



It's all good. It's all here.

# September Catalogue



[www.wholefoodshouse.com.au](http://www.wholefoodshouse.com.au)

# Bonsoy Kombuchas save 40%

**Great quality for great value.**





# September Value Buys

ends 30.09.2025



\$2.57

save \$1.72

## Bonsoy Kombucha

Various Flavours 250ml

### About the brand

Bonsoy has been brewing wholesome drinks since 1983 and still serves up the best from nature.

40% off



\$4.05

save \$1.74

## Serious Pea Puffs

Various Flavours 100g

### About the brand

Most snack foods aren't made in a way that's good for you or the planet. Serious is here to change that.

30% off



\$5.45

save \$2.34

## Serious Pea Puffs

Various Flavours 5x15g

### About the brand

Most snack foods aren't made in a way that's good for you or the planet. Serious is here to change that.

30% off



\$3.14

save \$1.35

## Serious Popcorn

Various Flavours 70g

### About the brand

Most snack foods aren't made in a way that's good for you or the planet. Serious is here to change that.

30% off



\$3.21

save \$1.38

## Serious Popcorn

Various Flavours 80g

### About the brand

Most snack foods aren't made in a way that's good for you or the planet. Serious is here to change that.

30% off



\$6.64

save \$2.85

## Serious Popcorn

Sweet & Salty 10x12g

### About the brand

Most snack foods aren't made in a way that's good for you or the planet. Serious is here to change that.

30% off

# September Value Buys

ends 30.09.2025



\$3.29

save \$1.10

## Health Lab

Various Snack Balls 40g

### About the brand

Aussie Born, vegan-friendly snacking brand that creates protein snacks that help you thrive.

25% off



\$3.29

save \$1.10

## Health Lab

Various Snack Bars 40g

### About the brand

Aussie Born, vegan-friendly snacking brand that creates protein snacks that help you thrive.

25% off



\$4.49

save \$1.50

## Health Lab

Various Protein Bars 50g

### About the brand

Aussie Born, vegan-friendly snacking brand that creates protein snacks that help you thrive.

25% off



\$3.67

save \$0.92

## Ceres

Rice Clouds 50g

### About the brand

With Ceres Organics products each bite counts - towards a better future, creating a better world.

20% off



\$3.67

save \$0.92

## Ceres

Various Crisps 100g

### About the brand

With Ceres Organics products each bite counts - towards a better future, creating a better world.

20% off



\$3.59

save \$0.90

## Ceres

Puffed Stars 80g

### About the brand

With Ceres Organics products each bite counts - towards a better future, creating a better world.

20% off

Product prices as marked in store, subject to change without notice and while stocks last. No further discount.

# Serious Snacks save 30%

**Great quality for great value.**



**WHOLEFOODS  
HOUSE**



# September Value Buys

ends 30.09.2025



\$3.83

save \$0.96

## Alkalife Water

Alkaline Water 1.25L

### About the brand

Alkalife is instrumental in people's health journey by providing natural mineral water for daily drinking since 2002.

20% off

NEW



\$7.83

save \$1.96

## KOJA

Bickie Bites 150g

### About the brand

KOJA was founded to make being healthy simple and easy. Only the nutrition you need - easy!

20% off



\$6.87

save \$1.72

## Alter Eco

Select Varieties 80g

### About the brand

Organic chocolate that regenerates ecosystems, empowers farmers, and reverses climate change.

20% off

NEW



\$3.19

save \$0.80

## KOJA

Oat Bars 60g

### About the brand

KOJA was founded to make being healthy simple and easy. Only the nutrition you need - easy!

20% off



\$6.87

save \$1.72

## Alter Eco Truffle Thins 84g

Select Varieties 80g

### About the brand

Organic chocolate that regenerates ecosystems, empowers farmers, and reverses climate change.

20% off

NEW



\$7.83

save \$1.96

## KOJA

Mini Oat Bites 5x30g

### About the brand

KOJA was founded to make being healthy simple and easy. Only the nutrition you need - easy!

20% off

# September Value Buys

ends 30.09.2025



\$8.79

save \$2.20

**Tony's Chocolonely**  
Bars 180g

#### About the brand

Sustainably sourced cocoa - ending exploitation in the supply chain.  
Delicious to boot!

