

ΠΑΡΑΤΗΡΗΤΗΡΙΟ ΒΑΣΙΚΩΝ ΚΑΤΑΝΑΛΩΤΙΚΩΝ ΑΓΑΘΩΝ

ΣΥΓΚΡΙΣΗ ΜΕ ΠΡΟΗΓΟΥΜΕΝΟ ΜΗΝΑ



Οκτ 2025					
Α/Α	ΠΡΟΪΟΝ	Μέση Σταθμισμένη Τιμή		Αύξηση / Μείωση Τιμής	% Μεταβολή
		Προηγούμενος Μήνας	Τρέχον Μήνας		
ΑΛΛΑΝΤΙΚΑ					
ΑΛΛΑΝΤΙΚΑ					
1	Chrysodalia Lountza Smoked Slices 300gr	3.78	3.79	0.01	0.3%
2	Chrysodalia Turkey Smoked Slices 200gr	2.56	2.58	0.02	0.8%
3	GRIGORIOU HAM PREMIUM SLICES 150GR	2.65	2.65	0.00	0.0%
4	Grigoriou Lountza Slices 150gr	3.05	3.05	0.00	0.0%
5	Grigoriou Salami Extra 300gr	2.40	2.46	0.06	2.5%
6	Grigoriou Streaky Bacon Slices 150gr	2.35	2.35	0.00	0.0%
7	Grigoriou Turkey Smoked Slices 200gr	3.29	3.36	0.07	2.1%
ΒΟΗΘΗΜΑΤΑ ΜΑΓΕΙΡΕΜΑΤΟΣ					
ΖΩΜΟΣ					
8	KNORR BOUILLONS CHICKEN 12 CUBES 120GR	1.22	1.23	0.01	0.8%
9	KNORR BOUILLONS VEGETABLES 12 CUBES 120GR	1.63	1.61	-0.02	-1.2%
10	MAGGI BOUILLONS CHICKEN 12 CUBES 132GR	1.44	1.43	-0.01	-0.7%
11	MAGGI BOUILLONS PASTA 12 CUBES 132GR	1.90	1.92	0.02	1.1%
12	MAGGI BOUILLONS VEGETABLES 12 CUBES 132GR	1.92	1.92	0.00	0.0%
ΝΤΟΜΑΤΟΧΥΜΟΣ/ ΠΕΛΤΕΣ					
13	BLOSSOM TOMATO PASTE CUP 4X70GR	1.96	1.97	0.01	0.5%
14	KEAN POMILORI SIEVE TOMATO PASTE JAR 700GR	1.85	1.85	0.00	0.0%
15	MITSIDES TOMATO PASSATA CARTON 3X500GR P-OFF	2.70	2.68	-0.02	-0.7%
16	MITSIDES TOMATO PASTE CUP 4X70GR	2.03	1.98	-0.05	-2.5%
17	PELARGOS TOMATO PASSATA CARTON 3X250GR	1.31	1.26	-0.05	-3.8%
ΦΥΤΙΚΟ ΜΑΓΕΙΡΙΚΟ ΛΙΠΟΣ					
18	SPRY 350GR	2.41	2.46	0.05	2.1%
ΓΑΛΑΚΤΟΚΟΜΙΚΑ					
ΠΑΟΥΡΤΙ					
19	ALAMBRA THE GRANNY SHEEP F/F PC 700GR	2.85	2.73	-0.12	-4.2%
20	CHARALAMB/CHRISTIS STRAINED STRAGGATO F/F PC 1KG	4.05	4.09	0.04	1.0%
21	CHARALAMB/CHRISTIS STRAINED STRAGGATO LGT PC 1KG	4.06	4.09	0.03	0.7%
22	ZITA STRAINED F/F PC 1KG	3.87	3.89	0.02	0.5%
23	ZITA STRAINED LGT PC 1KG	3.88	3.89	0.01	0.3%
ΤΥΡΙ					
24	ALAMBRA COTTAGE PC 200GR	1.65	1.65	0.00	0.0%
25	ALAMBRA H GIAGIA GOAT/SHEEP HALLOUMI KG	13.43	13.78	0.35	2.6%
26	CHARALAMB/CHRISTIS FETA BLOCK 200GR	2.95	2.82	-0.13	-4.4%
27	CHARALAMB/CHRISTIS HALLOUMI PISSOURKOTIKO KG	15.37	14.28	-1.09	-7.1%
