



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

October Catalogue



www.wholefoodshouse.com.au

Organic India save 30%

Great quality for great value.



October Value Buys

ends 31.10.2025

NEW



\$15.39

save \$6.60

Organic India

Moringa Powder 226g

About the brand

All Organic India's products are rooted in Ayurveda, India's ancient health system.

30% off



\$6.99

save \$3.00

Organic India

Tulsi Tea 25's

About the brand

All Organic India's products are rooted in Ayurveda, India's ancient health system.

30% off



\$6.99

save \$3.00

Organic India

Functional Tulsi Tea 25's

About the brand

All Organic India's products are rooted in Ayurveda, India's ancient health system.

30% off



\$3.49

save \$1.50

Lo Bros Kombucha

Various Flavours 330ml

About the brand

Founded by good doing Brothers to create positive change in your fridge and the world.

30% off



\$4.47

save \$1.12

Ceres Coconut Bites

Various Flavours 60g

About the brand

Ceres is on a mission to bring healing to the world and humankind one bite at a time.

20% off



\$3.99

save \$1.00

Ceres Wafer Rolls

Various Flavours 80g

About the brand

Ceres is on a mission to bring healing to the world and humankind one bite at a time.

20% off

October Value Buys

ends 31.10.2025



\$7.19

save \$1.80

Ceres

Peanut Butters 300g

About the brand

Ceres is on a mission to bring healing to the world and humankind one bite at a time.

20% off



\$11.03

save \$2.76

Honest to Goodness

Buckwheat Flour 1kg

About the brand

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

20% off



\$11.83

save \$2.96

Honest to Goodness

Cassava Flour 1kg

About the brand

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

20% off



\$14.47

save \$3.62

Honest to Goodness

Various Granolas 450g

About the brand

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

20% off



\$9.59

save \$2.40

Honest to Goodness

Maple Syrup 250ml

About the brand

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

20% off



\$6.87

save \$1.72

Honest to Goodness

Agave Syrup 250ml

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.

Los Bros Drinks save 30%

Great quality for great value.



October Value Buys

ends 31.10.2025



\$3.59

save \$0.90

Brookfarm

Snack Bars 40g

About the brand

A farm owned and run by the Brooks family in NSW growing and making healthy food for your entire family.

20% off



\$12.79

save \$3.20

Brookfarm

Select Granola Varieties

About the brand

A farm owned and run by the Brooks family in NSW growing and making healthy food for your entire family.

20% off



\$11.99

save \$3.00

Brookfarm

Select Muesli Varieties

About the brand

A farm owned and run by the Brooks family in NSW growing and making healthy food for your entire family.

20% off



\$11.99

save \$3.00

Brookfarm

Porridge

About the brand

A farm owned and run by the Brooks family in NSW growing and making healthy food for your entire family.

20% off



\$12.31

save \$3.08

Brookfarm

Macadamias 100g

About the brand

A farm owned and run by the Brooks family in NSW growing and making healthy food for your entire family.

20% off



\$5.03

save \$1.26

Brookfarm

Roasted Nuts 75g

About the brand

A farm owned and run by the Brooks family in NSW growing and making healthy food for your entire family.

20% off

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

October Value Buys

ends 31.10.2025



\$4.71

save \$1.18

Funday

Various Flavours 50g

About the brand

Founded in Melbourne offering a better sugar-free treat. Bringing you fun and colour without regrets.

20% off



\$9.59

save \$2.40

Funday

Various Flavours 120g

About the brand

Founded in Melbourne offering a better sugar-free treat. Bringing you fun and colour without regrets.

20% off



\$9.27

save \$2.32

Funday

Lollipops 8pk

About the brand

Founded in Melbourne offering a better sugar-free treat. Bringing you fun and colour without regrets.

20% off



\$1.43

save \$0.36

Funday

Lollipop Singles

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



\$5.59

save \$1.40

Pana Chocolates

Various Flavours 45g

About the brand

Pana exists to create amazing vegan, organic artisanal food that nourishes you and the earth.

20% off



\$3.75

save \$0.94

Karma

Juices 300ml

About the brand

Drinks with ingredients good for the land, the people and the farmers growing them - meet Karma!

20% off

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

Brookfarm save 20%

Great quality for great value.



October Value Buys

ends 31.10.2025



\$8.31

save \$2.08

Spiral

Various Furikake

About the brand

One of Sydney's best organic food companies specialising in Japanese culinary delights.

20% off



\$7.19

save \$1.80

Spiral

Nori 10 sheet pack

About the brand

One of Sydney's best organic food companies specialising in Japanese culinary delights.

20% off



\$6.87

save \$1.72

Spiral

Pickled Daikon 100g

About the brand

One of Sydney's best organic food companies specialising in Japanese culinary delights.

20% off



\$5.43

save \$1.36

Spiral

Pickled Ginger 60g

About the brand

One of Sydney's best organic food companies specialising in Japanese culinary delights.

20% off



\$7.11

save \$1.78

Spiral

Sushi Vinegar 250ml

About the brand

One of Sydney's best organic food companies specialising in Japanese culinary delights.

20% off



\$6.31

save \$1.58

Mekhala

Curry Pastes 100g

About the brand

A Better Asian Kitchen with delicious, wholesome, and sustainable Asian foods for you and your loved ones.

