



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

December Catalogue



www.wholefoodshouse.com.au

Keogh's Chips save 30%

Great quality for great value.



**WHOLEFOODS
HOUSE**

December Value Buys

ends 31.12.2025



\$2.15

save \$2.15

Bonsoy Kombucha

Various Flavours 250ml

About the brand

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

50% off



\$3.11

save \$0.78

Bonsoy Coconut Water

Various Flavours 320ml

About the brand

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

20% off



\$3.19

save \$0.80

Karma Drinks

Various Flavours 330ml

About the brand

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

20% off



\$10.39

save \$2.60

Barbell

Dried Steak 70g

About the brand

Barbell believes in quality over quantity. So they only use beef from regenerative farms.

20% off



\$23.83

save \$5.96

Barbell

Dried Steak 200g

About the brand

Barbell believes in quality over quantity. So they only use beef from regenerative farms.

20% off



\$3.99

save \$1.00

Aurelio

Spicy Salsa 300g

About the brand

A premium certified organic selection of sauces and condiments to delight your tastebuds.

20% off

December Value Buys

ends 31.12.2025



\$6.39

save \$1.60

Proper Crisps

Tortilla Chips 150g

About the brand

Sweet potato chips kettle-cooked to perfection in avocado oil. Snacking at its best without compromise.

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



\$3.51

save \$0.88

Ceres

Rice Crackers 115g

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

Crispy Rice Crackers 100g

About the brand

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

20% off



\$11.19

save \$2.80

Ceres

Maple Syrup 250ml

About the brand

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

20% off

True Dates save 30%

Great quality for great value.



**WHOLEFOODS
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\$4.61

save \$1.98

True Dates

Various Flavours 100g

About the brand

On a mission to craft better snacks that satisfies cravings without compromising on taste or nutrition -meet True Dates.

30% off



\$19.38

save \$4.96

Yava

Wild Raw Cashews 275g

About the brand

AVA selects creamy cashews from the volcanic soil in Bali and is a socially responsible company.

20% off



\$3.19

save \$0.80

Yava

Wild Cashews 35g

About the brand

AVA selects creamy cashews from the volcanic soil in Bali and is a socially responsible company.

20% off



\$3.75

save \$0.94

Yava

Popcorn Cheezy 60g

About the brand

YAVA selects creamy cashews from the volcanic soil in Bali and is a socially responsible company.

20% off



\$9.59

save \$2.40

Mary's Gone Crackers

Crackers 184g

About the brand

Mary's Gone Crackers combine organic, gluten free, whole grains and seeds to create a cracker with a rich, earthy flavour and a satisfying crunch.

20% off



\$9.59

save \$2.40

Mary's Gone Crackers

Crackers 155g

About the brand

Mary's Gone Crackers combine organic, gluten free, whole grains and seeds to create a cracker with a rich, earthy flavour and a satisfying crunch.

20% off

December Value Buys

ends 31.12.2025



\$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 - nothing else!

20% off



\$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 - nothing else!

20% off



\$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 - nothing else!

20% off



\$13.08

save \$5.61

Gloriously Free

Gluten Tested Oats 500g

About the brand

Aussie Cert. Organic Oats bring the rich, wholesome goodness of farms right to your breakfast table.

30% off



\$25.75

save \$11.04

Gloriously Free

Gluten Tested Oats 1kg

About the brand

Aussie Cert. Organic Oats bring the rich, wholesome goodness of farms right to your breakfast table.

30% off



\$4.79

save \$1.20

Cliff

Builder Bars 68g

About the brand

At Cliff every product is crafted with purpose and care - for the people and the planet.

20% off

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

Bonsoy Kombucha save 50%

Great quality for great value.



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\$5.59

save \$1.40

Girolomoni

Durum Wheat Pasta 500g

About the brand

Gino Girolomoni was not only a pioneer of organic agriculture in Italy, he was also a political activist, intellectual, writer and a farmer.

20% off



\$9.11

save \$2.28

Girolomoni

Khorasan Pasta 500g

About the brand

Gino Girolomoni was not only a pioneer of organic agriculture in Italy, he was also a political activist, intellectual, writer and a farmer.

20% off



\$9.11

save \$2.28

Girolomoni

Spelt Pasta 500g

About the brand

Gino Girolomoni was not only a pioneer of organic agriculture in Italy, he was also a political activist, intellectual, writer and a farmer.

