	2kg	€5.55	€2.78	2.46%
Grated Carrot	1kg	€2.43	€2.43	12.15%
Cabbage Green Shredded	2kg	€3.42	€1.71	0.00%
Red Cabbage Shredded	1kg	€2.75	€2.75	-21.43%
Fresh Chunky Chip	5kg	€6.12	€1.22	1.38%
Garlic Peeled	1kg	€6.02	€6.02	0.00%
Sliced Red Onion	2kg	€5.55	€2.78	0.00%
Sliced White Onion	2kg	€5.15	€2.58	2.66%
Diced Red Onion	2kg	€5.55	€2.78	0.00%
Diced White Onion	2kg	€5.15	€2.58	2.66%
Diced Potato	2kg	€6.67	€1.33	0.00%
Fondant Potato 40 x 60	Each	€6.00	€0.60	9.09%
Coleslaw Mix	2kg	€4.93	€2.47	0.00%
Diced Celery	1kg	€3.83	€3.83	28.49%
Stir Fry	2kg	€10.15	€5.08	1.67%
Apple Prep	10kg	€19.43	€1.94	5.05%
Rhubarb Prep	10kg	€22.17	€2.22	0.00%
Rocket 1kg	1kg	€7.85	€7.85	0.00%
Mixed Leaves 500g	500g	€3.94	€7.88	3.86%
Curley Kale	250g	€1.15	€4.60	4.55%
Flat Parsley	1kg	€11.17	€11.17	1.52%

Fruit & Veg				
Product	UOM	Price	Kilo/Unit	% Inc/Dec
Aspapragus	Box	€55.78	€5.07	9%
Aubergine	14s	€23.10	€1.65	30%
Broccoli (Include Weight)	Case	€12.11	€2.02	-5%
Beansprouts	227g	€0.83	€0.83	-18%
Beetroot Fresh	5kg	€5.42	€1.08	0%
Beetroot Cooked	500g	€1.01	€2.02	0%
Celeriac	10kg	€11.23	€1.12	-1%
Cauliflower (Include Count)	Case	€11.83	€1.48	5%
Carrot 10kg	10kg	€8.17	€0.82	-2%
Cabbage Green	Each	€1.27	€1.27	0%
Cabbage Red	Each	€1.92	€1.92	16%
Cabbage Dutch	Each	€1.67	€1.67	28%
Celery	Case	€11.91	€0.85	3%
Courgettes	5kg	€9.82	€1.96	0%
Cucumbers (Include Count)	Case	€8.62	€0.62	0%
Fennel	5kg	€14.17	€2.83	0%
Garlic Bag	5kg	€21.83	€4.37	0%
Ginger Pre Pack	500g	€1.85	€3.70	-21%
Leeks	5kg	€8.08	€1.62	-19%
Fine Beans	1.5kg	€12.17	€12.17	0%
Mangetout	1.5kg	€11.98	€11.98	0%
Spanish Onion	20kg	€17.25	€0.86	-11%
Red Onion	10kg	€8.23	€0.82	-2%
Shallots Banana	4kg	€18.39	€4.60	5%
Scallions	Case	€6.67	€0.56	0%
Peppers Red	5kg	€13.00	€2.60	0%
Peppers Green	5kg	€12.78	€2.56	1%
Peppers Yellow	5kg	€13.08	€2.62	1%
Peppers Mixed	5kg	€14.67	€2.93	0%
Parsnips	5kg	€13.00	€2.60	28%
Physalis	x12	€14.63	€1.22	0%
Tomatoes Red	6kg	€9.08	€1.51	0%
Cherry Tomatoes	x9	€8.67	€0.96	2%
Cherry Tomatoes Yellow	Punnet	€13.95	€1.55	-3%
Cherry Vine	3kg	€11.83	€3.94	0%
Beef Tomatoes	7kg	€13.67	€1.95	0%

