



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

May Catalogue



www.wholefoodshouse.com.au

Barbell Meat Snacks save 20%

Great quality for great value.



May Value Buys

ends 31.05.2026



\$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



\$23.19

save \$5.80

Barbell

Dried Steak 200g

About the brand

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

20% off



\$8.79

save \$2.20

Barbell

Meat Sticks 100g

About the brand

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

20% off



\$30.39

save \$7.60

Best of the Bone

Bone Broth Concen. 390g

About the brand

Organic, grass-fed ingredients made in Australia to feed your health and wellbeing.

20% off



\$30.39

save \$7.60

Best of the Bone

Bone Broth Turm. 390g

About the brand

Organic, grass-fed ingredients made in Australia to feed your health and wellbeing.

20% off



\$39.99

save \$10.00

Eden Health Foods

Wild Vit C Powder 150g

About the brand

Eden Healthfoods Wild C is a truly natural and bioavailable, non-toxic vitamin C complex for the whole family.

20% off

May Value Buys

ends 31.05.2026



\$7.11

save \$1.78

Bippi

Classic Pesto 185g

About the brand

Nonnas recipes from Calabria brought to our tables from her grandson in Melbourne.

20% off



\$9.11

save \$2.28

Bippi

Classic Sugo 500g

About the brand

Nonnas recipes from Calabria brought to our tables from her grandson in Melbourne.

20% off



\$11.11

save \$2.78

Bippi

Hot Chilli 250g

About the brand

Nonnas recipes from Calabria brought to our tables from her grandson in Melbourne.

20% off



\$4.47

save \$1.12

Eco Organics

Chickpea Fettuccine 200g

About the brand

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

20% off



\$3.75

save \$0.94

Eco Organics

Mung Bean Fettuccine 200g

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 200g

About the brand

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

20% off

Spiral Miso Soups save 20%

Great quality for great value.



May Value Buys

ends 31.05.2026



\$9.19

save \$2.30

Spiral Foods

Dashi Bonito 8x10g

About the brand

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

20% off



\$9.19

save \$2.30

Spiral Foods

Vegan Dashi 8x10g

About the brand

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

20% off



\$7.99

save \$2.00

Spiral Foods

Instant Miso 5x10g

About the brand

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

20% off



\$11.11

save \$2.78

Spiral Foods

Miso Soup Red 10x7g

About the brand

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

20% off



\$6.39

save \$1.60

Spiral Foods

Miso Soup Red 5x7g

About the brand

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

20% off



\$6.39

save \$1.60

Spiral Foods

Miso Soup White 5x7g

About the brand

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

20% off

May Value Buys

ends 31.05.2026



\$4.31

save \$1.08



\$4.31

save \$1.08



\$4.31

save \$1.08

East Coast Tuna

in Olive Oil 95g

About the brand

Cairns-based Little Tuna catches their tuna locally and proudly only sell Australian-caught preserved tuna.

East Coast Tuna

in Olive Oil & Chilli 95g

About the brand

Cairns-based Little Tuna catches their tuna locally and proudly only sell Australian-caught preserved tuna.

East Coast Tuna

in Springwater 95g

About the brand

Cairns-based Little Tuna catches their tuna locally and proudly only sell Australian-caught preserved tuna.

20% off

20% off

20% off



\$6.87

save \$1.72



\$6.87

save \$1.72



\$6.87

save \$1.72

East Coast Tuna

in Olive Oil 185g

About the brand

Cairns-based Little Tuna catches their tuna locally and proudly only sell Australian-caught preserved tuna.

East Coast Tuna

in Olive Oil & Chilli 185g

About the brand

Cairns-based Little Tuna catches their tuna locally and proudly only sell Australian-caught preserved tuna.

East Coast Tuna

in Springwater 185g

About the brand

Cairns-based Little Tuna catches their tuna locally and proudly only sell Australian-caught preserved tuna.