20% off



\$5.59

save \$1.40

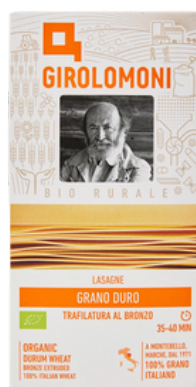
Girolomoni

Wholemeal Pasta 500g

About the brand

Gino Girolomoni was not only a pioneer of organic agriculture in Italy, he was also a political activist, intellectual, writer and a farmer.

20% off



\$7.99

save \$2.00

Girolomoni

Lasagne Sheets 500g

About the brand

Gino Girolomoni was not only a pioneer of organic agriculture in Italy, he was also a political activist, intellectual, writer and a farmer.

20% off



\$6.29

save \$2.70

Wholefoods House

Tin Wild Salmon Fillets 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.

30% off

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

December Value Buys

ends 31.12.2025



\$11.91

save \$2.98

Spiral Foods

Maple Syrup 235ml

About the brand

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

20% off



\$4.63

save \$1.16

Spiral Foods

Crackers

About the brand

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

20% off



\$5.19

Save \$1.30

Spiral Foods

Tomato Ketchup 300ml

About the brand

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

20% off



\$4.71

save \$1.18

Spiral Foods

Salsa Mild 300g

About the brand

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

20% off



\$7.03

save \$1.76

Spiral Foods

Wine Vinegars 250ml

About the brand

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

20% off



\$9.11

save \$2.28

Spiral Foods

Balsamic Vinegar 250ml

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.

Season's Top Picks

Discover the best Certified Organic produce of the season



Organic Yellow Peaches

from Farmer Hayden, SA

Grown by Farmer Hayden — the 12-acre orchard of gardener and grower Hayden Rogers — nestled in the heart of the Riverland region, about 180 km from Adelaide. The orchard has been certified organic by ACO (Australian Certified Organic) since 2016.

With these yellow peaches, you're tasting the difference slow-grown, hand-picked fruit makes: the warm South Australian sun, rich Riverland soils and patient, organic care combine to produce peaches that are deeply flavoursome, aromatic and juicy!



Organic Strawberries

from Wombat Forest Organics, VIC

Grown by Wombat Forest Organics, a proud six-generation family farm nestled just outside Daylesford, Victoria — on rich red volcanic soil, about 740 acres in the rolling highlands of Lyonville and Bullarto.

Certified organic for over 30 years under Australian Certified Organic, each punnet of berries reflects decades of care for soil health, sustainable farming practices and flavour-first produce.

Perfect for eating fresh, folding into a yoghurt bowl, topping muesli, or turning into jam — they're the kind of berries you notice straight away: vibrant, clean, and unmistakably delicious!



Organic Apricots

from Farmer Hayden, SA

The very first apricots of the season from Farmer Hayden are here — vibrant, juicy and bursting with real flavour.

Grown under the warm South Australian sun and picked at just the right moment, these early apricots have a delicate softness, bright orange flesh and a natural sweetness that lingers.

They are one of the best varieties available from any grower all season - apricot lovers rejoice!

December Value Buys

ends 31.12.2025



\$4.63

save \$1.16

Blue Dinosaur

Vegan & Protein Bars

About the brand

Premium, all-natural snack and protein bars fuelling your performance while keeping it clean.

20% off



\$3.83

save \$0.96

Blue Dinosaur

Snack Bars 45g

About the brand

Premium, all-natural snack and protein bars fuelling your performance while keeping it clean.

20% off



\$2.79

save \$0.70

Blue Dinosaur

Bites 30g

About the brand

Premium, all-natural snack and protein bars fuelling your performance while keeping it clean.

20% off



\$3.99

save \$1.00

DJ & A

Freeze Dried Fruit 25g

About the brand

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

20% off



\$4.39

save \$1.10

DJ & A

Freeze Dried Fruit 25g

About the brand

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

20% off



\$4.79

save \$0.98

DJ & A

Freeze Dried Fruit 25g

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.

December Value Buys

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\$4.39

save \$1.10

First Press
Various Flavours 350ml

About the brand

Their mission is to energise any occasion and bring more moments of inspiration and joy to the world's coffee drinkers.

20% off



\$12.55

save \$3.14

First Press
Cold Drip Coffee 500ml

About the brand

Their mission is to energise any occasion and bring more moments of inspiration and joy to the world's coffee drinkers.