28	DIROLLO 2.2% COTTAGE 225GR	2.88	2.91	0.03	1.0%
29	DODONI FETA BLOCK 400GR	6.39	6.43	0.04	0.6%
30	KESES GOAT/SHEEP HALLOUMI KG	15.61	15.54	-0.07	-0.4%
31	LA VACHE QUI RIT CHEEZ DIPPER 4PORTION 140GR	2.88	2.93	0.05	1.7%
32	PHILADELPHIA LIGHT PLAIN SPREAD TUBS 200GR	2.36	2.43	0.07	3.0%
33	PHILADELPHIA PLAIN SPREAD TUBS 200GR	2.38	2.46	0.08	3.4%
34	VALIO EDAM LIGHT 17% SLICES 2X250GR P-OFF	6.95	6.95	0.00	0.0%
35	VEPO FOOD EDAM SLICES 200GR	2.47	2.53	0.06	2.4%
36	VEPO FOOD GOUDA SLICES 200GR	2.48	2.61	0.13	5.2%
ΦΡΕΣΚΟ ΓΑΛΑ					
37	CHARALAMBIDES CHRISTIS DELACT HDPE 1L	1.73	1.74	0.01	0.6%
38	CHARALAMBIDES CHRISTIS FULL FAT 3% HDPE 2L	2.93	2.95	0.02	0.7%
39	CHARALAMBIDES CHRISTIS SEMI SKIMMED 1.5% HDPE 1.5L	2.31	2.32	0.01	0.4%
40	CHARALAMBIDES CHRISTIS SEMI SKIMMED 1.5% HDPE 1L	1.54	1.55	0.01	0.6%
41	CHARALAMBIDES CHRISTIS SEMI SKIMMED 1.5% HDPE 2L	2.95	2.97	0.02	0.7%
42	LANITIS FULL FAT 3% HDPE 2L	2.89	2.91	0.02	0.7%
43	LANITIS SEMI SKIMMED 1.5% HDPE 1.5L	2.27	2.28	0.01	0.4%
44	LANITIS SEMI SKIMMED 1.5% HDPE 2L	2.90	2.92	0.02	0.7%

ΕΛΑΙΑ					
ΛΑΔΙ					
45	AMBROSIA SUNFLOWER OIL 3L	6.67	6.65	-0.02	-0.3%
46	ELIOHORI EXTRA VIRGIN OLIVE OIL 2L	19.87	20.54	0.67	3.4%
47	ELIOHORI EXTRA VIRGIN OLIVE OIL PET 1L	10.02	10.03	0.01	0.1%
48	GUSTO SUNFLOWER OIL PET 5L	7.99	8.12	0.13	1.6%
49	LESIEUR SUNFLOWER OIL 3L	6.40	6.44	0.04	0.6%
50	SAINT GEORGE CYPRUS EXTRA VIRGIN OLIVE OIL PET 1L	7.17	6.95	-0.22	-3.1%
51	THE KING OF OLIVES SALAD OIL PET 1L	2.90	2.88	-0.02	-0.7%
ΖΥΜΑΡΙΚΑ / ΑΛΕΥΡΙ / ΡΥΖΙ / ΠΟΥΡΓΟΥΡΙ / ΟΣΠΡΙΑ / ΖΑΧΑΡΗ					
ΑΛΕΥΡΙ					
52	MITSIDES FARINA PLAIN 00 1KG	1.51	1.50	-0.01	-0.7%
53	MITSIDES PLAIN 00 ALL PURPOSE 1KG	1.23	1.25	0.02	1.6%
54	MITSIDES SELF RAISING 1KG	1.53	1.50	-0.03	-2.0%
55	MITSIDES VILLAGE 1KG	1.57	1.56	-0.01	-0.6%
56	TRIUMPH FARINA 00 1KG	1.38	1.47	0.09	6.5%
57	TRIUMPH VILLAGE 1KG	1.42	1.51	0.09	6.3%
ΖΑΧΑΡΗ					
58	SUGAR	1.00	1.00	0.00	0.0%
ΖΥΜΑΡΙΚΑ					
59	BARILLA SPAGHETTI No.5 500GR	1.07	1.11	0.04	3.7%
