



NO NASTIES ADDED

REAL FOOD THAT LOVES YOU BACK



ORGANIC, NATURAL & SUSTAINABLE



OUR STORY

Our founders Matt and Karen Ward started Honest to Goodness with a market stall in Sydney, providing the highest quality, sustainably farmed wholefoods to their local community. Today we're a little bigger than our humble beginnings, and stay close to our roots talking to our customers and continually innovating based on their feedback.

As an Australian, family owned business, we're committed to keeping it **HONEST**. We're on a mission to educate, empower & inspire the community **TO** make wholesome, sustainable & ethical choices that benefit both people & the planet.

We want to make healthy living simple, sustainable & accessible. We are curators of **GOODNESS**, we are...

Here for Good!

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Pantry / Baking, Flours & Sweeteners



SVAGAP5.75
Agar Agar Powder 75g



FLTEF5.500
Australian Teff Flour 500g



FLTEF5.5
Australian Teff Flour 5KG



BIBAK5.1.5
Baking Powder - Aluminium Free
1.5KG



BIBAK5.300
Baking Powder - Aluminium Free
300g



BIBAK5.5
Baking Powder - Aluminium Free
5KG



HBBIC5.500
Bi-Carb Soda 500g



HBBIC5.5
Bi-Carb Soda 5KG



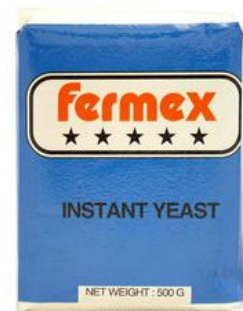
BICRET5.1.5
Cream of Tartar 1.5kg



BICRET5.350
Cream of Tartar 350g



BIYEA5.125
Natural Instant Yeast 125g



BIYEA5.500
Natural Instant Yeast 500g

Pantry / Baking, Flours & Sweeteners



SUAGA2.250
Organic Agave Syrup 250ml



SUAGA2.5
Organic Agave Syrup 5L (7KG)