Curley Parsley	1kg	€6.38	€6.38	13.24%
Butterhead Lettuce	Box	€8.05	€0.67	-5.29%
Baby Gem	10s	€9.50	€0.95	1.79%
Baby Leaves	6 150g	€7.36	€12.26	0.00%
Baby Spinach	1kg	€6.32	€6.32	-15.59%
Mustard Cress	16s	€5.03	€5.03	0.00%
Broccoli Tenderstem	4 500g	€18.60	€9.30	-5.58%
Lolla Rossa	Case	€12.91	€1.02	-14.29%
Oakleaf	Case	€13.60	€1.13	-4.67%
Radichio	Case	€12.23	€1.36	0.00%
Iceberg	Case	€11.12	€0.93	1.37%
Cos	Box	€10.80	€1.08	-2.99%
Watercress	8 100g	€11.31	€1.41	2.91%
Pea Shoots	Case	€9.00	€1.00	0.00%
Basil 1kg	1kg	€13.88	€13.88	0.00%
Basil	100g	€2.08	€2.08	0.81%
Tarragon	1kg	€13.73	€9.15	0.00%
Tarragon	100g	€2.08	€2.08	0.81%
Mint 1kg	1kg	€11.33	€11.33	0.00%
Mint	100g	€2.08	€2.08	0.81%
Chives 1kg	1kg	€14.33	€14.33	0.00%
Chives 100g	100g	€2.08	€2.08	0.81%
Rosemary 1kg	1kg	€11.65	€11.65	0.58%
Rosemary 100g	100g	€2.08	€2.08	0.81%
Coriander 1kg	1kg	€11.12	€11.12	0.00%
Coriander 100g	100g	€2.08	€2.08	0.81%
Dill 1kg	1kg	€11.95	€11.95	0.00%
Dill 100g	100g	€2.08	€2.08	0.81%

Washed Roosters 10kg	10KG	€5.17	€0.52	-4.62%
Queens 10kg	10kg	N/A	N/A	N/A
Bakers Bag 10kg	10kg	€6.37	€0.64	0.00%
Baby Potato	10kg	€11.02	€1.10	1.54%
Sweet Potato	6kg	€11.57	€1.93	0.00%
Chipping Potato	25kg	€13.62	€0.54	6.10%

Ambient				
Product	UOM	Price	Kilo/Litre/Unit	Brand
Basmati Rice	5kg	€10.25	€2.05	Own Brand
Cornflour	3kg	€5.23	€1.74	Branded
Chopped Tomatoes	6 2.5kg	€14.50	€0.96	Own Brand
Pastry Flour	16kg	€13.77	€0.86	Millers Best
Knorr Roast Gravy	3 1.18kg	€33.21	€9.38	Knorr

Heirloom Tomatoes	3kg	€23.67	€7.89	-8%
Mushrooms Grade 1	Chip	€6.48	€2.86	0%

Red Apples (Include count)	Box	€40.13	€0.40	10%
Green Apple (Include Count)	Box	€32.27	€0.32	0%
Granny Smith (Include Count)	Box	€32.83	€0.33	4%
Orange (Include Box Count)	Box	€18.40	€0.38	-3%
Juicing Orange (Include Box Count)	Box	€19.23	€0.19	4%
Kiwi (Include Count)	10kg	€29.67	€2.97	2%
Banana	12.72kg	€20.00	€1.57	1%
Banana	Single	€1.59	€0.32	-5%
Watermelon	Single	€4.26	€4.26	-18%
Honeydew Melon	Single	€2.03	€2.03	-21%
Cantelpoe Melon	Single	€2.15	€2.15	-30%
Galia Melon	Single	€2.27	€2.27	-15%
Avavacos RTE (Include Count)	Case	€18.65	€1.04	-3%
Blueberries	125g	€1.68	€1.68	0%
Blackberries	125g	€2.45	€2.45	-3%
Raspberries	125g	€2.33	€2.33	0%
Strawberries	227g	€2.07	€9.12	3%
Grapes Red (Include Weight)	500g	€2.42	€2.42	0%
Grapes Green (Include Weight)	500g	€2.42	€2.42	0%
Satsumas (Include Box Count)	10kg	€21.67	€2.17	-2%
Lemon (Include Count)	100	€31.15	€0.31	1%
Limes (Include Count)	Case	€12.58	€0.23	0%
Plums	x5kg	€16.32	€3.26	0%
Pineapple	x8/9	€11.03	€1.82	0%
Passion Fruit	6s	€4.49	€0.75	0%

Fish				
Product	UOM	Price	Kilo/Litre/Unit	Brand
Chowder Mix	1kg	€13.50	S/A	N/A
Cod Fillet	1kg	€16.50	S/A	N/A
Haddock Fillet	1kg	€12.50	S/A	N/A
Hake Fillet	1kg	€12.50	S/A	N/A
Natural Smoked Haddock	1kg	€14.50	S/A	N/A
Smoked Cod	1kg	€11.50	S/A	N/A
Smoked Coley	1kg	€13.50	S/A	N/A
Crab Meat	1kg	€49.00	S/A	N/A
Crab Toes	1kg	€40.00	S/A	N/A
Salmon Fillet	1kg	€21.95	S/A	N/A