60	MELISSA PRIMO GUSTO ORZO 500GR	1.23	1.19	-0.04	-3.3%
61	MELISSA PRIMO GUSTO SPAGHETTI No.6 500GR	1.01	1.02	0.01	1.0%
62	MITSIDES MEZZANI A 500GR	1.29	1.26	-0.03	-2.3%
63	MITSIDES ORZO 500GR	1.22	1.38	0.16	13.1%
64	MITSIDES SPAGHETTI 500GR	1.13	1.17	0.04	3.5%
65	MITSIDES TRADITIONAL 500GR	1.42	1.42	0.00	0.0%
66	TRIUMPH SPAGHETTI 500GR	1.11	1.12	0.01	0.9%
ΟΣΠΡΙΑ					
67	KAOURIS CANADIAN LAIRD LENTILS 1KG	2.80	2.80	0.00	0.0%
68	NATURAL LIFE IMPORTED BLACK EYE BEANS 1KG	3.13	3.15	0.02	0.6%
69	NATURAL LIFE IMPORTED LENTILS 1KG	2.50	2.49	-0.01	-0.4%
70	SOLEAS 3A BEANS 1KG	2.86	2.78	-0.08	-2.8%
71	SOLEAS 3A BLACK EYE BEANS 1KG	3.59	3.47	-0.12	-3.3%
72	SOLEAS 3A GREEN LENTILS 1KG	2.88	2.93	0.05	1.7%
ΠΟΥΡΓΟΥΡΙ					
73	A.KEPOLA BULGUR WHEAT 1KG	2.52	2.38	-0.14	-5.6%
74	A.KEPOLA BULGUR WHEAT 500GR	1.68	1.67	-0.01	-0.6%
75	KAOURIS BULGUR WHEAT 500GR	1.49	1.40	-0.09	-6.0%
76	LISKO FAMELISKO BULGUR WHEAT MEDIUM 500GR	1.22	1.20	-0.02	-1.6%
77	MITSIDES BULGUR WHEAT 1KG	2.99	3.05	0.06	2.0%
78	MITSIDES BULGUR WHEAT 500GR	1.66	1.70	0.04	2.4%
ΡΥΖΙ					
79	SOLEAS 3A BASMATI RICE BAG 1KG	2.98	2.99	0.01	0.3%
80	SOLEAS 3A GLUTINOUS RICE BAG 1KG	2.24	2.26	0.02	0.9%
81	SOLEAS 3A PARBOILED RICE 1KG	2.43	2.45	0.02	0.8%
82	TILDA BASMATI RICE 1KG	5.01	5.06	0.05	1.0%
83	UNCLE BENS LONG GRAIN RICE 1KG	4.59	4.10	-0.49	-10.7%
84	UNCLE BENS LONG GRAIN RICE BOX 2KG	9.63	8.83	-0.80	-8.3%
ΚΑΤΕΨΥΓΜΕΝΑ					
ΚΑΤΕΨΥΓΜΕΝΑ ΖΥΜΑΡΙΚΑ					
85	CHARALAMBIDES CHRISTIS RAVIOLI 400GR	3.89	4.18	0.29	7.5%
86	HERCULES RAVIOLI 400GR	3.09	3.18	0.09	2.9%
87	MITSIDES VILLAGE RAVIOLI 375GR	3.46	3.45	-0.01	-0.3%
ΚΑΤΕΨΥΓΜΕΝΑ ΜΑΛΑΚΙΑ/ ΟΣΤΡΑΚΟΕΙΔΗ					
88	7 THALASSES SHRIMPS 30/50 500GR	9.27	9.02	-0.25	-2.7%
89	BLUE GREEN WAVE OCTOPUS 1KG	6.02	5.97	-0.05	-0.8%
90	BLUE GREEN WAVE SQUID RINGS 1KG	7.05	7.02	-0.03	-0.4%
91	EDESMA SQUID RINGS 1KG	7.04	7.16	0.12	1.7%
ΚΑΤΕΨΥΓΜΕΝΟ ΨΑΡΙ					
92	EDESMA RED FISH 1KG	7.30	7.40	0.10	1.4%
93	FINDUS SALMON PORTIONS 4X125GR	17.22	18.07	0.85	4.9%