20% off

20% off

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 Imperial Mandarins

From Mt Gayndah Organic Citrus in QLD

Sweet, vibrant, and bursting with natural goodness, these Organic Imperial Mandarins from Mt Gayndah Citrus are a true taste of Queensland sunshine. Grown using certified organic practices in one of Australia's most renowned citrus regions, they're carefully cultivated for exceptional flavour and quality.

Easy to peel and virtually seedless, Imperial mandarins are loved for their juicy segments, balanced sweetness, and refreshing aroma. Perfect for lunchboxes, snacking on the go, or adding a bright citrus lift to salads and desserts!



Organic Green Kiwifruit

from Comboyne Organics in NSW

Fresh from the lush hinterland of New South Wales, these Organic Green Kiwifruit from Comboyne Organics deliver a perfect balance of tangy brightness and natural sweetness. Grown in rich volcanic soils and nurtured using certified organic practices, they're packed with flavour and vitality.

Vibrant green inside with tiny edible seeds, each kiwifruit offers a juicy, refreshing bite that's ideal for breakfast bowls, smoothies, desserts, or simply eaten fresh with a spoon. Naturally high in vitamin C and dietary fibre, they're as nourishing as they are delicious!



Organic Midnight Purple Potatoes

from Foothills Organics in Victoria

Deep, velvety, and visually striking, these Midnight Purple Potatoes from Joe Sgro at Foothills Organics are as beautiful as they are flavourful. Grown with care in fertile soils, they develop a rich, earthy character with subtle nutty notes and a smooth, creamy texture.

Their vivid purple flesh holds its colour through cooking, bringing a dramatic touch to roasted dishes, mash, or salads. Crisp on the outside and tender within when roasted, they offer both visual impact and satisfying depth of flavour!

Boulder Chips save 20%

Great quality for great value.



May Value Buys

ends 31.05.2026



\$7.99

save \$2.00

Boulder Chips

Various Flavours 142g

About the brand

Crafted in the spirit of the mountains, these chips are made with select ingredients and bold flavor that's anything but ordinary.

20% off



\$7.99

save \$2.00

Boulder Chips

Olive Oil 142g

About the brand

Crafted in the spirit of the mountains, these chips are made with select ingredients and bold flavor that's anything but ordinary.

20% off



\$8.79

save \$2.20

Boulder Chips

Avocado Oil 149g

About the brand

Crafted in the spirit of the mountains, these chips are made with select ingredients and bold flavor that's anything but ordinary.

20% off



\$8.79

save \$2.20

Dr Karg

Crispbread 200g

About the brand

Founded by Dr. Karl Karg to marry traditional flavours with the best organic and sustainable ingredients

20% off



\$9.91

save \$2.48

Friends of Franks

Various Cookies 160g

About the brand

Each and every cookie is made with all natural ingredients bringing goodness back where it belongs - into every bite.

20% off



\$5.59

save \$1.40

Pats

Various Coconut Rolls 140g

About the brand

Say goodbye to guilt-snacking and hello to your new favourite treats!

20% off

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

May Value Buys

ends 31.05.2026



\$3.99

save \$1.00

Emma & Toms

Various Juices 350ml

About the brand

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

20% off



\$3.19

save \$0.80

Bonsoy

Isotonic drinks 250ml

About the brand

Zesty Lemon combines coconut water, natural mineral salts, and real fruit juice for clean hydration.

20% off



\$6.71

save \$1.68

Antipodes

Sparkling Water 1L

About the brand

Antipodes water is exceptionally pure, they bottle only Antipodes at its source – nothing more and nothing less.

20% off

NEW



\$6.31

save \$1.58

Antipodes

Still Water 1L

About the brand

Antipodes water is exceptionally pure, they bottle only Antipodes at its source – nothing more and nothing less.

20% off



\$4.63

save \$1.16

Antipodes

Sparkling Water 500ml

About the brand

Antipodes water is exceptionally pure, they bottle only Antipodes at its source – nothing more and nothing less.

20% off



\$4.23

save \$1.06

Antipodes

Still Water 500ml

About the brand

Antipodes water is exceptionally pure, they bottle only Antipodes at its source – nothing more and nothing less.

20% off

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

Bonsoy Isotonic Drinks save 20%

Great quality for great value.



