WHOLEFOODS HOUSE

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

October Catalogue

www.wholefoodshouse.com.au

The Stock Merchant save 50%

Great quality for great value.

WHOLEFOODS HOUSE

October Value Buys

ends 31.10 .2026

$3.83

save $0.96

Australian Organic
Passata 500g

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

$4.31

save $1.08

Australian Organic
Pasta Sauces 400g

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

$2.31

save $0.58

Australian Organic
Various Purees 120g

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

$15.75

save $3.94

Absolute Organic
Extra V Olive Oil 500ml

About the brand

Absolute Organic makes daily organic meals a reality for families with delicious pantry staples.

20% off

$6.39

save $1.60

Absolute Organic
Mayonnaise 240g

About the brand

Absolute Organic makes daily organic meals a reality for families with delicious pantry staples.

20% off

$4.70

save $4.70

The Stock Merchant
Pasta Sauces 340g

About the brand

The Stock Merchant Provisions are a collection of ethical, responsibly made staples for everyday delights.

50% off

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

October Value Buys

ends 31.10.2026

$3.19

save $0.80

Beyond
Coconut Water 320ml

About the brand

For ultimate hydration, Beyond hand pick, crack & can their coconuts within 4 hours. Pure refreshment!

20% off

$3.59

save $0.90

Beyond
Choc Coconut W. 320ml

About the brand

For ultimate hydration, Beyond hand pick, crack & can their coconuts within 4 hours. Pure refreshment!

20% off

$3.19

save $0.80

Bonsoy
Flav. Coconut Water 320ml

About the brand

Bonsoy is changing the hydration game with their bubbly refreshing flavoured coconut waters.

20% off

from

$3.59

save $1.20

Karma Drinks
Various Flavours 330ml

About the brand

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

25% off

$4.47

save $1.12

Jiva
Various Tonics 100ml

About the brand

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

20% off

from

$11.75

save $2.94

Georgia's Organic
Various Juices 1L

About the brand

Georgia's fresh organic juices are packed with antioxidants, vitamins and polyphenols. Stock up now!

20% off

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

Karma Drinks save 25%

Great quality for great value.

WHOLEFOODS HOUSE

October Value Buys

ends 31.10.2026

$7.59

save $1.90

Spiral Foods

Balsamic Glaze 250ml

About the brand

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

20% off

$10.39

save $2.60

Spiral Foods

Apple Cider Vinegar 500ml

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

Balsamic Vinegar 250ml

About the brand

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

20% off

$7.11

save $1.78

Spiral Foods

Wine Vinegar 250ml

About the brand

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

20% off

$5.27

save $1.32

Spiral Foods

Tomato Ketchup 300ml

About the brand

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

20% off

$11.99

save $3.00

Spiral Foods

Maple Syrup 235ml

About the brand

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

20% off

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

October Value Buys

ends 31.10.2026

$15.99

save $4.00

$25.91

save $6.48

$2.31

save $0.58

Starkers
Bone Broth 500ml

About the brand
Starkers brings you traditional whole foods inspired by the wisdom of Ancestral Living.

20% off

Starkers
Bone Broth 1L

About the brand
Starkers brings you traditional whole foods inspired by the wisdom of Ancestral Living.

20% off

Safcol
Wild Salmon 95g

About the brand
Safcol has an outstanding reputation for its quality and sustainablity, which they have proven for over 80 years.

20% off

$5.35

save $1.34

$5.19

save $1.30

$12.99

save $6.00

Safcol
Wild Salmon 200g

About the brand
Safcol has an outstanding reputation for its quality and sustainablity, which they have proven for over 80 years.

20% off

Safcol
Wild Tuna 425g

About the brand
Safcol has an outstanding reputation for its quality and sustainablity, which they have proven for over 80 years.

20% off

Wholefoods House
Lingcod 255g

About the brand
Wholefoods House is your trusted source for best quality and best value products across all grocery needs.