**20% off**



\$3.67

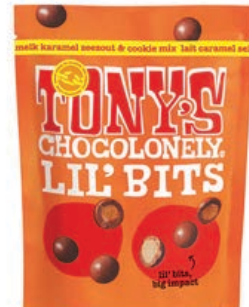
save \$0.92

**Tony's Chocolonely**  
Bars 47g

#### About the brand

Sustainably sourced cocoa - ending exploitation in the supply chain.  
Delicious to boot!

**20% off**



\$8.47

save \$2.12

**Tony's Chocolonely**  
Lil Bits 113g

#### About the brand

Sustainably sourced cocoa - ending exploitation in the supply chain.  
Delicious to boot!

**20% of**



\$7.51

save \$1.88

**Pico**  
Chocolates 80g

#### About the brand

Pico lives and breathes the art of chocolate. It's the blending of craft and ingredients with skill and love.

**20% off**



\$10.95

save \$2.74

**Coyo**  
Ice Cream 500ml

#### About the brand

Carefully sourced, pure organic coconut and selected live cultures handcrafted on the Sunshine Coast.

**20% off**



\$8.79

save \$2.20

**Coyo**  
Frozen Yoghurt 500ml

#### About the brand

Carefully sourced, pure organic coconut and selected live cultures handcrafted on the Sunshine Coast.

**20% off**

Product prices as marked in store, subject to change without notice and while stocks last. No further discount.

# Love Tea save 20%

**Great quality for great value.**





# September Value Buys

ends 30.09.2025



## Love Tea

Pyramids 20's

### About the brand

Melbourne based Love Tea was founded to help you take care of your health and the health of the planet.

20% off

## Love Tea

Loose Leaf 100g

### About the brand

Melbourne based Love Tea was founded to help you take care of your health and the health of the planet.

20% off

## Jiva

Various Drinks 300ml

### About the brand

Founded in Sydney, JIVA knows that the best ingredients make the best tasting beverages.

20% off



## Emma & Toms

Quench 450ml

### About the brand

Emma & Tom, two childhood friends who started making juice in 2004 to help us all look after ourselves better.

20% off



## Organic Mountain

Drinking Chocolate 350g

### About the brand

Organic Mountain's core principles are: Nurture the land. Respect its people. Build a sustainable future.

20% off



## Organic Mountain

Instant Coffee 100g

### About the brand

Organic Mountain's core principles are: Nurture the land. Respect its people. Build a sustainable future.

20% off

Product prices as marked in store, subject to change without notice and while stocks last. No further discount.

# September Value Buys

ends 30.09.2025



\$3.43

save \$0.86

**Rutherford Wafers**  
Various Flavours 60g

#### About the brand

The perfect light, crisp bite-sized wafer cracker for all platter creatives and connoisseurs made in NZ.

**20% off**



\$9.19

save \$2.30

**Spiral Foods**  
Dashi 8x10g

#### About the brand

Spiral Foods is Australia's leading supplier of quality Traditional Foods with an emphasis on Organics.

**20% off**



\$7.99

Save \$2.00

**Spiral Foods**  
Instant Miso Soup 5x10g

#### About the brand

Spiral Foods is Australia's leading supplier of quality Traditional Foods with an emphasis on Organics.

**20% off**



\$11.99

save \$3.00

**Spiral Foods**  
Shiro Miso 300g

#### About the brand

Spiral Foods is Australia's leading supplier of quality Traditional Foods with an emphasis on Organics.

**20% off**



\$11.99

save \$3.00

**Spiral Foods**  
Brown Rice Miso UP 400g

#### About the brand

Spiral Foods is Australia's leading supplier of quality Traditional Foods with an emphasis on Organics.

**20% off**



\$11.11

save \$2.78

**Spiral Foods**  
Miso Soup white & red 10x7g

#### About the brand

Spiral Foods is Australia's leading supplier of quality Traditional Foods with an emphasis on Organics.

**20% off**

Product prices as marked in store, subject to change without notice and while stocks last. No further discount.

