



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

# October Catalogue



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

# The Stock Merchant save 50%

**Great quality for great value.**



# 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



\$4.75

save \$4.75

## 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

# 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

## Starkers

Bone Broth 500ml

### About the brand

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

20% off



\$25.91

save \$6.48

## Starkers

Bone Broth 1L

### About the brand

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

20% off



\$2.31

save \$0.58

## Safcol

Wild Salmon 95g

### About the brand

Safcol has an outstanding reputation for its quality and sustainability, which they have proven for over 80 years.

20% off



\$5.35

save \$1.34

## Safcol

Wild Salmon 200g

### About the brand

Safcol has an outstanding reputation for its quality and sustainability, which they have proven for over 80 years.

20% off



\$5.19

save \$1.30

## Safcol

Wild Tuna 425g

### About the brand

Safcol has an outstanding reputation for its quality and sustainability, which they have proven for over 80 years.

20% off



\$12.99

save \$6.00

## 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

Seaweed 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 Gona 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



**\$4.04**

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  
**\$2.54**

save \$0.85

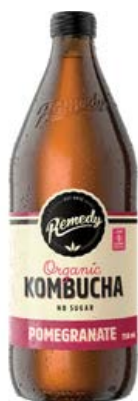
## Remedy Drinks

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**



**\$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**



**\$7.79**

save \$2.60

## 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



\$9.11

save \$2.28



\$11.75

save \$2.94

## Gagas

Various Krauts 420g

### About the brand

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

20% off

## Gagas

Sauerkraut 420g

### About the brand

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

20% off

## 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



\$6.39

save \$1.60



\$6.39

save \$1.60

## Love Your Guts

Beet & Ginger Kraut 250g

### About the brand

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

20% off

## Love Your Guts

Garlic Jalapeno Kraut 250g

### About the brand

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

20% off

## Love Your Guts

Radish Kimchi 250g

### About the brand

Award winning, lovingly handcrafted 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

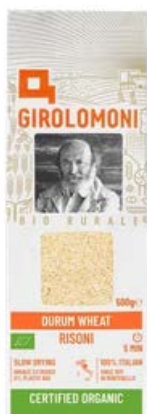
save \$1.40

## 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

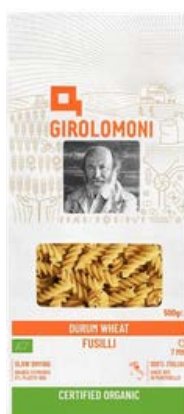
save \$1.40

## 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

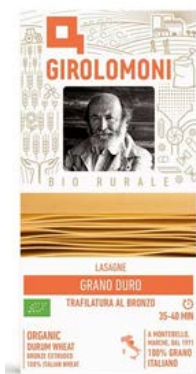
Gino Girolomoni was a pioneer of organic agriculture in Italy, and a political activist, intellectual, writer and above all, a farmer.

**20% off**

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# 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 access 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 access 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 access to clean water and a toilet.

A small change with big impact!

**20% off**



\$10.39

save \$2.60

## Who Gives a Crap

Premium Toilet P. 6 pack

### About the brand

50% of profits are donated to help everyone gain access to clean water and a toilet.

A small change with big impact!

**20% off**



**WHOLEFOODS  
HOUSE**

## 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

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[orders@wholefoodshouse.com.au](mailto:orders@wholefoodshouse.com.au)