32% 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 Local Strawberries

From Zestiny Farm in Central Mangrove NSW

Sweet, fragrant and bursting with flavour, these certified organic strawberries are grown at Zestiny Farm in the NSW Central Coast hinterland, just north of Sydney. Grown using regenerative farming practices with a focus on healthy soils, flavour and nutrient density, they're harvested seasonally and supplied fresh from the farm.

A beautiful example of locally grown organic produce — full-flavoured, naturally sweet and worth seeking out while the season lasts!

Organic Local Iceberg Lettuce

from Charlie Galea in Wallacia NSW

Crisp, fresh and locally grown, our organic iceberg lettuce comes from Charlie Galea's farm in Wallacia, on Sydney's western fringe.
Charlie is a long-time local organic grower, producing a diverse range of certified organic vegetables in the fertile farming country surrounding the Nepean. His iceberg lettuce is harvested fresh and delivered locally, giving you beautifully crisp leaves with the freshness that only comes from produce grown close to home.

A true Sydney-grown staple — certified organic, wonderfully fresh and grown by a local farmer we're proud to support!

Organic Watermelon

From Humpty Doo Organics in NT

Sweet, juicy and incredibly refreshing, these organic watermelons come from Humpty Doo in Australia's tropical Top End.

Grown in the warm Northern Territory climate, where abundant sunshine and tropical conditions are ideal for melon growing, these watermelons develop beautifully sweet, crisp and bright flesh with plenty of flavour.

A seasonal Wholefoods House favourite — certified organic, naturally refreshing and perfect chilled on a warm day!

Georgia's Juices save 20%

Great quality for great value.

WHOLEFOODS HOUSE

October Value Buys

ends 31.10.2026

$4.79

save $1.20

Ceres

Pea Chips 5x18g

About the brand

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

20% off

$2.07

save $0.52

Ceres

Seaweed Snack 5g

About the brand

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

20% off

$6.39

save $1.60

Ceres

Seaweel Snack 8x2g

About the brand

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

20% off

$7.99

save $2.00

Jacksons

Sweet Potato Chips 142g

About the brand

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

20% off

$7.99

save $2.00

Jacksons

Veggie Straws 142g

About the brand

Veggie straws are the newest Avocado Oil snack from Jacksons - try them and fall in love!

20% off

$9.59

save $2.40

Mary's Gona Crackers

Various Flavour

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

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

Pat's Organic
save 20%

Great quality for great value.

WHOLEFOODS
HOUSE

October Value Buys

ends 31.10.2026

$9.99

save $2.50

Friends of Frank

Various Cookies 160g

About the brand

With Friends of Frank you say yes to epic flavour and only natural ingredients.

30% 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 - easy!

20% off

$6.39

save $1.60

KOJA

Popcorn Bars 110g

About the brand

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

20% off

NEW

from $10.55

save $2.64

Pat's Organic

Various Cashews 220g

About the brand

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

20% off

$5.35

save $1.34

Pat's Organic

Dehydrated Fruit 100g

About the brand

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

20% off

$5.59

save $1.40

Pat's Organic

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.

Funday Sweets save 20%

Great quality for great value.

WHOLEFOODS HOUSE

October Value Buys

ends 31.10.2026

$4.55

save $1.14

Funday
Chews Var. Flavours 45g

About the brand

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

20% off

$4.71

save $1.18

Funday
Lollies 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
Lollies 120g

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

$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

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

October Value Buys

ends 31.10.2026

$7.99

save $2.00

Teds Good Oil
Tortilla Chips 142g

About the brand
Made in Spain without any seed oils - just premium, small-batch potato and corn chips full of flavour.

20% off

$7.99

save $2.00

Teds Good Oil
Various Chips 130g

About the brand
Made in Spain without any seed oils - just premium, small-batch potato and corn chips full of flavour.

20% off

$7.99

save $2.00

Teds Good Oil
Blue Corn Chips 142g

About the brand
Made in Spain without any seed oils - just premium, small-batch potato and corn chips full of flavour.