BIARRPO2.1
Organic Arrowroot Powder 1KG



BIARRPO2.5
Organic Arrowroot Powder 5KG



FLBES2.500
Organic Besan Flour 500g



FLBES2.5
Organic Besan Flour 5KG



SUMOL2.450
Organic Blackstrap Molasses 450g



NUALMMB2.200
Organic Blanched Almond Meal
200g



NUALMMB2.700
Organic Blanched Almond Meal
700g



FLBRO2.1
Organic Brown Rice Flour 1KG



FLBRO2.5
Organic Brown Rice Flour 5KG



SURICSY2.1
Organic Brown Rice Syrup 1KG

Pantry / Baking, Flours & Sweeteners



SURICSY2.500

Organic Brown Rice Syrup 500g



SURICSY2.7

Organic Brown Rice Syrup 7KG



FLBUC2.1

Organic Buckwheat Flour 1KG



FLBUC2.5

Organic Buckwheat Flour 5KG



CHCACBW2.1

Organic Cacao Butter Wafers 1KG



CHCACBW2.350

Organic Cacao Butter Wafers 350g



CHCACBW2.5

Organic Cacao Butter Wafers 5KG



CHCACN2.200

Organic Cacao Nibs 200g



CHCACN2.5

Organic Cacao Nibs 5KG



CHCACN2.900

Organic Cacao Nibs 900g



CHCACP2.350

Organic Cacao Powder 350g



CHCACP2.4

Organic Cacao Powder 4KG

Pantry / Baking, Flours & Sweeteners



CHCACP2.750
Organic Cacao Powder 750g



CHCARP2.350
Organic Carob Powder 350g



CHCARP2.4
Organic Carob Powder 4KG



FLCAS2.1
Organic Cassava Flour 1KG



FLCAS2.5
Organic Cassava Flour 5KG



CHCOCFT2.350
Organic Cocoa Powder 350g



CHCOCFT2.4
Organic Cocoa Powder 4KG



CHCOCFT2.750
Organic Cocoa Powder 750g



BICOCFL2.125
Organic Coconut Flakes 125g



BICOCFL2.2
Organic Coconut Flakes 2KG



BICOCFL2.300
Organic Coconut Flakes 300g



FLCOC2.5
Organic Coconut Flour 5KG

Pantry / Baking, Flours & Sweeteners



FLCOC2.850
Organic Coconut Flour 850g



SUCOCSU2.500
Organic Coconut Sugar 500g



SUCOCSU2.5
Organic Coconut Sugar 5KG



SUCOCSU2.5
Organic Coconut Sugar 5KG



SUCOCS2.7
Organic Coconut Syrup 7KG



SUCOCS2.500
Organic Coconut Syrup 500g



FLCOR2.300
Organic Corn Starch 300g



FLCOR2.5
Organic Corn Starch 5KG



CiDCB2.1
Organic Dark Chocolate Buttons
1KG



CiDCB2.200
Organic Dark Chocolate Buttons
200g



CiDCB2.5
Organic Dark Chocolate Buttons
5KG



CiDCD55C2.1
Organic Dark Chocolate Drops 55%
Cocoa 1KG

Pantry / Baking, Flours & Sweeteners



CHDCD55C2.250

Organic Dark Chocolate Drops 55% Cocoa 250g



CHDCD55C2.5

Organic Dark Chocolate Drops 55% Cocoa 5KG



CHDCD70C2.1

Organic Dark Chocolate Drops 70% Cocoa 1KG



CHDCD70C2.250

Organic Dark Chocolate Drops 70% Cocoa 250g



CHDCD70C2.5

Organic Dark Chocolate Drops 70% Cocoa 5KG



SUMAPD2.250

Organic Date & Maple Syrup 250ml



BICOCDF2.175

Organic Desiccated Coconut 175g



BICOCDF2.3

Organic Desiccated Coconut 3KG



BICOCDF2.600

Organic Desiccated Coconut 600g



FLFLAM2.500

Organic Flaxseed Meal 500g



FLFLAM2.5

Organic Flaxseed Meal 5KG



FLBANG2.500

Organic Green Banana Flour 500g

Pantry / Baking, Flours & Sweeteners



FLBANG2.5

Organic Green Banana Flour 5KG



BIGUAPO2.1

Organic Guar Gum Powder 1KG



BIGUAPO2.250

Organic Guar Gum Powder 250g



SUICS2.500

Organic Icing Sugar 500g



SUICS2.5

Organic Icing Sugar 5KG



SUMAPL2.150

Organic Maple Sugar 150g



SUMAPL2.5

Organic Maple Sugar 5KG



SUMAP2.1

Organic Maple Syrup 1L



SUMAP2.250

Organic Maple Syrup 250ml



SUMAP2.5

Organic Maple Syrup 5L



FLPOT2.300

Organic Potato Starch 300g



FLPOT2.5

Organic Potato Starch 5KG

Pantry / Baking, Flours & Sweeteners



SUSTELP2.e50
Organic Stevia Leaf Powder e50g



FLQUI2.1
Organic Quinoa Flour 1KG



FLQUI2.5
Organic Quinoa Flour 5KG



SURAPH2G2.500
Organic Rapadura Sugar 500g



SURAP2.5
Organic Rapadura Sugar 5KG



SURAWH2G2.e00
Organic Raw Sugar e00g



SURAW2.5
Organic Raw Sugar 5KG



BICOCSH2.2.5
Organic Shredded Coconut 2.5KG



BICOCSH2.125
Organic Shredded Coconut 125g



BICOCSH2.350
Organic Shredded Coconut 350g



FLBAKW2.5
Organic Premium White Bakers
Flour 5KG



FLPW2.5
Organic Stoneground White Bakers
Flour 5KG

Pantry / Baking, Flours & Sweeteners



FLSPEW2.1

Organic Stoneground White Spelt Flour 1KG



FLSPEW2.5

Organic Stoneground White Spelt Flour 5KG



FLRYE2.1

Organic Whole Rye Flour 1KG



FLRYE2.5

Organic Stoneground Whole Rye Flour 5KG



FLSPEWM2.5

Organic Stoneground Whole Spelt Flour 5KG



FLPWM2.5

Organic Stoneground Wholewheat Bakers Flour 5KG



FLtAPSt2.1

Organic tapioca Flour (Starch) 1KG



FLtAPSt2.5

Organic tapioca Flour (Starch) 5KG



FLAPW2.2

Organic White All-Purpose Flour 2KG



FLAPW2.1

Organic White All-Purpose Plain Flour 1KG



FLRICW2.1

Organic White Rice Flour 1KG



FLRICW2.5

Organic White Rice Flour 5KG

Pantry / Baking, Flours & Sweeteners



FLSKHOW5.5
Sustainable White Khorasan Flour
5KG



FLSW5.5