94	FOODPAX SALMON PORTIONS 4X125GR	12.30	13.99	1.69	13.7%
95	QUALIFOOD PANGASIUS FILLETS 1KG	3.37	3.32	-0.05	-1.5%
96	QUALIFOOD SALMON PORTION 4X125GR	13.01	12.95	-0.06	-0.5%
ΚΑΤΕΨΥΓΜΕΝΟ ΨΑΡΙ ΠΑΝΕ/ ΠΡΩΨΗΜΕΝΟ					
97	7 SEAS COD BREADED FISH FILLETS 400GR	3.56	3.53	-0.03	-0.8%

98	BIRDS EYE COD FISH FINGERS 14PCS 350GR	6.38	6.43	0.05	0.8%
99	BIRDS EYE SIMPLY 4 COD FILLET BREADED 440GR	9.80	9.81	0.01	0.1%
100	BLUE GREEN WAVE COD FISH FILLET BREADED 4PCS 400GR	3.81	4.00	0.19	5.0%
101	NORDA WHITE FISH FISH STICKS 10PCS 300GR	3.02	3.02	0.00	0.0%
ΨΥΓΕΙΟΥ ΚΑΙ ΚΑΤΕΨΥΓΜΕΝΑ ΜΠΕΡΚΕΡ					
102	EDESMA VEGETABLE BURGERS 4P 380GR	4.73	4.76	0.03	0.6%
103	EN ELLADI NOSTIMIES BURGERS 420GR	4.33	4.37	0.04	0.9%
104	GRIGORIOU BEEF BURGERS 4P 600GR	6.06	5.83	-0.23	-3.8%
105	GRIGORIOU HAMBURGERS 6P 480GR	3.88	4.07	0.19	4.9%
106	GRIGORIOU TURKEY BURGERS 6P 480GR	4.84	4.87	0.03	0.6%
107	KYPRIANOU SPECIAL CHICKEN BURGERS 900GR	6.61	6.61	0.00	0.0%
ΨΥΓΕΙΟΥ ΚΑΙ ΚΑΤΕΨΥΓΜΕΝΟ ΚΡΕΑΣ ΠΑΝΕ/ ΠΡΟΨΗΜΕΝΟ					
108	EDESMA CHICKEN NUGGETS 500GR	5.51	5.53	0.02	0.4%
109	EDESMA CHICKEN NUGGETS 900GR	7.32	7.32	0.00	0.0%
110	EMA FOODS CHICKEN NUGGETS 900GR	7.17	7.19	0.02	0.3%
111	EN ELLADI CHICKEN NUGGETS 400GR	4.71	4.70	-0.01	-0.2%
112	EN ELLADI MEAT BALLS 420GR	4.20	4.20	0.00	0.0%
113	PARADISIOTIS CHICKEN NUGGETS 800GR	5.25	5.29	0.04	0.8%
ΚΑΦΕΣ					
ΚΥΠΡΙΑΚΟΣ ΚΑΦΕΣ					
114	CHARALAMBOUS GREEN 200GR	3.38	3.50	0.12	3.6%
115	CHARALAMBOUS GREEN 500GR	8.58	8.76	0.18	2.1%
116	LAIKON GOLD 200GR	3.55	3.58	0.03	0.8%
117	LAIKON GOLD 500GR	8.82	8.79	-0.03	-0.3%
ΣΤΙΓΜΙΑΙΟΣ ΚΑΦΕΣ					
118	CELEST CAFE TIN 200GR	4.85	5.10	0.25	5.2%
119	JACOBS EKLEKTOS JAR 100GR	4.31	4.46	0.15	3.5%
120	NESCAFE AZERA ESPRESSO TIN 100GR	6.71	6.68	-0.03	-0.4%
121	NESCAFE CLASSIC DEC TIN 100GR	5.11	5.19	0.08	1.6%
122	NESCAFE CLASSIC TIN 100GR	4.30	4.35	0.05	1.2%
123	NESCAFE CLASSIC TIN 200GR	6.40	6.49	0.09	1.4%
124	NESCAFE GOLD BLEND JAR 190GR	6.52	6.65	0.13	2.0%
125	NESCAFE GOLD BLEND JAR 95GR	4.19	4.20	0.01	0.2%
ΚΟΝΣΕΡΒΕΣ					