20% off

$14.55

save $3.64

Honest to Goodness
Various Granolas 450g

About the brand
H2G are committed to responsibly sourcing wholesome ingredients that both nourish both people and our planet.

20% off

$9.91

save $2.48

Honest to Goodness
Virgin Coconut Oil 500ml

About the brand
H2G are committed to responsibly sourcing wholesome ingredients that both nourish both people and our planet.

20% off

$6.39

save $1.60

Honest to Goodness
Apple Cider Vinegar 500ml

About the brand
H2G are committed to responsibly sourcing wholesome ingredients that both nourish both people and our planet.

20% off

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

Teds Good Oil Chips save 20%

Great quality for great value.

WHOLEFOODS HOUSE

October Value Buys

ends 31.10.2026

from $4.14

save $1.35

Remedy Drinks
Various Drinks 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.

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 $2.62

save $0.87

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

$6.67

save $2.22

Remedy Drinks
Various Flavours 750ml

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

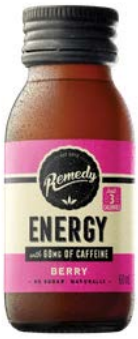
$7.87

save $2.52

Remedy Drinks
Various Flavours 1.25L

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



$2.99

save $1.00

Remedy Drinks
Shots 60ml

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

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

October Value Buys

ends 31.10.2026

$9.19

save $2.30

Gagas
Various Krauts 420g

About the brand

Gagas is about delicious food, made traditionally, using thoughtfully chosen ingredients.

20% off

$9.11

save $2.28

Gagas
Sauerkraut 420g

About the brand

Gagas is about delicious food, made traditionally, using thoughtfully chosen ingredients.

20% off

$11.75

save $2.94

Gagas
Reserve Kimchi 420g

About the brand

Gagas is about delicious food, made traditionally, using thoughtfully chosen ingredients.

20% off

$6.39

save $1.60

Love Your Guts
Beet & Ginger Kraut 250g

About the brand

Award winning, lovingly handcraften in small batches in Tasmania for that delicious tangy crunch you love.

20% off

$6.39

save $1.60

Love Your Guts
Garlic Jalapeno Kraut 250g

About the brand

Award winning, lovingly handcraften in small batches in Tasmania for that delicious tangy crunch you love.

20% off

$6.39

save $1.60

Love Your Guts
Radish Kimchi 250g

About the brand

Award winning, lovingly handcraften in small batches in Tasmania for that delicious tangy crunch you love.

20% off

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

Girolomoni save 20%

Great quality for great value.

WHOLEFOODS HOUSE

October Value Buys

ends 31.10.2026

$5.59

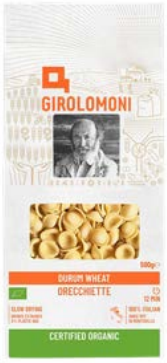
save $1.40

Girolomoni
Wheat Farfalle 500g

About the brand

Gino Girolomoni was a pioneer of organic agriculture in Italy, and a political activist, intellectual, writer and above all, a farmer.

20% off



$5.59

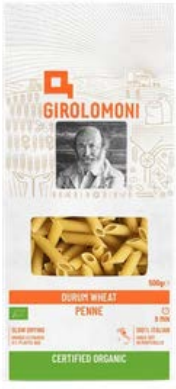
save $1.40

Girolomoni
Wheat Orecchiette 500g

About the brand

Gino Girolomoni was a pioneer of organic agriculture in Italy, and a political activist, intellectual, writer and above all, a farmer.

20% off



$5.59

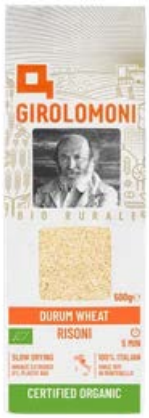
save $1.40

Girolomoni
Wheat Penne 500g

About the brand

Gino Girolomoni was a pioneer of organic agriculture in Italy, and a political activist, intellectual, writer and above all, a farmer.