Sustainable Stoneground White
Bakers Flour 5KG



FLSWM5.5
Sustainable Stoneground
Wholewheat Bakers Flour 5KG



Pantry / Baking, Flours & Sweeteners



FLSSPEW5.5
Sustainable Premium White Spelt
Flour (roller milled) 5KG



FLSBAKW5.5 Sustainable
Premium White Bakers Flour
5KG



FLSPEWM2.1 Organic
Wholemeal Spelt Flour 1KG



BIXANG5.1
Xanthan Gum 1KG



BIXANG5.250
Xanthan Gum 250g



SUXYL5.5
Xylitol 5KG



SUXYL5.600
Xylitol 600g



FLSOR5.1
White Sorghum Flour 1KG



FLSOR5.5
White Sorghum Flour 5KG



FLRYE2.1
Organic Whole Rye Flour 1KG



HINUTBN
Nut Milk Bag



TELBOP2.750
Organic Black Loose Leaf Tea 750g



TEZCHA12.100
Organic Chai Tea Bags 100 Pack



TEZCHA12.25
Organic Chai Tea Bags 25 Pack



TELCHAMF2.350
Organic Chamomile Flowers 350g



TEZCHA2.100
Organic Chamomile Tea Bags 100 Pack



TEZCHA2.25
Organic Chamomile Tea Bags 25 Pack



TECOCMP2.300
Organic Coconut Milk Powder 300g



TECOCMP2.3
Organic Coconut Milk Powder 3KG



TEDECCB2.1
Organic Decaf Single Origin Coffee Beans 1KG



TEDECCB2.250
Organic Decaf Single Origin Coffee Beans 250g



TEDECCG2.1
Organic Decaf Single Origin Ground Coffee 1KG

Pantry / Beverages



TEDECCG2.250

Organic Decaf Single Origin Ground
Coffee 250g



TELEAR2.750

Organic Earl Grey Loose Leaf Tea
750g



TEZEAR2.100

Organic Earl Grey Tea Bags 100
Pack



TEZEAR2.25

Organic Earl Grey Tea Bags 25 Pack



TELENG2.750

Organic English Breakfast Loose
Leaf Tea 750g



TEZENG2.100

Organic English Breakfast Tea Bags
100 Pack



TEZENG2.25

Organic English Breakfast Tea Bags
25 Pack



TEZGRE2.100

Organic Green Tea Bags 100 Pack



TEZGRE2.25

Organic Green Tea Bags 25 Pack



TELEM2.500

Organic Lemon Myrtle Loose Leaf
Tea 500g



TELEM2.100

Organic Loose Leaf Lemon Myrtle
Tea 100g



TELPEP2.100

Organic Loose Leaf Peppermint Tea
100g



TELMATPO2.1

Organic Matcha Green Tea Powder
1KG



TELMATPO2.5

Organic Matcha Green Tea Powder
5KG



TELMATPO2.70

Organic Matcha Green Tea Powder
70G



TENEICB2.1

Organic Neighbours Blend Coffee
Beans 1KG



TENEICB2.250

Organic Neighbours Blend Coffee
Beans 250g



TENEICG2.1

Organic Neighbours Blend Ground
Coffee 1KG



TENEICG2.250

Organic Neighbours Blend Ground
Coffee 250g



TEOATMP2.300

Organic Oat Milk Powder 300g



TEOATMP2.5

Organic Oat Milk Powder 5KG



TELPEP2.300

Organic Peppermint Loose Leaf Tea
300g



TEZPEP2.100

Organic Peppermint Tea Bags 100
Pack



TEZPEP2.25

Organic Peppermint Tea Bags 25
Pack

Pantry / Beverages



TELROO2.1
Organic Rooibos Loose Leaf Tea
1KG



TESOCCB5.1
Single Origin Colombian Coffee
Beans 1KG



TESOCCB5.250
Single Origin Colombian Coffee
Beans 250g



TESOCCG5.1
Single Origin Colombian Ground
Coffee 1KG



TESOCCG5.250
Single Origin Colombian Ground
Coffee 250g



the
ginger  people®



SEE THE RANGE





organic
activated
**BUCKWHEAT
CLUSTERS**

VEGAN • GRAIN FREE • NO ADDED SUGAR



PERFECT FOR BREAKFAST OR SNACKING

SEE THE RANGE

Pantry / Breakfast & Cereals



TRBUCCC2.400
Activated Organic Buckies - Cacao
Clusters 400g



TRBUCCC2.5
Activated Organic Buckies - Cacao
Clusters 5KG



TRBUCCAC2.400
Activated Organic Buckies -
Caramelised Clusters 400g



TRBUCCAC2.5
Activated Organic Buckies -
Caramelised 5KG



TRBUCCBC2.400
Activated Organic Buckies - Coco-
Berry 400g



TRBUCCBC2.5
Activated Organic Buckies - Coco-
Berry 5KG



CEMUEACP2.300
Activated Organic Paleo Muesli
300g



CEMUEACP2.600
Activated Organic Paleo Muesli
600g



CEMUEACV2.300
Activated Organic Vegan Muesli
300g



CEMUEACV2.600
Activated Organic Vegan Muesli
600g



TRCAC5.4
Cacao & Coconut Crunch 4KG



CEMULPF5.2
Good Morning Cereals Multi Puffs
2KG

Pantry / Breakfast & Cereals



CEO5G2.45 Organic 5 Grain
Goodness 4KG



CEO5G2.500
Organic 5 Grains -
Wholegrain Goodness 500g



CEAPPC2.5
Organic Apple and Cranberry
Muesli 5KG



CEOATRA2.4
Organic Australian
Rolled Oats 4KG



CEOATRA2.700
Organic Australian
Rolled Oats 700g



CEMUE2.5
Organic Fruit & Nut Muesli 5KG



CEGRAMAC2.4505
Organic Granola - Maple &
Almond Crunch 450g



CEGRACCC2.450
Organic Granola - Cacao, Coconut
& Chia 450g



CEGRACCC2.4
Organic Granola - Cacao, Coconut
& Chia 4KG



CEGRACFN2.450
Organic Granola - Classic
Fruit & Nut 450g



CEGRACFN2.4
Organic Granola - Classic Fruit &
Nut 4KG

Pantry / Breakfast & Cereals



CEGRAMAC2.4
Organic Granola - Maple & Almond
Crunch 4KG



CEGRASN2.450
Organic Granola - Super Seeds &
Nuts 450g



CEGRASN2.4
Organic Granola - Super Seeds &
Nuts 4KG



CEAPPC2.500
Organic Muesli - Apple, Cranberry &
Almond 500g



CEMUE2.500
Organic Muesli - Sulphur Free Fruit