**WHOLEFOODS
HOUSE**

May Value Buys

ends 31.05.2026



\$4.63

save \$1.16

Serious
Pea Puffs 100g

About the brand

From the farm to the bag, Serious snacks are organic and 100% traceable, and free-from nasties.

20% off



\$6.23

save \$1.56

Serious
Pea Puffs 5x15g

About the brand

From the farm to the bag, Serious snacks are organic and 100% traceable, and free-from nasties.

20% off



\$3.59

save \$0.90

Serious
Various Popcorn 70g

About the brand

From the farm to the bag, Serious snacks are organic and 100% traceable, and free-from nasties.

20% off



\$7.59

save \$1.90

Serious
Popcorn 10x12g

About the brand

From the farm to the bag, Serious snacks are organic and 100% traceable, and free-from nasties.

20% off



\$1.91

save \$0.48

Serious
Popcorn 18g

About the brand

From the farm to the bag, Serious snacks are organic and 100% traceable, and free-from nasties.

20% off



\$3.67

save \$0.92

Serious
Popcorn 80g

About the brand

From the farm to the bag, Serious snacks are organic and 100% traceable, and free-from nasties.

20% off

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

May Value Buys

ends 31.05.2026



\$6.39

save \$1.60

Yumbar

Ice cream bars 110g

About the brand

Your guilt-free go-to in the freezer - all natural, gluten-free and vegan but above all pure delight!

20% off



\$16.79

save \$4.20

Yumbar

Creamy Multipack 300ml

About the brand

Your guilt-free go-to in the freezer - all natural, gluten-free and vegan but above all pure delight!

20% off



\$16.79

save \$4.20

Yumbar

Fruity Multipack 300ml

About the brand

Your guilt-free go-to in the freezer - all natural, gluten-free and vegan but above all pure delight!

20% off



\$3.19

save \$0.80

Koja

Oat Bar 60g

About the brand

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

20% off



\$7.83

save \$1.96

Koja

Oat Bites 5x30g

About the brand

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

20% off



\$6.31

save \$1.58

Koja

Popcorn Bar 110g

About the brand

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

20% off

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

First Press Coffee save 20%

Great quality for great value.



**WHOLEFOODS
HOUSE**

May Value Buys

ends 31.05.2026



\$4.39

save \$1.10

First Press Coffee
Various Flavours 350ml

About the brand

First Press Coffee was launched in 2013 with the mission to energise any occasion and bring more moments of inspiration and joy to everyone.

20% off



\$12.55

save \$3.14

First Press Coffee
Cold Drip 500ml

About the brand

First Press Coffee was launched in 2013 with the mission to energise any occasion and bring more moments of inspiration and joy to everyone.

20% off



\$4.63

save \$1.16

First Press Coffee
Purest Cold Drip 250ml

About the brand

First Press Coffee was launched in 2013 with the mission to energise any occasion and bring more moments of inspiration and joy to everyone.

20% off



\$5.59

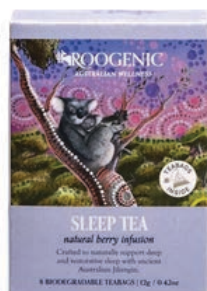
save \$1.40

Nutty Bruce
Various Milks 1L

About the brand

Always made with the highest quality natural ingredients and an oath to never be an environmental jerkface.

20% off



\$8.55

save \$2.14

Roogenic Tea
Various Flavours 8's

About the brand

Australian-made natural remedies that marry the traditional medicinal use of native plants with scientific research to support modern living.

20% off



\$7.99

save \$2.00

Serious
Cookies 170g

About the brand

From the farm to the bag, Serious snacks are organic and 100% traceable, and free-from nasties.

20% off

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

Remedy Drinks save 25%

Great quality for great value.



**WHOLEFOODS
HOUSE**

May Value Buys

ends 31.05.2026



\$4.04

save \$1.35

Remedy Drinks

Various Flavoured drinks

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.

25% off



from
\$2.54

save \$0.85

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.