20% off



$5.59

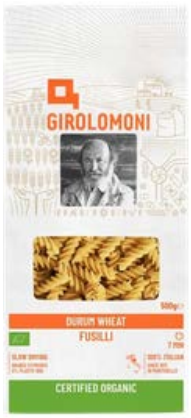
save $1.40

Girolomoni
Wheat Risoni 500g

About the brand

Gino Girolomoni was a pioneer of organic agriculture in Italy, and a political activist, intellectual, writer and above all, a farmer.

20% off



$5.59

save $1.40

Girolomoni
Wheat Fusilli 500g

About the brand

Gino Girolomoni was a pioneer of organic agriculture in Italy, and a political activist, intellectual, writer and above all, a farmer.

20% off

$5.59

save 1.40

Girolomoni
Wheat Spaghetti 500g

About the brand

Gino Girolomoni was a pioneer of organic agriculture in Italy, and a political activist, intellectual, writer and above all, a farmer.

20% off

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

October Value Buys

ends 31.10.2026

$7.99

save $2.00

Girolomoni
Wheat Lasagne 500g

About the brand

Gino Girolomoni was a pioneer of organic agriculture in Italy, and a political activist, intellectual, writer and above all, a farmer.

20% off

$5.59

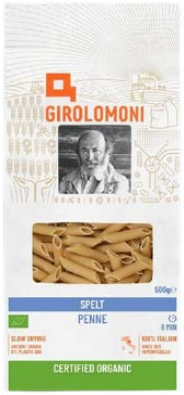
save $1.40

Girolomoni
Wheat Linguini 500g

About the brand

Gino Girolomoni was a pioneer of organic agriculture in Italy, and a political activist, intellectual, writer and above all, a farmer.

20% off



$9.19

save $2.30

Girolomoni
Spelt Penne 500g

About the brand

Gino Girolomoni was a pioneer of organic agriculture in Italy, and a political activist, intellectual, writer and above all, a farmer.

20% off

$9.19

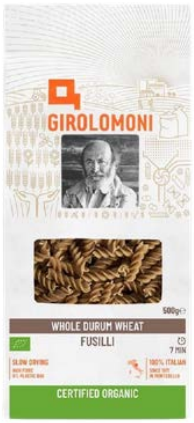
save $2.30

Girolomoni
Spelt Fusilli 500g

About the brand

Gino Girolomoni was a pioneer of organic agriculture in Italy, and a political activist, intellectual, writer and above all, a farmer.

20% off



$5.59

save $1.40

Girolomoni
Wholemeal Fusilli 500g

About the brand

Gino Girolomoni was a pioneer of organic agriculture in Italy, and a political activist, intellectual, writer and above all, a farmer.