ΓΑΛΑ ΕΒΑΠΟΡΕ/ ΖΑΧΑΡΟΥΧΟ					
126	MANA CONDENSED CAN 397GR	1.95	1.89	-0.06	-3.1%
127	NOYNOY CONDENSED CAN 397GR	1.71	1.85	0.14	8.2%
128	NOYNOY EVAPORATED CAN 410GR	1.26	1.31	0.05	4.0%
129	NOYNOY LIGHT EVAPORATED CAN 410GR	1.25	1.31	0.06	4.8%
130	NOYNOY LIGHT EVAPORATED PORTIONS 10X15GR	1.26	1.29	0.03	2.4%
ΚΟΝΣΕΡΒΕΣ ΚΡΕΑΤΟΣ					
131	Karla Corned Beef 340gr	3.40	3.52	0.12	3.5%
132	Tulip Pork Chopped Ham 200gr	2.39	2.35	-0.04	-1.7%
133	Tulip Pork Luncheon Meat 200gr	2.31	2.25	-0.06	-2.6%
134	Zwan Chicken Luncheon Meat 200gr	2.15	2.20	0.05	2.3%
135	Zwan Pork Chopped Ham 200gr	2.92	2.96	0.04	1.4%
136	Zwan Pork Luncheon Meat 200gr	2.15	2.26	0.11	5.1%
ΚΟΝΣΕΡΒΕΣ ΨΑΡΙΟΥ					
137	RIO MARE TUNA IN OLIVE OIL 2X160GR	4.61	4.62	0.01	0.2%
138	RIO MARE TUNA MEAT LIGHT IN OLIVE OIL 3X80GR	3.78	3.74	-0.04	-1.1%
139	SEVYCO WHITE TUNA LIGHT IN WATER 4X100GR	3.67	3.76	0.09	2.5%
140	SHEIK PINK TUNA IN SOYABEAN OIL 4X80GR	3.32	3.33	0.01	0.3%
141	SHEIK WHITE TUNA LIGHT IN WATER 4X160GR	6.38	6.36	-0.02	-0.3%
ΞΗΡΑ ΤΡΟΦΗ					
ΔΗΜΗΤΡΙΑΚΑ ΠΡΟΓΕΥΜΑΤΟΣ					
142	KELLOGG S SPECIAL K CLASSIC MAXI 700GR	4.99	4.92	-0.07	-1.4%
143	Kellogg S Coco Pops 500gr	3.87	3.69	-0.18	-4.7%
144	Kellogg S Coco Pops Chocos 375gr	2.71	2.74	0.03	1.1%
145	Kellogg S Corn Flakes 500gr	3.27	3.33	0.06	1.8%
146	Kellogg S Honey Loops 330gr	3.00	3.33	0.33	11.0%
147	Oreo Os Cookies&Cream Cerals 350gr	4.02	4.15	0.13	3.2%
148	Quaker Traganes Μπουκies Dark Chocolate 450gr	3.39	3.40	0.01	0.3%
149	Quaker White Oats Bag 500gr	1.94	1.96	0.02	1.0%
ΚΟΥΛΟΥΡΙΑ					
150	7DAYS BAKE ROLLS MINI PIZZA 80GR	0.80	0.80	0.00	0.0%
151	BAKANDYS BREADSTICKS OLIVE OIL 250GR	3.82	3.62	-0.20	-5.2%
152	BAKANDYS RUSKS RYE 200GR	2.89	2.83	-0.06	-2.1%

153	ELITE TOAST RYE 360GR(3+1 FREE)	2.17	2.18	0.01	0.5%
154	ELITE TOAST WHEAT 500GR(3+1 FREE)	2.17	2.40	0.23	10.6%
155	JOHNSOF BREAD COOKIES NAPOLITANO RAISIN 240GR	2.82	2.79	-0.03	-1.1%
156	JOHNSOF CROUTONS WHEAT 320GR	2.53	2.54	0.01	0.4%
157	MARIAS BREAD COOKIES CAROB 350GR	3.21	3.23	0.02	0.6%