# Eco Store save 40%

## Great quality for great value.





# Season's Top Picks

Discover the best Certified Organic produce of the season



## Lemonade Lemons

from Peter Fraser in Rosebank, NSW

### Bursting with flavour

Meet our sweetest citrus yet—a sunshine-hued hybrid between lemon and mandarin. Grown organically with care right here in Australia, these gems are effortlessly sweet, juicy, and impossibly fragrant. Their smooth, mellow flavor makes them perfect for grabbing straight from the basket, peeling into segments, or juicing into refreshing lemonade—no sugar needed. Compact, peel-able, and bursting with natural flavor—these are lemons reimagined, ready to brighten every bite and sip.



## Jazz Apples

from Don Edwards in Mornington Peninsula, VIC

### The King of Crisp!

The farm is located on the beautiful Mornington Peninsula at Red Hill and they have been certified organic 'A' by NASAA (National Association for Sustainable Agriculture in Australia) since the early 1990's.

Jazz apples are a modern apple variety developed in New Zealand, created by crossing Royal Gala and Braeburn apples. They're known for their crisp, dense flesh, tangy-sweet flavor, and refreshing juiciness. With a striking red-and-yellow skin, Jazz apples hold up well in lunchboxes, salads, and baked dishes because they resist browning and maintain their crunch!



## Brussels Sprouts

from Mt Whitestone in Gatton, QLD

### Little Gems

Nestled about 100 km west of Brisbane near Gatton, Mt Whitestone Farms is a family-run operation spanning roughly 300 acres. Gary and Kathy Harm—joined by their son James, daughter-in-law Ashleigh, and their young helpers—cultivate their vegetables using the Demeter-certified Australian biodynamic method, an advanced form of organic farming that nurtures the soil as much as the produce.

Their Brussels sprouts are part of a celebrated lineup of brassicas grown at this time of year. The biodynamic approach ensures not just organic purity but also vibrant flavour, firmness, and remarkable colour.

# September Value Buys

ends 30.09.2025



\$3.75

save \$0.94

## Eco Organics

Mung Bean Fettuccine

### About the brand

Eco Organics produces foods packed with nutrition, full of goodness that is naturally delicious.

**20% off**



\$4.47

save \$1.12

## Eco Organics

Chickpea Fettuccine

### About the brand

Eco Organics produces foods packed with nutrition, full of goodness that is naturally delicious.

**20% off**



\$3.83

save \$0.96

## Eco Organics

Edamame Spaghetti

### About the brand

Eco Organics produces foods packed with nutrition, full of goodness that is naturally delicious.

**20% off**



\$7.19

save \$1.80

## Honest to Goodness

Peanut Butters 375g

### About the brand

Committed to responsibly sourcing wholesome ingredients that both nourish people and our planet.

**20% off**



\$7.83

save \$1.96

## Honest to Goodness

Tahini 375g

### About the brand

Committed to responsibly sourcing wholesome ingredients that both nourish people and our planet

**20% off**



\$3.19

save \$0.80

## Honest to Goodness

Coconut Milk 400ml

### About the brand

Committed to responsibly sourcing wholesome ingredients that both nourish people and our planet

**20% off**

Product prices as marked in store, subject to change without notice and while stocks last. No further discount.

# September Value Buys

ends 30.09.2025



\$13.03

save \$3.26

## Good Fat

Mayo & Aioli 280g

### About the brand

Undivided Foods make real, time-honoured and nutrient-dense food as tasty & convenient as possible.

20% off



\$18.63

save \$4.66

## Good Fat

Mayo & Aioli 425g

### About the brand

Undivided Foods make real, time-honoured and nutrient-dense food as tasty & convenient as possible.

20% off



\$7.75

save \$1.94

## Good Sauce

BBQ 270g

### About the brand

Undivided Foods make real, time-honoured and nutrient-dense food as tasty & convenient as possible.

20% off



\$7.75

save \$1.94

## Good Sauce

Tomato Ketchup 270ml

### About the brand

Undivided Foods make real, time-honoured and nutrient-dense food as tasty & convenient as possible.

20% off



\$8.79

save \$2.20

## Good Sauce

Satay 270g

### About the brand

Undivided Foods make real, time-honoured and nutrient-dense food as tasty & convenient as possible.