25% off



from
\$2.54

save \$0.85

Remedy Drinks

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.

25% off



\$4.63

save \$1.16

Blue Dinosaur

Protein Bar 60g

About the brand

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

20% off



\$3.51

save \$0.88

Blue Dinosaur

Protein Ball 40g

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 Bar 45g

About the brand

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

20% off

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

May Value Buys

ends 31.05.2026



\$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



\$4.55

save \$1.14

Funday

Chews 45g

About the brand

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

20% off



\$6.39

save \$1.60

Funday

Choc Bites 50g

About the brand

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

20% off



\$6.39

save \$1.60

Funday

Choc Bullets 50g

About the brand

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

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.



May Value Buys

ends 31.05.2026



\$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



from
\$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



from
\$12.79

save \$3.20

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



\$12.79

save \$3.20

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.

May Value Buys

ends 31.05.2026



\$8.39

save \$2.10

Pico Chocolate

Various Flavours 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



\$9.27

save \$2.32

Pico Chocolate

No Added Sugar 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



\$5.27

save \$1.32

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.

20% off



\$2.79

save \$0.70

True Gum

Chewing gums 21g

About the brand

Meet True Gum - the healthier non toxic chewing gum without the use of any plastics but with the same joy.

20% off



\$4.15

save \$1.04

Valli Snacks

Various Jellies 50g

About the brand

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

20% off



\$4.15

save \$1.04

Valli Snacks

Various Sour Jellies 50g

About the brand

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

20% off

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

Kialla save 20%

Great quality for great value.



May Value Buys

ends 31.05.2026



\$9.11

save \$2.28



\$12.31

save \$3.08



\$3.67

save \$0.92

Gagas

Fermented Veg. 420g

About the brand

Nonies is about delicious food, made by hand, using thoughtfully chosen ingredients.

Gagas

Various Krauts 420g

About the brand

Nonies is about delicious food, made by hand, using thoughtfully chosen ingredients.

Honest to Goodness

Instant Noodles 85g

About the brand

We are committed to responsibly sourcing wholesome ingredients that both nourish both people and our planet.

20% off

20% off

20% off



\$7.11

save \$1.78



\$12.79

save \$1.10



\$14.39

save \$3.60

Kialla Pure

Various Flours 700g-1kg

About the brand

Kialla has been committed to organic sustainable farming for over 30 years supplying the highest quality products in Australia.

Kialla Pure

Spelt Flour 700g

About the brand

Kialla has been committed to organic sustainable farming for over 30 years supplying the highest quality products in Australia.

Kialla Pure

Organic Rolled Oats 1kg

About the brand

Kialla has been committed to organic sustainable farming for over 30 years supplying the highest quality products in Australia.

20% off

20% off

20% off

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

May Value Buys

ends 31.05.2026



from
\$16.95
save \$4.24

Nonies Bread
Various Flavours 1.1kg

About the brand

Nonies is about delicious food, made by hand, using thoughtfully chosen ingredients.

20% off



from
\$9.59
save \$2.40

Nonies Bread
Various Flavours 550g

About the brand

Nonies is about delicious food, made by hand, using thoughtfully chosen ingredients.

20% off



\$10.87
save \$2.72

Love Your Guts
Sauerkraut 500g

About the brand

Hand crafted in Tasmania! This Sauerkraut packs as much flavour as goodness. Inspired by locally grown sustainable produce.

20% off



\$7.11
save \$1.78

Mekhala
Curry Pastes 100g

About the brand

Mekhala believes in fewer, better ingredients. Every jar is crafted with care, using clean, organic, and plant-based ingredients you can trust.

20% off



\$4.39
save \$1.10

Pat's Kitchen
Soups 400g

About the brand

From the creator of Pat's Snacks, comes Pat's Kitchen. Organic soups that everyone can enjoy.

20% off



\$9.03
save 2.26

Xin Hua Dumplings
Various Flavours 400g

About the brand

Xin Hua dumplings are a traditional Chinese cuisine with an inspired new modern twist to add more flavour.

20% off

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



**WHOLEFOODS
HOUSE**



Stores

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