



Price Comparison Sheets for August

Fruit & Veg				
Product	UOM	Price	Kilo/Unit	% Inc/Dec
Washed & Peeled	9Kg	€7.92	€0.88	-2%
Washed & Peeled	5kg	€5.24	€1.05	5%
Baton Carrot	5kg	€11.00	€1.22	0%
Baton Carrot	2kg	€8.83	€1.77	-1%
Sliced Carrot	5kg	€3.53	€1.77	-1%
Sliced Carrot	2kg	€8.75	€1.75	-1%
Topped and Tailed Carrot	5kg	€3.50	€1.75	-1%
Carrot Diced	5kg	€8.83	€1.77	-1%
Carrot Diced	2kg	€3.70	€1.85	-1%
Carrot & Swede/Turnip Diced	5kg	€8.83	€1.77	-1%
Carrot & Swede/Turnip Chunky	5kg	€9.58	€1.92	-1%
Baton Turnip	5kg	€6.63	€1.33	15%
Baton Parsnip	5kg	€12.58	€2.52	-3%
Parsnip Diced	2kg	€5.03	€2.52	-3%
Carrot & Parsnip Chunky	2kg	€4.70	€2.35	-15%
Grated Carrot	1kg	€2.48	€2.48	2%
Cabbage Green Shredded	2kg	€3.13	€1.57	-8%
Red Cabbage Shredded	1kg	€2.56	€2.56	-7%
Fresh Chunky Chip	5kg	€5.87	€1.17	-4%
Garlic Peeled	1kg	€5.82	€5.82	-3%
Sliced Red Onion	2kg	€5.80	€2.90	5%
Sliced White Onion	2kg	€5.13	€2.57	0%
Diced Red Onion	2kg	€5.80	€2.90	5%
Diced White Onion	2kg	€5.13	€2.57	0%
Diced Potato	2kg	€6.00	€1.20	-10%
Fondant Potato 40 x 60	Each	€0.58	€0.58	-3%
Coleslaw Mix	2kg	€5.47	€2.73	11%
Diced Celery	1kg	€3.08	€3.08	-20%
Stir Fry	2kg	€8.33	€4.17	-18%
Apple Prep	10kg	€20.10	€2.01	3%
Rhubarb Prep	10kg	€22.17	€2.22	0%

Rocket 1kg	1kg	€7.85	€7.85	0%
Mixed Leaves 500g	500g	€3.80	€7.59	-4%
Curley Kale	250g	€1.31	€5.23	14%
Flat Parsley	1kg	€10.83	€10.83	-3%
Curley Parsley	1kg	€5.98	€5.98	-6%
Butterhead Lettuce	Box	€9.00	€0.75	12%
Baby Gem	10s	€10.22	€1.02	8%
Baby Leaves	6 150g	€5.92	€9.87	-19%
Baby Spinach	1kg	€7.00	€7.00	-6%
Mustard Cress	16s	€4.90	€4.90	-3%
Broccoli Tenderstem	4 500g	€18.53	€9.27	0%
Lolla Rossa	Case	€13.08	€0.93	-8%
Oakleaf	Case	€12.47	€1.04	-8%
Radichio	Case	€12.75	€1.42	4%
Iceberg	Case	€11.58	€0.97	4%
Cos	Box	€10.55	€1.06	-2%
Watercress	8 100g	€10.65	€1.33	-6%
Pea Shoots	Case	€9.00	€1.00	0%
Basil 1kg	1kg	€14.15	€14.15	2%
Basil	100g	€1.95	€1.95	-6%
Tarragon	1kg	€13.82	€13.82	1%
Tarragon	100g	€1.95	€1.95	-6%
Mint 1kg	1kg	€10.83	€10.83	-4%
Mint	100g	€1.95	€1.95	-6%
Chives 1kg	1kg	€14.17	€14.17	-1%
Chives 100g	100g	€1.95	€1.95	-6%
Rosemary 1kg	1kg	€11.48	€11.48	-1%
Rosemary 100g	100g	€1.95	€1.95	-6%
Coriander 1kg	1kg	€11.07	€11.07	0%
Coriander 100g	100g	€1.95	€1.95	-6%
Dill 1kg	1kg	€11.78	€11.78	-1%
Dill 100g	100g	€1.95	€1.95	-6%

Washed Roosters 10kg	10KG	€5.42	€0.54	5%
Queens 10kg	10kg	€5.50	€1.10	0%
Bakers Bag 10kg	10kg	€6.37	€0.64	0%
Baby Potato	10kg	€10.65	€1.07	-3%
Sweet Potato	6kg	€11.63	€1.94	1%
Chipping Potato	25kg	€13.17	€0.53	-3%

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	€11.07	Knorr
Franks Red Hot Original	3.78ltr	€22.00	€5.82	Franks
Lyons Original 1 Cup tea Bags	600s	€18.21	€0.03	Lyons
Ballymaloe Country Relish	5kg	€29.00	€5.80	Ballymaloe
Madras Curry Powder	450g	€5.55	€12.33	M/E
La Fiesta Chillli Tortilla	12 450g	€26.50	€2.20	La Fiesta