ΜΠΙΣΚΟΤΑ					
158	FROU FROU JOKER CHOCO COV. SW 12X25GR(3 FREE)	4.08	4.07	-0.01	-0.2%
159	FROU FROU MORNING COFFEE PL 150GR	1.21	1.19	-0.02	-1.7%
160	KATERINA PETIT FOURS PL 500GR	4.00	3.99	-0.01	-0.2%
161	KINDER CARDS COCOA&MILK FIL 5X25.6GR	1.99	2.10	0.11	5.5%
162	NUTELLA FILLED CHOCO BISCUITS FIL T22 304GR	3.46	3.34	-0.12	-3.5%
163	OREO MINI VANILLA SW 115GR	1.75	1.79	0.04	2.3%
ΡΟΦΗΜΑΤΑ					
ΑΝΑΨΥΚΤΙΚΑ					
164	7 UP DIET/FREE CAN 8X330ML	4.51	4.52	0.01	0.2%
165	7 UP REGULAR CAN 8X330ML	4.54	4.57	0.03	0.7%
166	COCA COLA REGULAR CAN 330ML	0.92	0.93	0.01	1.1%
167	COCA COLA REGULAR CAN 8X330ML	5.02	5.01	-0.01	-0.2%
168	COCA COLA ZERO CAN 8X330ML	5.00	5.01	0.01	0.2%
169	PEPSI MAX CAN 8X330ML	3.72	3.73	0.01	0.3%
ΕΜΦΙΑΛΩΜΕΝΟ ΝΕΡΟ					
170	AGROS STILL PET 12X500ML	2.86	2.89	0.03	1.0%
171	AGROS STILL PET 6X1.5L	2.47	2.51	0.04	1.6%
172	ΑΓΙΟΣ ΝΙΧΟΛΑΟΣ STILL PET 12X500ML	3.01	3.01	0.00	0.0%
173	ΑΓΙΟΣ ΝΙΧΟΛΑΟΣ STILL PET 6X1.5L	2.43	2.46	0.03	1.2%
174	ΚΥΚΚΟΣ STILL PET 12X500ML	2.73	2.89	0.16	5.9%
175	ΚΥΚΚΟΣ STILL PET 6X1.5L	2.37	2.42	0.05	2.1%
ΧΥΜΟΙ					
176	KEAN MANGO&POMEGRANATE NECTAR TP 1L	1.64	1.68	0.04	2.4%
177	KEAN ORANGE 100% TP 1L	2.06	2.06	0.00	0.0%
178	KEANITA KIDS ORANGE DRINK TB 9X250ML	4.02	4.08	0.06	1.5%
179	LIFE APPLE&CARROT&ORANGE 100% PET 400ML	1.67	1.69	0.02	1.2%
180	LIFE ORANGE 100% PET 1L	3.08	3.11	0.03	1.0%
181	LIFE ORANGE 100% PET 400ML	1.65	1.66	0.01	0.6%
ΦΡΕΣΚΑ ΠΡΟΙΟΝΤΑ					
ΑΥΓΑ					
182	Αυγά 12 τεμάχια (M) - (53gr - 63gr) -(φθηνότερη συσκ.)	3.42	3.48	0.06	1.8%
ΦΡΕΣΚΟ ΚΡΕΑΣ/ ΠΟΥΛΕΡΙΚΑ/ ΚΟΥΝΕΛΙ					
183	Αμνοερίφια μικρά σε κομμάτια (Kg)	12.36	12.35	-0.01	-0.1%
184	Βοδινό top-side (Kg) (ψαχνό, χωρίς κόκκαλο και λίπος)	14.98	15.33	0.35	2.3%
185	Βοδινός κιμάς (Kg)	10.07	10.53	0.46	4.6%
186	Κοτόπουλο ολόκληρο (Kg) (Χαμηλότερη Τιμή)	3.74	3.80	0.06	1.6%
187	Κοτόπουλο στήθος φιλέτο (Kg) (Χαμηλότερη Τιμή)	7.90	7.52	-0.38	-4.8%
188	Κουνέλι (Kg) (χαμηλότερη τιμή)	10.50	10.53	0.03	0.3%
189	Χοιρινή Μπριζόλα φιλέτο (Kg)	6.10	6.19	0.09	1.5%