20% off



\$3.75

save \$0.94

Karma Juice
Various Flavours 300ml

About the brand

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

20% off



\$5.43

save \$1.36

Hemp Foods
Hemp seeds 114g

About the brand

Plump, juicy berries dipped in rich dark vegan choc, offering a burst of sophistication in every bite.

20% off



\$10.79

save \$2.70

Hemp Foods
Hemp Seeds 250g

About the brand

Plump, juicy berries dipped in rich dark vegan choc, offering a burst of sophistication in every bite.

20% off



\$39.99

save \$10.00

Hemp Foods
Hemp Seeds 1kg

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.

WFH Wild Sockeye Salmon save 30%

Great quality for great value.



December Value Buys

ends 31.12.2025



\$6.22

save \$2.67

Keoghs

Potato chips 125g

About the brand

Steeped in tradition, born from passion, crafted with patience and care – chips with heart & soul.

30% off



from
\$2.37

save \$1.02

Remedy Drinks

Kombucha various sizes

About the brand

Sarah and Emmet started Remedy in 2012 on their kitchen bench with a tasty batch of home-brewed kombucha, the rest is history.

30% off



from
2.37

save \$1.02

Nutra Organic

Sodaly various sizes

About the brand

Sarah and Emmet started Remedy in 2012 on their kitchen bench with a tasty batch of home-brewed kombucha, the rest is history.

30% off



\$3.77

save \$1.62

Remedy Drinks

Ginger Beer 330ml

About the brand

Sarah and Emmet started Remedy in 2012 on their kitchen bench with a tasty batch of home-brewed kombucha, the rest is history.

30% off



\$6.63

save \$1.66

Dr Tungs

Smart Floss 27m

About the brand

Your mouth is the gateway to your overall health which is why Dr Tungs is obsessed with efficacy.

20% off



\$7.51

save \$1.88

Dr Tungs

Charcoal Floss 27m

About the brand

Your mouth is the gateway to your overall health which is why Dr Tungs is obsessed with efficacy.

20% off

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

Gloriously Free Oats save 30%

Great quality for great value.



**WHOLEFOODS
HOUSE**

December Value Buy

ends 31.12.2025



\$10.87

save \$2.72

Koala Eco

Bathroom Cleaner 500ml

About the brand

Koala Eco is making safe, powerful products for a clean home, body and mind.

20% off



\$10.87

save \$2.72

Koala Eco

Glass Cleaner 500ml

About the brand

Koala Eco is making safe, powerful products for a clean home, body and mind.

20% off



\$10.87

save \$2.72

Koala Eco

Kitchen Cleaner 500ml

About the brand

Koala Eco is making safe, powerful products for a clean home, body and mind.

20% off



\$11.59

save \$2.90

Koala Eco

Stainless Steel Cl. 500ml

About the brand

Koala Eco is making safe, powerful products for a clean home, body and mind.

20% off



\$10.87

save \$2.72

Koala Eco

Fruit & Veg Wash 500ml

About the brand

Koala Eco is making safe, powerful products for a clean home, body and mind.

20% off



\$10.23

save \$2.56

Koala Eco

Hand & Surface Spray 125ml

About the brand

Koala Eco is making safe, powerful products for a clean home, body and mind.

20% off

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

December Value Buy

ends 31.12.2025



\$13.59

save \$3.40

Koala Eco

Stain Remover Spray 500ml

About the brand

Koala Eco is making safe, powerful products for a clean home, body and mind.

20% off



\$23.19

save \$5.80

Koala Eco

Laundry Liquid 1L

About the brand

Koala Eco is making safe, powerful products for a clean home, body and mind.

20% off



\$15.99

save \$4.00

Koala Eco

Oxygen Bleach 1L

About the brand

Koala Eco is making safe, powerful products for a clean home, body and mind.

20% off



\$15.19

save \$3.80

Koala Eco

Room Spray 250ml

About the brand

Koala Eco is making safe, powerful products for a clean home, body and mind.

20% off



\$11.83

save \$2.96

Koala Eco

Dish Soap 500ml

About the brand

Koala Eco is making safe, powerful products for a clean home, body and mind.

20% off



\$13.27

save \$3.32

Koala Eco

Hand Wash 500ml

About the brand

Koala Eco is making safe, powerful products for a clean home, body and mind.

20% off

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



Happy Holidays!



Stores

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