20% off



\$8.79

save \$2.20

## Good Sauce

Sweet Chilli 260g

### About the brand

Undivided Foods make real, time-honoured and nutrient-dense food as tasty & convenient as possible.

20% off

Product prices as marked in store, subject to change without notice and while stocks last. No further discount.



# 40% off Spring Clean

ends 30.09.2025



**\$6.17**

save \$4.12

## Eco Store

Dishwashing Liquid 1L

### About the brand

Founded in NZ in 1993, always putting people's health first and to provide a choice for clean living.

**40% off**



**\$3.59**

save \$2.40

## Eco Store

Dishwashing Liquid 500ml

### About the brand

Founded in NZ in 1993, always putting people's health first and to provide a choice for clean living.

**40% off**



**\$8.69**

save \$5.80

## Eco Store

Dishwashing Powder 1kg

### About the brand

Founded in NZ in 1993, always putting people's health first and to provide a choice for clean living.

**40% off**



**\$12.29**

save \$8.20

## Eco Store

Dishwashing Tablets 30's

### About the brand

Founded in NZ in 1993, always putting people's health first and to provide a choice for clean living.

**40% off**



**\$11.81**

save \$7.88

## Eco Store

Lemon Dish. Tablets 22's

### About the brand

Founded in NZ in 1993, always putting people's health first and to provide a choice for clean living.

**40% off**



**\$4.07**

save \$2.72

## Eco Store

Rinse Aid Lemon 200ml

### About the brand

Founded in NZ in 1993, always putting people's health first and to provide a choice for clean living.

**40% off**

Product prices as marked in store, subject to change without notice and while stocks last. No further discount.

# New Products

Put a spring in your step with these new additions to the range.



## KOJA Oat Bars

Various Flavours

60g

\$3.19



## Numero Uno

Single Origin Matcha

100g

\$40.49



## Heylo

Cucumber Mint Magnesium Water

300ml

\$4.79



## WFH Wild Fish

Black Cod

170g

\$15.99



## WFH Wild Fish

Pink Salmon

170g

\$9.49



## WFH Wild Fish

Halibut

170g

\$18.99

Product prices as marked in store, subject to change without notice and while stocks last.

# September Value Buys

ends 30.09.2025



\$8.79

save \$2.20

**The Goods**  
Bone Broth 400ml

#### About the brand

Bone Broths made in Melbourne based on ancient tradition to support modern lifestyles.

20% off



\$9.99

save \$2.50

**Tullyz Curry Sauce**  
Butter Chicken 375g

#### About the brand

All-natural ingredients, with no added gluten, nuts, or dairy, made with olive oil, and real ingredients.

20% off



9.99

save \$2.50

**Tullyz Curry Sauce**  
Creamy Korma 375g

#### About the brand

All-natural ingredients, with no added gluten, nuts, or dairy, made with olive oil, and real ingredients.

20% off

NEW



\$9.99

save \$2.50

**Tullyz Curry Sauce**  
Creamy Masala 375g

#### About the brand

All-natural ingredients, with no added gluten, nuts, or dairy, made with olive oil, and real ingredients.

20% off



\$9.99

save \$2.50

**Tullyz Curry Sauce**  
Tikka Masala 375g

#### About the brand

All-natural ingredients, with no added gluten, nuts, or dairy, made with olive oil, and real ingredients.

20% off



\$7.19

save \$1.80

**Wholefoods House**  
Tinned Wild Salmon 125g

#### About the brand

Our mission is to ensure: It's all good. It's all here. Always! A brand and products you can trust.

20% off

Product prices as marked in store, subject to change without notice and while stocks last. No further discount.



## Stores

112 Queen Street, Woollahra 2025  
14/61-71 Mentmore Avenue, Rosebery 2018  
or online via  
[onlinestore.wholefoodshouse.com.au](http://onlinestore.wholefoodshouse.com.au)

## Contact

Woollahra: 02 9363 9879  
Rosebery: 02 8123 1712  
[wfh@wholefoodshouse.com.au](mailto:wfh@wholefoodshouse.com.au)  
[orders@wholefoodshouse.com.au](mailto:orders@wholefoodshouse.com.au)