190	Χοιρινός Κιμάς (Kg)	5.61	5.65	0.04	0.7%
191	Χοιρινός Λαπάς με κόκκαλο (Kg)	5.81	6.20	0.39	6.7%
ΦΡΕΣΚΟ ΨΑΡΙ/ΜΑΛΑΚΙΑ					
192	Γόπες (Kg)	9.75	9.81	0.06	0.6%
193	Καλαμάρι Μεγάλο (Kg)	10.19	10.06	-0.13	-1.3%
194	Καλαμάρι Μικρό (Kg)	17.98	17.27	-0.71	-3.9%
195	Λαβράκι (Kg)	15.78	15.47	-0.31	-2.0%
196	Μπαρμπούνι (Kg)	23.32	22.40	-0.92	-3.9%
197	Τσιπούρα (Kg)	9.82	9.93	0.11	1.1%
198	Χταπόδι (Kg)	23.20	21.15	-2.05	-8.8%
ΧΟΡΤΑ					
199	Αγγουράκια Θερμοκηπίου (Kg)	1.77	2.08	0.31	17.5%
200	Αγγουράκια Χωραφιού (Kg)	2.43	2.54	0.11	4.5%
201	Ντομάτες Α (Kg)	2.09	2.83	0.74	35.4%
202	Πατάτες Φρέσκες (Kg)	2.02	2.10	0.08	4.0%
203	Χόρτα Δέσμης	0.51	0.54	0.03	5.9%
ΨΩΜΙ					
204	Slice Άσπρο μεγάλο (900gr - 1000gr) (χαμηλότερη τιμή)	1.89	1.91	0.02	1.1%
205	Slice Άσπρο μικρό (450gr-500gr) (χαμηλότερη τιμή)	1.60	1.62	0.02	1.2%
206	Slice Ολικής Αλέσεως μεγάλο (900gr - 1000gr) (χαμηλότερη τιμή)	2.16	2.16	0.00	0.0%
207	Slice Ολικής Αλέσεως μικρό (450gr-500gr) (χαμηλότερη τιμή)	1.74	1.73	-0.01	-0.6%
208	Ψωμί Άσπρο μεγάλο (900gr - 1000gr) (χαμηλότερη τιμή)	1.65	1.65	0.00	0.0%

209	Ψωμί Άσπρο μικρό (450gr-500gr)(χαμηλότερη τιμή)	1.31	1.31	0.00	0.0%
FUEL					
CHARCOAL					
210	ETOSHA 5kg	5.64	6.13	0.49	8.7%
211	ΠΥΡΣΟΣ 5kg	6.24	6.25	0.01	0.2%
ΑΠΟΡΡΥΠΑΝΤΙΚΑ/ ΜΑΛΑΚΤΙΚΑ ΡΟΥΧΩΝ					
ΑΠΟΡΡΥΠΑΝΤΙΚΑ ΡΟΥΧΩΝ					
212	ARIEL TOUCH LENOR FRESH 50WSH LIQ 2.75L	11.12	10.92	-0.20	-1.8%
213	DIXAN POWER GEL MULTICOLOR 48W 2.16L	7.01	7.01	0.00	0.0%
214	DIXAN POWER GEL UNIVERSAL 48W 2.16L	7.05	7.08	0.03	0.4%
215	EUREKA ACTIVE CARE 75WSH PWD 4.125KG	8.29	8.73	0.44	5.3%
216	EUREKA MASSALIAS CLASSIC 57WSH LIQ 2.592L	6.19	6.24	0.05	0.8%
217	EUREKA MASSALIAS LAVENDER 57WSH LIQ 2.592L	6.23	6.25	0.02	0.3%
ΜΑΛΑΚΤΙΚΑ ΡΟΥΧΩΝ					
218	COMFORT GOLD LILY&WILD BERRY 4L	5.52	5.55	0.03	0.5%
219	COMFORT GOLD WILD ORCHID&SANDALWOOD 4L	5.58	5.32	-0.26	-4.7%
220	COMFORT PURELY SOFT 4L	4.94	4.99	0.05	1.0%
ΕΙΔΗ ΠΡΟΣΩΠΙΚΗΣ ΥΓΙΕΙΝΗΣ					
ΣΕΡΒΙΕΤΕΣ ΥΓΕΙΑΣ					
221	ALWAYS PADS SECURE NIGHT ULTRA DUO W 12P	2.14	2.15	0.01	0.5%