& Nut 500g



CEOATB2.5
Organic Oat Bran 5KG



CEOATB2.750
Organic Oat Bran 750g



CEPOR2.4
Organic Porridge - Premium Blend
4KG



CEPOR2.500
Organic Porridge - Premium Blend
500g



CERICBP2.175
Organic Puffed Brown Rice 175g



CERICBP2.2.5
Organic Puffed Brown Rice 2.5KG



CEBUCPF2.125
Organic Puffed Buckwheat 125g

Pantry / Breakfast & Cereals



CEBUCPF2.2
OPganic Puffed Buckwheat 2KG



CEMILPF2.175
OPganic Puffed Millet 175g



CEMILPF2.3
OPganic Puffed Millet 3KG



CEOATQ2.3
OPganic Quick Oats 3KG



CEQUIF2.2.5
OPganic Quinoa Flakes 2.5KG



CEQUIF2.600
OPganic Quinoa Flakes 600g



CEQUIPF2.175
OPganic Quinoa Puffs 175g



CEQUIPF2.4
OPganic Quinoa Puffs 4KG



CEQUIPF2.5
OPganic Quinoa Puffs 5KG



CEOATR2.4
OPganic Rolled Oats 4KG



CEOATR2.700
OPganic Rolled Oats 700g



CESPER2.4
OPganic Rolled Spelt 4KG



CESPER2.850
Organic Rolled Spelt 850g



CESPEP2.175
Organic Spelt Puffg 175g



CESPEP2.4
Organic Spelt Puffg 4KG



CEOATQGT2.4
Organic Wheat Free Quick Oatg 4KG



CEOATQGT2.700
Organic Wheat Free Quick Oatg
700g



CEOATRGT2.4
Organic Wheat Free Rolled Oatg
4KG



CEOATRGT2.700
Organic Wheat Free Rolled Oatg
700g



CEMUETPFF5.700
Paleo Fruit Free Toagted Muegli
700g



CEPOR5.850
Porridge Blend 850g



CEOATR5.4
Rolled Oatg 4KG



CEMUE5.5
Sulphur Free Fruit & Nut Muegli
5KG



TOPAS2.210
Organic Tomato Paste 210g



TODIC2.400
Organic Diced Tomatoes 400g



TOWHOP2.400
Organic Whole Peeled Tomatoes
400g



Pantry / Canned & Prepared Foods



BEADE2.400
Organic Adzuki Beans 400g



BEBAKTS2.400
Organic Baked Beans in Tomato
Sauce 400g



CNSAUB2.350
Organic Beetroot Sauerkraut 350g



CABEES2.340
Organic Beetroot Slices 340g



CABEES2.680
Organic Beetroot Slices 680g



BEBLAT2.400
Organic Black Beans 400g



BEBLAL2.400
Organic Black Beluga Lentils 400g



BEBROL2.400
Organic Brown Lentils 400g



BECAN2.400
Organic Cannellini Beans 400g



TOCHE2.400
Organic Cherry Tomatoes 400g



BECHI2.400
Organic Chickpeas 400g



CNCREUHT2.3
Organic Coconut Cream (18% Fat)
3L

Pantry / Canned & Prepared Foods



CNCRE2.400

Organic Coconut Cream 400ml



CNMIL2.400

Organic Coconut Milk 400ml



CNCREW2.400

Organic Coconut Whipping Cream 400ml



CAJAC2.400

Organic Young Jackfruit 400g



CATRO2.420

Organic Tropical Fruit Mix in Juice 420g



BEFOUBM2.400

Organic Four Bean Mix 400g



CAMUSF2.200

Organic French Mustard 200g



CAGARP2.350

Organic Garden Peas 350g



CNSAUGT2.350

Organic Ginger & Turmeric Sauerkraut 350g



CAGREOP2.295

Organic Greek Green Olives - Pitted 295g



CNGREOSG2.300

Organic Greek Green Olives Stuffed With Garlic 300g



CAKALP2.295

Organic Greek Kalamata Olives - Pitted 295g

Pantry / Canned & Prepared Foods



CAKALW2.300

Organic Greek Kalamata Olives - Whole 300g



CAKALW2.980

Organic Greek Kalamata Olives - Whole 980g



CAKALP2.970

Organic Greek Kalamata Olives Pitted - 970g



CAGREOSC2.250

Organic Green Olives Stuffed With Capsicum 300g



CNMILL2.400

Organic Light Coconut Milk 400ml



CAMIXO2.300

Organic Mix Olives - Garlic, Herb & Capsicum 300g



CAMIXO2.980

Organic Mix Olives - Garlic, Herb & Capsicum 980g



CNCONS2.210

Organic Sweetened Condensed Coconut Milk 210g



CAPINC2.420

Organic Pineapple Chunks in Pineapple Juice 420g



BEREDKD2.400

Organic Red Kidney Beans 400g



CNCAPR2.460

Organic Roasted Capsicum 460g



CASAU2.680

Organic Sauerkraut 680g

Pantry / Canned & Prepared Foods



CAMUSS2.200
Organic Seeded Mustard 200g



CASPIS2.260
Organic Spicy Salsa 260g



CNCRES2.400
Organic Supreme 30% Coconut Cream 400ml



CACORS2.350
Organic Sweet Corn 350g



CACORS2.680
Organic Sweet Corn 680g



CASWES2.260
Organic Sweet Salsa 260g



CATRO2.420
Organic Tropical Fruit Mix in Juice 420g



CAGERW2.670
Organic Whole Gherkins 670g



TODIC2.2.5
Organic Diced Tomatoes 2.5KG



TOPURB2.690
Organic Tomato Puree with Basil 690g



TOPURS2.690
Organic Tomato Puree 690g



TOPASR2.680
Organic Passata Rustica 680g

SAVOURY SNACK

with a hint of rosemary



NATURAL
INGREDIENTS



16G PROTEIN
PER BAG

Make meals
AMAZING



SEE THE RANGE



VEGAN • GLUTEN FREE • DAIRY FREE • PLANT BASED

Pantry / Snacking & Sweets



TRHEMMC2.200

Activated Organic Hemptations Mint
Ctoc 200g



TRHEMMC2.80

Activated Organic Hemptations Mint
Ctoc 80g



TRHEMSM2.200

Activated Organic Hemptations
Salted Maple 200g



TRHEMSM2.450

Activated Organic Hemptations
Salted Maple 450g



TRHEMSM2.80

Activated Organic Hemptations
Salted Maple 80g



TRHOLC2.1

Activated Organic Holy Cacao 1KG



TRHOLC2.200

Activated Organic Holy Cacao 200g