20% off

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

October Value Buys

ends 31.10.2025



\$7.99

save \$2.00

Ridiculously Delicious Peanut Butters

About the brand

Australian golden roasted peanuts, ground to creamy smooth perfection and lightly salted. That's it!

20% off



\$3.67

save \$0.92

Ridiculously Delicious Snack Bars

About the brand

Australian golden roasted peanuts and only the best ingredients to make truly delicious snack bars.

20% off



\$5.43

Save \$1.36

Ridiculously Delicious Peanut Brittle 85g

About the brand

A moreish peanut brittle handmade the old-fashioned way, for some good old-fashioned joy with every bite.

20% off



\$4.23

save \$1.06

Thanks Darl Snack Bars 40g

About the brand

Darl Bars help you feel energised and nourished - the perfect healthy snack for all your adventures.

*Available from 13.10.2025

20% off



\$16.71

save \$4.18

Thanks Darl Snack Bars 5x40g

About the brand

Darl Bars help you feel energised and nourished - the perfect healthy snack for all your adventures.

*Available from 13.10.2025

20% off



\$16.71

save \$4.18

Thanks Darl New Flavour: Peanut Butter

About the brand

Darl Bars help you feel energised and nourished - the perfect healthy snack for all your adventures.

*Available from 13.10.2025

20% off

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

Darl Bars save 20%

Great quality for great value.



**WHOLEFOODS
HOUSE**

Season's Top Picks

Discover the best Certified Organic produce of the season



Succulent Strawberries

from Pim's in Glasshouse Mountains, QLD

Grown under the warmth of the Queensland sun, Pim's Organic Strawberries are among the finest in Australia. With a deep red and firm flesh, they are ideal for snacking from the punnet, or are a perfect addition to your morning breakfast spread or dessert.

Supply is strong this month and you will see the best prices of 2025!



New Season Purple Garlic

from MG Weier in Pittsworth, QLD

From the fertile soils of the Darling Downs, MG Weier's purple garlic is teeming with fresh, vibrant flavour and colour. Grown with care in Pittsworth, QLD, this garlic is prized for its striking purple streaks and rich, aromatic taste that's both robust and naturally sweet.

This 'Italian' variety is our yearly pick in the garlic department. Some bulbs are as large as a typical 'Elephant' variety bulb - just spectacular!

In season now - we will have stock till December!



Hayward Kiwifruit

from Green Lady Organics in Gembrook, VIC

Grown in the cool, fertile hills of Gembrook, Victoria, Green Lady's 'Hayward' kiwifruit are cultivated with certified organic care. This classic variety is known for its vibrant green flesh, sweet-tart balance, and smooth, refreshing flavour, making it one of the most popular kiwifruits worldwide.

Rich in vitamin C, fibre, and natural antioxidants, 'Hayward' kiwifruit are as nourishing as they are delicious. Enjoy them sliced over breakfast, blended into smoothies, or scooped straight from the skin for a simple, wholesome snack.

October Value Buys

ends 31.10.2025



\$6.39

save \$1.60

Proper Crisps

Various Flavours 100g

About the brand

Made in Nelson New Zealand, these crisps are hand cooked and seasoned with love.

20% off



\$6.39

save \$1.60

Proper Crisps

Various Flavours 150g

About the brand

Made in Nelson New Zealand, these crisps are hand cooked and seasoned with love.

20% off



\$6.39

save \$1.60

Proper Crisps

Various Flavours 140g

About the brand

Made in Nelson New Zealand, these crisps are hand cooked and seasoned with love.

20% off



\$3.19

save \$0.80

Proper Crisps

Various Flavours 40g

About the brand

Made in Nelson New Zealand, these crisps are hand cooked and seasoned with love.

20% off



\$6.39

save \$1.60

Proper Crisps

Big Cut Flavours 140g

About the brand

Made in Nelson New Zealand, these crisps are hand cooked and seasoned with love.

20% off



\$6.39

save \$1.60

Proper Crisps

Limited Edition Flavours

About the brand

Made in Nelson New Zealand, these crisps are hand cooked and seasoned with love.

20% off

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

20% off Spring Clean

ends 31.10.2025



\$7.51

save \$1.88

Eco Store

Bathroom Cleaner

About the brand

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

20% off



\$7.51

save \$1.88

Eco Store

Multipurpose Cleaner

About the brand

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

20% off



\$7.51

save \$1.88

Eco Store

Toilet Cleaner

About the brand

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

20% off



\$10.23

save \$2.56

Eco Store

Laundry Powder

About the brand

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

20% off



\$5.59

save \$1.40

Eco Store

Toothpaste

About the brand

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

20% off



\$3.19

save \$0.80

Eco Store

Soap Bar 80g

About the brand

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

20% 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.



Nutra Organics

Protein Collagen Water

450g

\$65.89



Franui

Chocolate Raspberries

150g

\$12.79



Loco Love

Various Flavours

5pack

\$27.39



Bisque

Lupin Tempeh

250g

\$13.99



Darikay Soups

Asian and Thai Flavours

550g

\$9.79



Freshness

Goozie Cookies

100g

\$4.59

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



Stores

112 Queen Street, Woollahra 2025
14/61-71 Mentmore Avenue, Rosebery 2018
or online via
onlinestore.wholefoodshouse.com.au

Contact

Woollahra: 02 9363 9879
Rosebery: 02 8123 1712
wfh@wholefoodshouse.com.au
orders@wholefoodshouse.com.au