20% off

$9.19

save 2.30

Girolomoni
Spelt Spaghetti 500g

About the brand

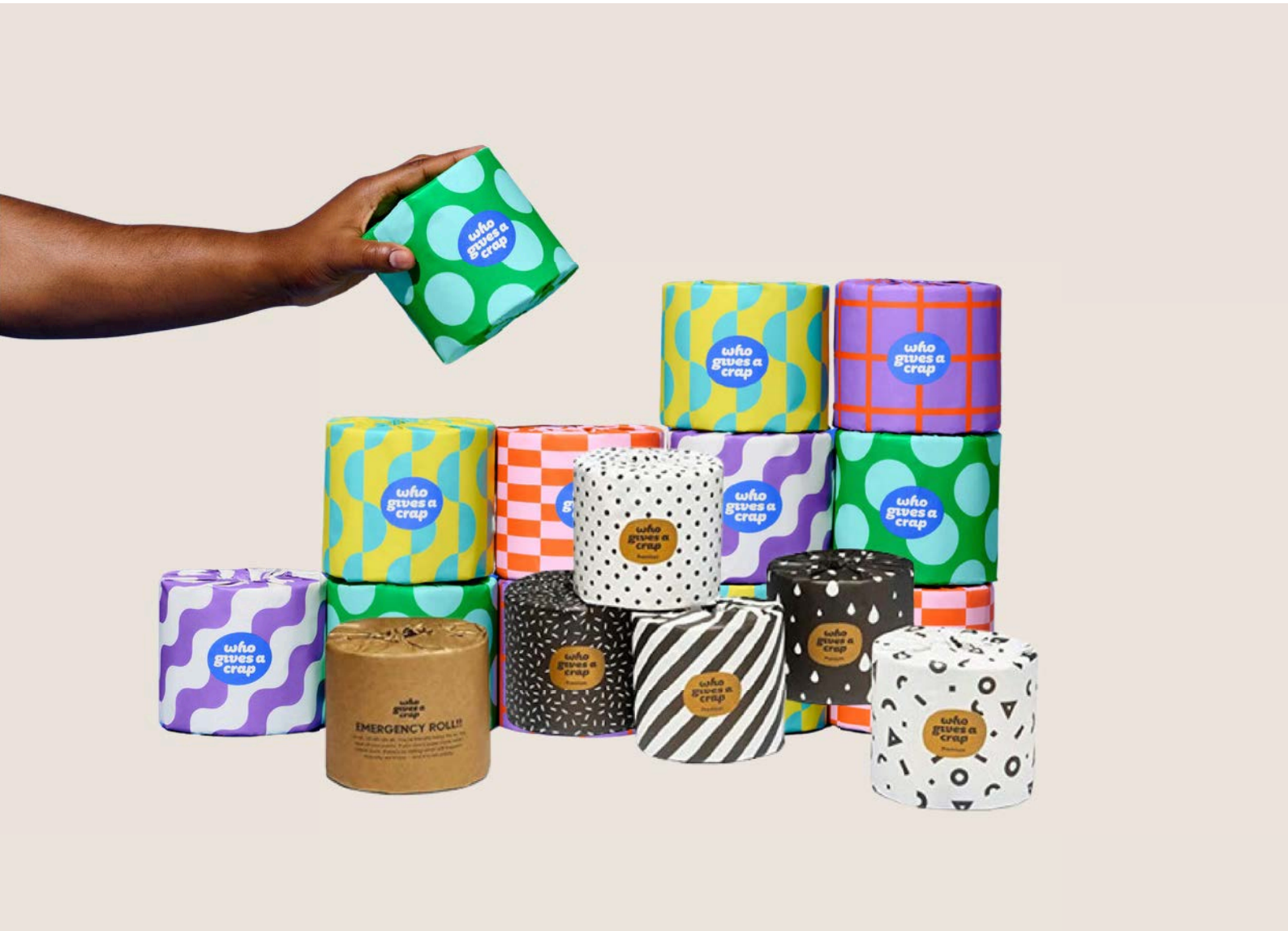
Gino Girolomoni was a pioneer of organic agriculture in Italy, and a political activist, intellectual, writer and above all, a farmer.

20% off

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

Who Gives a Crap save 20%

Great quality for great value.



WHOLEFOODS HOUSE

October Value Buys

ends 31.10.2026

$1.51

save $0.38

Who Gives a Crap
Toilet Paper Roll

About the brand
50% of profits are donated to help everyone gain acess to clean water and a toilet.
A small change with big impact!

20% off

$8.79

save $2.20

Who Gives a Crap
Toilet Paper 6 pack

About the brand
50% of profits are donated to help everyone gain acess to clean water and a toilet.
A small change with big impact!

20% off

$1.83

save $0.46

Who Gives a Crap
Premium Toilet Paper Roll

About the brand
50% of profits are donated to help everyone gain acess to clean water and a toilet.
A small change with big impact!

20% off

$10.39

save $2.60

Who Gives a Crap
PremiumToilet P. 6 pack

About the brand
50% of profits are donated to help everyone gain acess to clean water and a toilet.
A small change with big impact!

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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14/61-71 Mentmore Avenue, Rosebery 2018
or online via
onlinestore.wholefoodshouse.com.au

Contact

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