TRCRADC5.200

Cranberry Dark Ctocolate Trail Mix
200g



TRCRADC5.5

Cranberry Dark Ctocolate Trail Mix
5KG



GRBRCO2.100

Organic Brown Rice Crackers
Original 100g



GRBRCSV2.100

Organic Brown Rice Crackers Salt &
Vinegar 100g



GRBRBBQ2.100

Organic Brown Rice Crackers
Smokey BBQ 100g



GRBRCSC2.100

Organic Brown Rice Crackers Sweet
Chilli 100g



CHALMDC2.5

Organic Dark Chocolate Almonds
5KG



CHGINDC2.5

Organic Dark Chocolate Ginger 5KG



CHLICDC2.5

Organic Dark Chocolate Licorice
5KG



CHSTRDC2.2

Organic Dark Chocolate
Strawberries 2KG



CFGIND2.300

Organic Diced Bare Ginger 300g



CFLIC2.200

Organic Licorice - Traditional 200g



CFLICAO2.4

Organic Licorice - Traditional 4KG



CHALMMC2.5

Organic Milk Chocolate Almonds
5KG



CHLICMC2.5

Organic Milk Chocolate Licorice 5KG



CHSULMC2.4

Organic Milk Chocolate Sultanas
4KG



GRPOP2.5

Organic Popcorn Kernels 5KG

Pantry / Snacking & Sweets



GRPOP2.650

Organic Popcorn Kernels 650g



SVRSSS2.5

Organic Roasted Seaweed Snack -
Sea Salt 5g



SVRSSS2.6

Organic Roasted Seaweed Snack -
Sea Salt 5g x 6 Pack



CHLICRWC2.4

Organic White Chocolate Raspberry
Licorice 4KG



TRBBQSC5.40

Pimp My Snack BBQ Seed Clusters
40g



TRBBQSC5.80

Pimp My Snack BBQ Seed Clusters
80g



TRMAPSC5.40

Pimp My Snack Maple Cinnamon
Seed Clusters 40g



TRMAPSC5.80

Pimp My Snack Maple Cinnamon
Seed Clusters 80g



TRSUPSC5.40

Pimp My Snack Super Seed Clusters
40g



TRSUPSC5.80

Pimp My Snack Super Seed Clusters
80g



SEE THE RANGE

Naturally Sweet, Honestly Good





DRORGGG5.50
Australian Dehydrated Blood
Orange Garnish 50g



DRORGGG5.5
Australian Dehydrated Blood
Orange Garnish 5KG



DRORGG5.50
Australian Dehydrated Orange
Garnish 50g



DRORGG5.5
Australian Dehydrated Orange
Garnish 5KG



DRBANW5.200
Australian Dried Banana Fingers
200g



DRBANW5.500
Australian Dried Banana Fingers
500g



DRASA5.100
Australian Dried Fruit Salad 100g



DRASA5.300
Australian Dried Fruit Salad 300g



DRASA5.5
Australian Dried Fruit Salad 5KG



DRMANAU5.300
Australian Dried Mango Cheeks
300g



DRMANAU5.7
Australian Dried Mango Cheeks
7KG



DRPINR5.100
Australian Dried Pineapple Rings
100g

Pantry / Dried Fruits



DRPINR5.300
Australian Dried Pineapple Rings
300g



DRPINR5.5
Australian Dried Pineapple Rings
5KG



DRAPLW1.100
Biodynamic Dried Apple Wedges
100g



DRAPLW1.4
Biodynamic Dried Apple Wedges
4KG



DRCUR2.500
Organic Currants 500g



DRCUR2.5
Organic Currants 5KG



DRDATP2.1
Organic Dates Pitted 1KG



DRLEMG2.50
Organic Dehydrated Lemon
Garnish 50g



DRLEMG2.5
Organic Dehydrated Lemon
Garnish 5KG



DRLIMG2.50
Organic Dehydrated Lime Garnish
50g



DRLIMG2.5
Organic Dehydrated Lime Garnish
5KG



DRAPRD12.3
Organic Diced Dried Apricots 3KG



DRFIGD2.850
Organic Diced Dried Figs 850g



DRAPR2.1
Organic Dried Apricots 1KG



DRAPR2.200
Organic Dried Apricots 200g



DRAPR2.500
Organic Dried Apricots 500g



DRAPR2.5
Organic Dried Apricots 5KG



DRBANC2.175
Organic Dried Banana Coins 175g



DRBANC2.1
Organic Dried Banana Coins 1KG



DRBLU2.250
Organic Dried Blueberries 250g



DRBLU2.5
Organic Dried Blueberries 5KG



DRCRA2.1
Organic Dried Cranberries 1KG



DRCRA2.200
Organic Dried Cranberries 200g



DRCRA2.5
Organic Dried Cranberries 5KG

Pantry / Dried Fruits



DRFIG2.200
Organic Dried Figs 200g



DRFIG2.5
Organic Dried Figs 5KG



DRINC2.175
Organic Dried Incaberries 175g



DRINC2.5
Organic Dried Incaberries 5KG



DRMANCH2.300
Organic Dried Mango Cheeks 300g



DRMANSL2.1
Organic Dried Mango Slices 1KG



DRPAP2.100
Organic Dried Papaya 100g



DRPAP2.1
Organic Dried Papaya 1KG



DRPINR2.100
Organic Dried Pineapple Rings 100g



DRPINR2.1
Organic Dried Pineapple Rings 1KG



DRSTR2.1
Organic Dried Strawberries 1KG



DRSTR2.200
Organic Dried Strawberries 200g



DRSTR2.5
Organic Dried Strawberries 5KG



DRMUL2.175
Organic Dried White Mulberries
175g



DRMUL2.750
Organic Dried White Mulberries
750g



DRGOJ2.200
Organic Goji Berries 200g



DRGOJ2.4
Organic Goji Berries 4KG



DRGOJ2.850
Organic Goji Berries 850g



DRDATMELD2.5
Organic Medjool Dates - Large 5KG



DRDATMELP2.5
Organic Medjool Dates - Large
Premium 5KG



DRDATMEP2.1
Organic Medjool Dates - Medium
Premium 1KG



DRMIX2.1
Organic Mixed Dried Fruit 1KG



DRPRUCAO2.250
Organic Prunes - Unpitted &
Moistened 250g



DRRAI2.200
Organic Raisins 200g

Pantry / Dried Fruits



DRRAI2.1
Organic Raisins 1KG



DRSULN2.1
Organic Sultanas 1KG



DRSULN2.200
Organic Sultanas 200g



DRSULN2.500
Organic Sultanas 500g



Discover our Superfood Powders!