222	ALWAYS PADS ULTRA DAY LONG PLUS GIGAPACK TRIPLE W 36P	3.71	3.70	-0.01	-0.3%
223	ALWAYS PADS ULTRA NORMAL PLUS DUO W 20P	2.16	2.15	-0.01	-0.5%
224	EVERYDAY PADS HYPERDRY ULTRA PLUS SUPER DUO W 18P	1.96	1.96	0.00	0.0%
ΧΑΡΤΙ ΥΓΕΙΑΣ					
225	ELITE LUXURY WHITE 3PLY 10P	4.11	4.12	0.01	0.2%
226	HOPE ULTRA SOFT 3PLY 10P	3.47	3.45	-0.02	-0.6%
227	KLEENEX PREMIUM CREAM 2PLY 12P	10.79	10.85	0.06	0.6%
228	KLEENEX PREMIUM WHITE 2PLY 12P	10.85	10.88	0.03	0.3%
229	KLEENEX SCOTTONELLE PURE CLEAN MEGA WHITE 2PLY 32P	12.70	13.87	1.17	9.2%
230	SILKY WHITE 2PLY 24P	7.02	7.08	0.06	0.9%
ΚΥΛΙΝΔΡΟΣ ΥΓΡΑΕΡΙΟΥ					
ΚΥΛΙΝΔΡΟΣ ΥΓΡΑΕΡΙΟΥ					
231	ΚΥΛΙΝΔΡΟΣ 10kg (ΤΙΜΗ ΜΕ ΕΠΙΣΤΡΟΦΗ ΑΔΕΙΟΥ)	17.00	17.26	0.26	1.5%
ΒΡΕΦΙΚΑ ΠΡΟΪΟΝΤΑ					
ΒΡΕΦΙΚΕΣ ΠΑΝΕΣ					
232	NANNYS SENSITIVE 5 JUNIOR 12-25KG 44P	9.59	9.61	0.02	0.2%
233	NANNYS SENSITIVE 7 JUMBO PLUS 15+KG 36P	9.19	9.30	0.11	1.2%
234	PAMP. ACTIVE BABY 6 EXTRA LARGE 13-18KG 56P	13.62	13.61	-0.01	-0.1%
235	PAMP. ACTIVE BABY 7 MAXI 15+KG 40P	10.43	10.48	0.05	0.5%
236	PAMP. ACTIVE BABY JUNIOR 5 11-16KG 64P	13.61	13.60	-0.01	-0.1%
237	PAMP. PREMIUM CARE 1 NEW BORN 2-5KG 52P	10.70	10.75	0.05	0.5%
ΒΡΕΦΙΚΕΣ ΤΡΟΦΕΣ					
238	HIPP BIO DAIRY FREE OAT PORRIDGE 4M+ CRT 200GR	3.69	3.72	0.03	0.8%
239	NESTLE FARINE LACTEE WHEAT CEREALS 6M+ CRT 350GR	3.04	3.02	-0.02	-0.7%
240	NOYNOY 5 FRUIT CEREAL CREAM 6M+ TIN 300GR P-OFF	5.38	5.71	0.33	6.1%
241	NOYNOY BISCUIT CEREALS 6M+ TIN 300GR P-OFF	5.63	5.95	0.32	5.7%
242	NOYNOY FARINE LACTEE CEREALS 6M+ TIN 300GR P-OFF	3.48	3.47	-0.01	-0.3%
243	YIOTIS FARINE LACTEE MILK CEREAL CREAM 6M+ TIN 300GR	3.01	3.01	0.00	0.0%
ΒΡΕΦΙΚΟ ΓΑΛΛΑ					
244	Frisogrow 3 1-3y Tin 800gr	18.66	19.68	1.02	5.5%
245	Frisogrow Plus+ 3-5y Tin 800gr	16.58	16.67	0.09	0.5%
246	Frisolac 1 0-6m Tin 800gr	21.97	22.68	0.71	3.2%
247	Frisomel 2 6m+ Tin 800gr	18.32	19.41	1.09	5.9%
248	Nan 4 Protect Build 2y+ Tin 400gr	9.39	9.49	0.10	1.1%
249	S-26 Progress Gold 3 1-3y Tin 400gr	9.57	9.74	0.17	1.8%