Dairy				
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<i>Franks Red Hot Original</i>	<i>3.78ltr</i>	<i>€21.00</i>	<i>€5.55</i>	<i>Franks</i>
<i>Lyons Original 1 Cup tea Bags</i>	<i>600s</i>	<i>€18.21</i>	<i>€0.03</i>	<i>Lyons</i>
<i>Ballymaloe Country Relish</i>	<i>5kg</i>	<i>€29.00</i>	<i>€5.80</i>	<i>Ballymaloe</i>
<i>Madras Curry Powder</i>	<i>450g</i>	<i>€5.55</i>	<i>€12.33</i>	<i>M/E</i>
<i>La Fiesta Chilli Tortilla</i>	<i>12 450g</i>	<i>€27.29</i>	<i>€2.27</i>	<i>La Fiesta</i>

Meat				
Product	UOM	Price	Kilo/Litre/Unit	Origin
<i>Chicken Fillets</i>	<i>170/190g</i>	<i>€1.25</i>	<i>€1.25</i>	<i>Dutch</i>
<i>Bacon loin</i>	<i>1kg</i>	<i>€4.45</i>	<i>€4.45</i>	<i>Irish</i>
<i>Pork Loin</i>	<i>1kg</i>	<i>€4.50</i>	<i>€4.50</i>	<i>Irish</i>
<i>Fresh Sausages 8s</i>	<i>1kg</i>	<i>€3.30</i>	<i>€3.30</i>	<i>Irish</i>
<i>Fresh Cocktail Sausages</i>	<i>1kg</i>	<i>€3.40</i>	<i>€3.40</i>	<i>Irish</i>
<i>Roasting Striploin</i>	<i>1kg</i>	<i>€17.50</i>	<i>€17.50</i>	<i>Irish</i>
<i>8oz Striploin Steak</i>	<i>Each</i>	<i>€5.50</i>	<i>€5.50</i>	<i>Irish</i>
<i>6oz Striploin Steak</i>	<i>Each</i>	<i>€4.30</i>	<i>€4.30</i>	<i>Irish</i>
<i>Turkey - Female</i>	<i>1kg</i>	<i>€6.80</i>	<i>€6.80</i>	<i>Italian</i>

Product	UOM	Price	Kilo/Litre/Unit	Brand
Milk Full Fat	2ltr	€1.75	€0.87	Generic
Cream	4ltr	€14.50	€3.62	Generic
Sliced Cheddar	1kg	€9.35	€9.35	Generic
Grated Cheddar	2kg	€15.50	€7.25	Generic

Frozen				
Product	UOM	Price	Kilo/Litre/Unit	Brand
<i>English Muffin</i>	<i>24 110g</i>	<i>€11.58</i>	<i>€0.48</i>	<i>Generic</i>
<i>Brioche Burger Bun 4"</i>	<i>48 88gm</i>	<i>€15.40</i>	<i>€0.32</i>	<i>Generic</i>
<i>Garden Peas</i>	<i>2.5kg</i>	<i>€3.85</i>	<i>€1.54</i>	<i>Generic</i>
<i>Cooked Breaded Chicken Goujons</i>	<i>10 1kg</i>	<i>€67.50</i>	<i>€6.75</i>	<i>Generic</i>
<i>Mccain Supercrisp 9 x 9 Skin On</i>	<i>4 2.27kg</i>	<i>€15.20</i>	<i>€1.67</i>	<i>McCain</i>
<i>Lamb Weston Stealth Fries 9 x 9</i>	<i>4 2.5kg</i>	<i>€22.00</i>	<i>€2.20</i>	<i>Lamb Weston</i>
<i>Cod</i>	<i>1kg</i>	<i>€10.50</i>	<i>€10.50</i>	<i>FAS</i>
<i>Lemon Sole</i>	<i>1kg</i>	<i>€13.50</i>	<i>€13.50</i>	<i>N/A</i>
<i>Squid Tubes</i>	<i>1kg</i>	<i>€6.50</i>	<i>€6.50</i>	<i>N/A</i>