SEE THE RANGE



NWMAQP2.70
Organic Maqui Powder 70g



Pantry / Functional & Superfoods



NWHEMP5.3
Australian Hemp Protein Powder
3KG



NWHEMP5.750
Australian Hemp Protein Powder
750g



BIBREYE5.350
Brewer's Yeast 350g



BIYEAF5.1.5
Nutritional Yeast Flakes 1.5KG



BIYEAF5.150
Nutritional Yeast Flakes 150g



NWACAP2.1
Organic Acai Powder 1KG



NWACAP2.200
Organic Acai Powder 200g



NWACAP2.70
Organic Acai Powder 70g



NWINUAP2.1
Organic Agave Prebiotic Powder
1KG



NWINUAP2.1
Organic Agave Prebiotic Powder
1KG



NWINUAP2.200
Organic Agave Prebiotic Powder
200g



NWINUAP2.200
Organic Agave Prebiotic Powder
200g

Pantry / Functional & Superfoods



NWBAOPO2.1
Organic Baobab Powder 1KG



NWBAOPO2.200
Organic Baobab Powder 200g



NWBARPO2.150
Organic Barley Grass Powder 150g



NWBARPOANZ2.1
Organic Barley Grass Powder 1KG



NWBEEPO2.1
Organic Beetroot Powder 1KG



NWSPIPOB2.1
Organic Blue Spirulina Powder 1KG



NWSPIPOB2.70
Organic Blue Spirulina Powder 70g



NWCHLPO2.1
Organic Chlorella Powder 1KG



NWCHLPO2.200
Organic Chlorella Powder 200g



TRLSA2.200
Organic LSA 200g



TRLSA2.5
Organic LSA 5KG



NWMAC2.1
Organic Maca Powder Raw 1KG

Pantry / Functional & Superfoods



NWMAC2.350

Organic Maca Powder Raw 350g



NWMAQP2.1

Organic Maqui Powder 1KG



NWSLIE5.350

Slippery Elm Powder 350g



NWMESPO2.350

Organic Mesquite Powder 350g



NWMESPO2.5

Organic Mesquite Powder 5KG



OIMCTCOP2.500

Organic Premium MCT Oil 500ml



OIMCTCOP2.5

Organic Premium MCT Oil 5L



NWPSY2.200

Organic Psyllium Husks 200g



NWPSY2.3

Organic Psyllium Husks 3KG



NWPSY2.400

Organic Psyllium Husks 400g



NWSPIPO2.1

Organic Spirulina Powder 1KG



NWSPIPO2.250

Organic Spirulina Powder 250g

Pantry / Functional & Superfoods



NWRICP802.3
Organic Sprouted Brown Rice
Protein Powder 3KG



NWRICP802.750
Organic Sprouted Brown Rice
Protein Powder 750g



NWPEAPRO2.3
Organic Sprouted Pea Protein
Powder 3KG



NWPEAPRO2.750
Organic Sprouted Pea Protein
Powder 750g



NWSUPG2.1
Organic SuperGreens Blend 1KG



NWSUPG2.200
Organic SuperGreens Blend 200g



SVNOR2.50
Organic Sushi Nori 125g - 50
Sheets



SVNOR2.10
Organic Sushi Nori 25g - 10 Sheets



NWWHEPO2.150
Organic Wheatgrass Powder 150g



NWWHEPO2.1
Organic Wheatgrass Powder 1KG



NWNUTYF5.100
Pimp My Salad Nutritional Yeast
Flakes 100g



NWSLIE5.100
Slippery Elm Powder 100g

Pantry / Grains & Pulses



GRBUCACB.300
Activated Organic Buckinis 300g



GRBUACTB.5
Activated Organic Buckinis 5KG



GRBUCACB.600
Activated Organic Buckinis 600g



BEREDS5.1.B
Australian Red Split Lentils 1.BKG



BESOYB.5
Biodynamic Soya Beans 5KG



GRBUCACB.5
Organic Activated Buckwheat 5KG



GRBUCHAUB.1
Organic Australian Hulled Buckwheat 1KG



GRBUCHAUB.5
Organic Australian Hulled Buckwheat 5KG



GRQUIAUB.1
Organic Australian White Quinoa 1KG



GRQUIAUB.5
Organic Australian White Quinoa 5KG



BEBLALB.500
Organic Black Beluga Lentils 500g



BEBLALB.5
Organic Black Beluga Lentils 5KG



BECHA2.500
Organic Chana Dal 500g



BECHA2.5
Organic Chana Dal 5KG



BECHI2.1
Organic Chickpeas 1KG



BECHI2.5
Organic Chickpeas 5KG



BEFRE2.1.5
Organic French Style Green Lentils
1.5KG



BEFRE2.500
Organic French Style Green Lentils
500g



BEFRE2.5
Organic French Style Green Lentils
5KG



BEGREW2.500
Organic Green Lentils 500g



BEGREW2.5
Organic Green Lentils 5KG



BEGRESP2.500
Organic Green Split Peas 500g



BEGRESP2.5
Organic Green Split Peas 5KG



GRBUCH2.1
Organic Hulled Buckwheat 1KG

Pantry / Grains & Pulses



GRBUCH2.500
Organic Hulled Buckwheat 500g



GRBUCH2.5
Organic Hulled Buckwheat 5KG



GRMILH2.500
Organic Hulled Millet 500g



GRMILH2.5
Organic Hulled Millet 5KG



BEMUN2.500
Organic Mung Beans 500g



BEMUN2.5
Organic Mung Beans 5KG



GROATK2.1
Organic Oat Groats 1KG



GROATK2.5
Organic Oat Groats 5KG



GRPOL2.500
Organic Polenta 500g



GRPOL2.5
Organic Polenta 5KG



BEREDS2.1.2
Organic Red Split Lentils 1.2KG



BEREDS2.500
Organic Red Split Lentils 500g



BEREDE2.5