Meat				
Product	UOM	Price	Kilo/Litre/Unit	Origin
Chicken Fillets	170/190g	€1.25	€1.25	Dutch
Bacon loin	1kg	€4.45	€4.45	Irish
Pork Loin	1kg	€4.50	€4.50	Irish
Fresh Sausages 8s	1kg	€3.30	€3.30	Irish
Fresh Cocktail Sausages	1kg	€3.40	€3.40	Irish
Roasting Striploin	1kg	€16.00	€16.00	Irish
8oz Striploin Steak	Each	€5.50	€5.50	Irish
6oz Striploin Steak	Each	€4.30	€4.30	Irish
Turkey - Female	1kg	€6.80	€6.80	Italian

Fruit & Veg				
Product	UOM	Price	Kilo/Unit	% Inc/Dec
Asparagus	Box	€55.96	€5.09	0%
Aubergine	14s	€26.37	€1.88	14%
Broccoli	6kg	€12.13	€2.02	0%
Beansprouts	227g	€0.79	€0.79	-5%
Beetroot Fresh	5kg	€8.97	€1.79	66%
Beetroot Cooked	500g	€1.08	€2.15	6%
Celeriac	10kg	€11.48	€1.15	2%
Cauliflower	8s	€11.84	€1.48	0%
Carrot 10kg	10kg	€7.50	€0.75	-8%
Cabbage Green	Each	€1.10	€1.10	-13%
Cabbage Red	Each	€1.92	€1.92	0%
Cabbage Dutch	Each	€1.67	€1.67	0%
Celery	Case	€0.90	€0.90	6%
Courgettes	5kg	€9.96	€1.99	1%
Cucumbers	14s	€9.92	€0.71	15%
Fennel	5kg	€15.33	€3.07	8%
Garlic Bag	5kg	€21.83	€4.37	0%
Ginger Pre Pack	500g	€2.18	€4.36	18%
Leeks	5kg	€8.08	€1.62	0%
Fine Beans	1.5kg	€12.50	€12.50	3%
Mangetout	1.5kg	€11.98	€11.98	0%
Spanish Onion	20kg	€16.33	€0.82	-5%
Red Onion	10kg	€8.48	€0.85	3%
Shallots Banana	4kg	€10.85	€2.71	-41%
Scallions	12s	€6.68	€0.56	0%
Peppers Red	5kg	€13.33	€2.67	3%
Peppers Green	5kg	€13.37	€2.67	5%
Peppers Yellow	5kg	€13.33	€2.67	2%
Peppers Mixed	5kg	€14.08	€2.82	-4%
Parsnips	5kg	€13.00	€2.60	0%
Physalis	x12	€14.60	€1.22	0%
Tomatoes Red	6kg	€9.98	€1.66	10%
Cherry Tomatoes	x9	€9.45	€1.05	9%
Cherry Tomatoes Yellow	Punnet	€14.40	€1.60	3%
Cherry Vine	3kg	€13.17	€4.39	11%
Beef Tomatoes	7kg	€14.33	€2.05	5%
Heirloom Tomatoes	3kg	€20.50	€6.83	-13%
Mushrooms Grade 1	Chip	€6.58	€2.90	2%

Red Apples	100	€33.00	€0.33	-18%
Green Apple	100	€32.67	€0.33	1%
Granny Smith	100	€34.33	€0.34	5%
Orange	56s	€20.35	€0.42	11%
Juicing Orange	105s	€21.81	€0.22	13%
Kiwi	10kg	€27.33	€2.73	-8%
Banana	12.72kg	€21.50	€1.69	7%
Banana	Single	€1.55	€0.31	-2%
Watermelon	Single	€3.87	€3.87	-9%
Honeydew Melon	Single	€1.92	€1.92	-6%
Canteloe Melon	Single	€1.99	€1.99	-7%
Galia Melon	Single	€1.97	€1.97	-13%
Avacodos RTE	Case	€17.65	€0.98	-5%
Blueberries	125g	€1.75	€1.75	4%
Blackberries	125g	€2.37	€2.37	-3%
Raspberries	125g	€2.36	€2.36	1%
Strawberries	227g	€2.00	€8.82	-3%
Grapes Red	500g	€2.42	€2.42	0%
Grapes Green	500g	€2.42	€2.42	0%
Satsumas	10kg	€22.33	€2.23	3%
Lemon	100	€27.50	€1.37	8%
Limes	Case	€12.65	€0.29	-6%
Plums	x5kg	€15.32	€3.06	-6%
Pineapple	x8/9	€1.77	€1.77	-3%
Passion Fruit	6s	€4.61	€0.77	3%

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				
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
English Muffin	24 110g	€11.58	€0.48	Generic
Brioche Burger Bun 4"	48 88g	€15.4	€0.32	Generic
Garden Peas	2.5kg	€3.85	€1.54	Generic
Cooked Breaded Chicken Goujons	10 1kg	€67.50	€6.75	Generic
Mccain Supercrisp 9 x 9 Skin On	4 2.27kg	€15.20	€1.67	McCain
Lamb Weston Stealth Fries 9 x 9	4 2.5kg	€19.50	€2.20	Lamb Weston
Cod	1kg	€10.50	€10.50	FAS
Lemon Sole	1kg	€13.50	€13.50	N/A