Organic Red Eplit Lentils 5KG



GRQUIT2.500
Organic Tricolour Quinoa 500g



GRQUIT2.5
Organic Tricolour Quinoa 5KG



GRWHE2.5
Organic Wheat Grain 5KG



GRQUI2.1
Organic White Quinoa 1KG



GRQUI2.500
Organic White Quinoa 500g



GRQUI2.5
Organic White Quinoa 5KG

organic Herbs & Spices

PURE INGREDIENTS, PREMIUM FLAVOURS

SEE THE RANGE



ORGANIC, NATURAL & SUSTAINABLE

Pantry / Herbs, Spices & Seasonings



HECELCO5.5
Celtic Sea Salt - Coarse 5KG



HECELCO5.600
Celtic Sea Salt - Coarse 600g



HECELF5.5
Celtic Sea Salt - Fine 5KG



HECELF5.600
Celtic Sea Salt - Fine 600g



HEFDS5.1.5
Fleur de Sel de Guerande 1.5KG



HEFDS5.125
Fleur de Sel de Guerande 125g



COCROHV5.150
Gluten Free Croutons - Vegan Herb & Cheese 150g



HEHIMC5.5
Himalayan Rock Salt - Crystals 5KG



HEHIMC5.600
Himalayan Rock Salt - Crystals 600g



HEHIMS5.5
Himalayan Rock Salt - Fine 5KG



HEHIMS5.600
Himalayan Rock Salt - Fine 600g



HEBAS2.1
Organic Basil 1KG

Pantry / Herbs, Spices & Seasonings



HEBAS2.30
Organic Basil 30g



HEBAS2.350
Organic Basil 350g



HEPEPG2.1
Organic Black Pepper Ground 1KG



HECAYP2.1
Organic Cayenne Pepper 1KG



HECAYP2.50
Organic Cayenne Pepper 50g



HECHIF2.40
Organic Chilli Flakes 40g



HECHIF2.800
Organic Chilli Flakes 800g



HECHIPAS2.200
Organic Chilli Paste 200g



HECHI2.1
Organic Chilli Powder 1KG



HECHI2.50
Organic Chilli Powder 50g



HECIN2.150
Organic Cinnamon Powder 150g



HECIN2.1
Organic Cinnamon Powder 1KG

Pantry / Herbs, Spices & Seasonings



HECIN2.45

Organic Cinnamon Powder 45g



HECINQU2.150

Organic Cinnamon Quills 150g



HECINQU2.150

Organic Cinnamon Quills 150g



HECINQU2.700

Organic Cinnamon Quills 700g



HECORL2.10

Organic Coriander Leaf 10g



HECOR2.1

Organic Coriander Powder 1KG



HECOR2.40

Organic Coriander Powder 40g



HECUM2.1

Organic Cumin Powder 1KG



HECUM2.50

Organic Cumin Powder 50g



HECUM2.50

Organic Cumin Powder 50g



HECURH2.1

Organic Curry Powder 1KG



HECUR2.50

Organic Curry Powder 50g

Pantry / Herbs, Spices & Seasonings



HEGARM2.1
Organic Garam Masala 1KG



HEGARM2.50
Organic Garam Masala 50g



HEGARPAS2.200
Organic Garlic Paste 240g



HEGAR2.1
Organic Garlic Powder 1KG



HEGARP2.50
Organic Garlic Powder 50g



HEGINPAS2.200
Organic Ginger Paste 240g



HEGIN2.150
Organic Ginger Powder 150g



HEGIN2.1
Organic Ginger Powder 1KG



HEGIN2.40
Organic Ginger Powder 40g



HEPEPG2.60
Organic Ground Black Pepper 60g



HENUT2.1
Organic Ground Nutmeg 1KG



HENUT2.50
Organic Ground Nutmeg 50g

Pantry / Herbs, Spices & Seasonings



HEMIXH2.20
Organic Mixed Herbs 20g



HEMIXH2.300
Organic Mixed Herbs 300g



HEONI2.1
Organic Onion Powder 1KG



HEONI2.60
Organic Onion Powder 60g



HEORE2.35
Organic Oregano Leaves 20g



HEORE2.350
Organic Oregano Leaves 350g



HEPAP2.1
Organic Sweet Paprika 1KG



HEPAP2.50
Organic Sweet Paprika 50g



HETURPAS2.200
Organic Turmeric Paste 240g



HETUR2.150
Organic Turmeric Powder 150g



HETUR2.1
Organic Turmeric Powder 1KG



HETUR2.60
Organic Turmeric Powder 60g

Pantry / Herbs, Spices & Seasonings



HEVANBP2.100
Organic Vanilla Beans - Planifolia
Grade A 100g



HEVANBP2.1
Organic Vanilla Beans - Planifolia
Grade A 1KG



HEVANBP2.2
Organic Vanilla Beans - Planifolia
Grade A 2 pods



HEVANBT2.100
Organic Vanilla Beans - Tahitensis
Grade A 100g



HEVANBT2.1
Organic Vanilla Beans - Tahitensis
Grade A 1KG



HEVANBT2.2
Organic Vanilla Beans - Tahitensis
Grade A 2 pods



HEVANP2.750
Organic Vanilla Powder 750g



HEVANP2.75
Organic Vanilla Powder 75g



HEPEPW2.1
Organic Whole Black Peppercorns
1KG



HEPEPW2.55
Organic Whole Black Peppercorns
55g

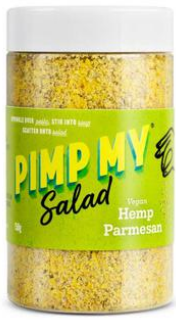


HEVANP5.750
Vanilla Powder 750g



HEVANP5.75
Vanilla Powder 75g

Pantry / Herbs, Spices & Seasonings



COVEGHP2.150

Pimp My Salad Vegan Hemp
Parmesan 150g



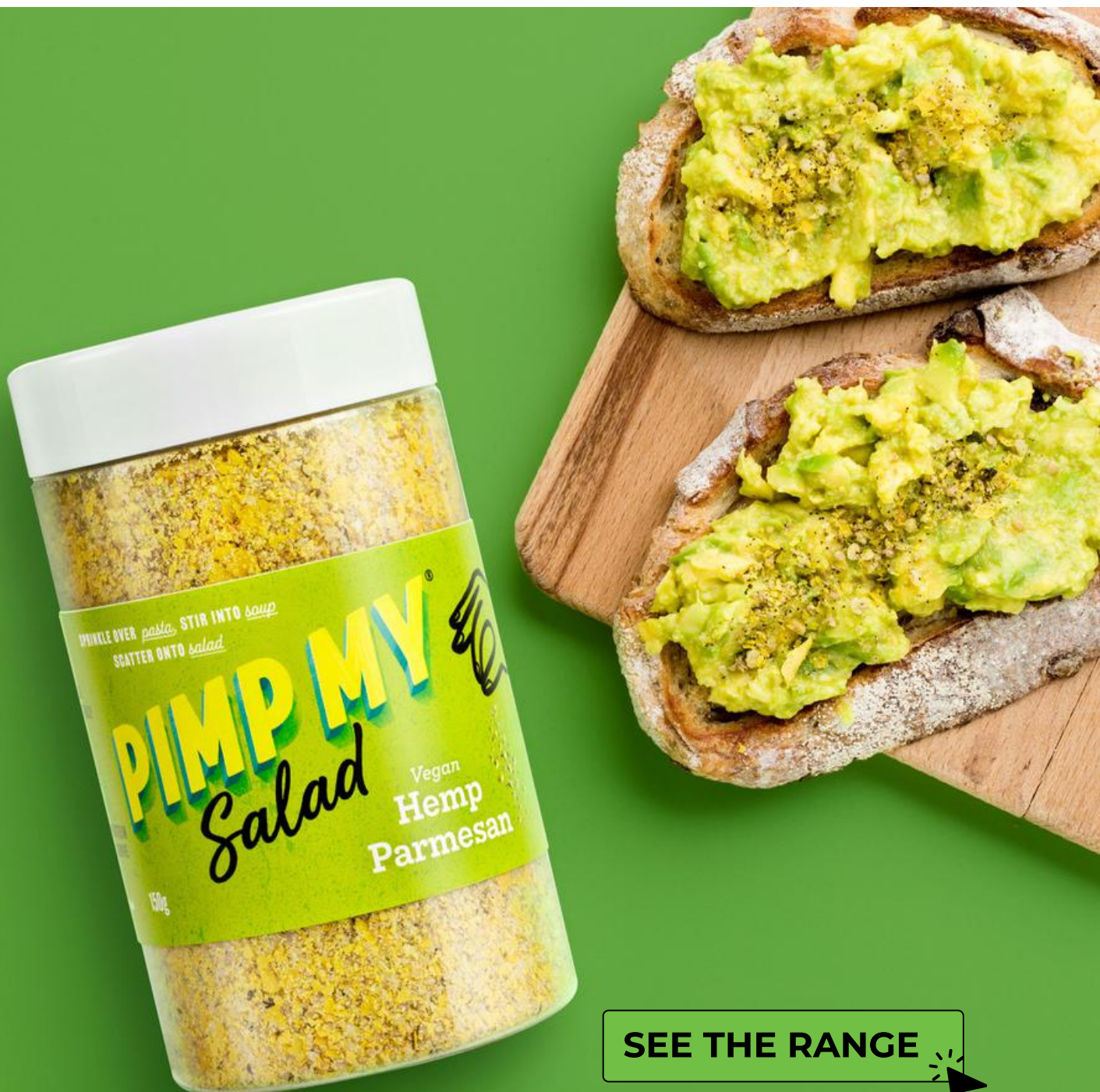
COBACB5.80

Pimp My Salad Plant-Based Bacon
Bits 80g



COVEGCP2.150

Pimp My Salad Vegan Cashew
Parmesan 150g



[SEE THE RANGE](#)

SPREAD THE LOVE

NO NASTIES ADDED

pure &
simple



SEE THE RANGE



SPABCH2G5.240
ABC Almond, Brazil & Cashew
Spread 240g



SPALM5.240
Almond Spread 240g



SPABC5.240
Almond, Brazil Nuts & Cashew
Spread 240g



SPALMH2G5.1
Australian Almond Butter 1KG



SPALMH2G5.240
Australian Almond Butter 240g



SPHON220M5.250
Australian Manuka Honey 220+
MGO 250g



SPHON220M5.500
Australian Manuka Honey 220+
MGO 500g



SPHON550M5.250
Australian Manuka Honey 550+
MGO 250g



SPHON550M5.500
Australian Manuka Honey 550+
MGO 500g



SPHON83M5.250
Australian Manuka Honey 83+
MGO 250g



SPHON83M5.500
Australian Manuka Honey 83+
MGO 500g



SPTAHH2.385
Mayver's Organic Hulled Tahini
385g

Pantry / Natural Spreads



SPTAHU2.385

Mayver's Organic Unhulled Tahini
385g



SPHONRA2.1

Organic Australian Raw Honey 1KG



SPHONRA2.500

Organic Australian Raw Honey 500g



SPCOC2.1

Organic Coconut Butter 1kg



SPCOC2.300

Organic Coconut Butter 300g



SPPEACR2.2

Organic Crunchy Peanut Butter
2KG



SPPEACRH2G2.375

Organic Crunchy Peanut Butter
375g



SPPEACR2.375

Organic Crunchy Peanut Spread
375g



SPTAHH2.2

Organic Hulled Tahini 2KG



SPTAHHH2G2.375

Organic Hulled Tahini 375g



SPMAP2.250

Organic Maple Butter 250g



SPHONRA2.1.5

Organic Raw Honey - Australian
1.5KG x 4



SPPEASM2.2

Organic Smooth Peanut Butter 2KG



SPPEASMH2G2.375

Organic Smooth Peanut Butter
375g



SPPEASM2.375

Organic Smooth Peanut Spread
375g



SPTAHU2.2

Organic Unhulled Tahini 2KG



SPTAHUH2G2.375

Organic Unhulled Tahini 375g

ORGANIC HONEY ROASTED MACADAMIAS



Pure Organic
Raw Honey



Organic, Aussie
Grown Macadamias





NUALMAC2.120

Activated Organic Almonds 120g



NUALMAC2.1

Activated Organic Almonds 1tG



NUALMAC2.300

Activated Organic Almonds 300g



NUALMAC2.5

Activated Organic Almonds 5tG



NUALMAC2.600

Activated Organic Almonds 600g



NUBRAAC2.120

Activated Organic Brazil Nuts 120g



NUBRAAC2.1

Activated Organic Brazil Nuts 1tG



NUBRAAC2.300

Activated Organic Brazil Nuts 300g



NUBRAAC2.600

Activated Organic Brazil Nuts 600g



NUCASAC2.120

Activated Organic Cashews 120g



NUCASAC2.120

Activated Organic Cashews 120g



NUCASAC2.1

Activated Organic Cashews 1kg

Pantry / Nuts & Seeds



NUCASAC2.300
Activated Organic Cashews 300g



NUCASAC2.300
Activated Organic Cashews 300g



NUCASAC2.600
Activated Organic Cashews 600g



NUCASAC2.600
Activated Organic Cashews 600g



NUALMSV2.120
Activated Organic Celtic Salt & Vinegar Almonds 120g



NUALMSV2.300
Activated Organic Celtic Salt & Vinegar Almonds 300g



NUALMCM2.100
Activated Organic Cinnamon Maple Almonds 100g



NUALMCM2.250
Activated Organic Cinnamon Maple Almonds 250g



NUALMCM2.600
Activated Organic Cinnamon Maple Almonds 600g



NUHAZAC2.120
Activated Organic Hazelnuts 120g



NUHAZAC2.300
Activated Organic Hazelnuts 300g



NUHAZAC2.600
Activated Organic Hazelnuts 600g



NUCASGC2.120

Activated Organic Korean Chilli & Ginger Cashews 120g



NUCASGC2.300

Activated Organic Korean Chilli & Ginger Cashews 300g



NUMACAC2.120

Activated Organic Macadamias 120g



NUMACAC2.1

Activated Organic Macadamias 1KG



NUMACAC2.250

Activated Organic Macadamias 250g



NUMACAC2.500

Activated Organic Macadamias 500g



NUCASMA2.120

Activated Organic Masala Cashews 120g



NUCASMA2.120

Activated Organic Masala Cashews 120g



NUCASMA2.300

Activated Organic Masala Cashews 300g



NUCASMA2.300

Activated Organic Masala Cashews 300g



NUCASMA2.600

Activated Organic Masala Cashews 600g



NUCASMA2.600

Activated Organic Masala Cashews 600g

Pantry / Nuts & Seeds



TRMIXAC2.120

Activated Organic Mixed Nuts 120g



TRMIXAC2.120

Activated Organic Mixed Nuts 120g



TRMIXAC2.1

Activated Organic Mixed Nuts 1kg



TRMIXAC2.300

Activated Organic Mixed Nuts 300g



TRMIXAC2.300

Activated Organic Mixed Nuts 300g



TRMIXAC2.5

Activated Organic Mixed Nuts 5kg



TRMIXAC2.600

Activated Organic Mixed Nuts 600g



TRMIXAC2.600

Activated Organic Mixed Nuts 600g



NUPECAC2.120

Activated Organic Pecans 120g



NUPECAC2.300

Activated Organic Pecans 300g



NUPECAC2.600

Activated Organic Pecans 600g



SEPEPAC2.100

Activated Organic Pepitas 100g



SEPEPAC2.1
Activated Organic Pepitas 1tG



SEPEPAC2.250
Activated Organic Pepitas 250g



SEPEPAC2.500
Activated Organic Pepitas 500g



NUPISAC2.100
Activated Organic Pistachios 100g



NUPISAC2.1
Activated Organic Pistachios 1tG



NUPISAC2.250
Activated Organic Pistachios 250g



NUPISAC2.500
Activated Organic Pistachios 500g



SESUNAC2.1
Activated Organic Sunflower Seeds 1tG



SESUNAC2.300
Activated Organic Sunflower Seeds 300g



SESUNAC2.600
Activated Organic Sunflower Seeds 600g



NUALMRTAC2.120
Activated Organic Tamari Almonds 120g



NUALMRTAC2.300
Activated Organic Tamari Almonds 300g

Pantry / Nuts & Seeds



NUALMRTAC2.600
Activated Organic Tamari Almonds
600g



TRMIXAC2.250
Activated Organic Trail Mix 250g



TRMIXAC2.250
Activated Organic Trail Mix 250g



TRMIXAC2.500
Activated Organic Trail Mix 500g



TRMIXAC2.80
Activated Organic Trail Mix 80g



TRMIXAC2.80
Activated Organic Trail Mix 80g



TRMIXACV2.120
Activated Organic Vegan Mixed
Nuts 120g



TRMIXACV2.120
Activated Organic Vegan Mixed
Nuts 120g



TRMIXACV2.1
Activated Organic Vegan Mixed
Nuts 1kg



TRMIXACV2.300
Activated Organic Vegan Mixed
Nuts 300g



TRMIXACV2.300
Activated Organic Vegan Mixed
Nuts 300g



TRMIXACV2.600
Activated Organic Vegan Mixed
Nuts 600g



NUPECACV2.120
Activated Organic Vegan Pecans
120g



NUPECACV2.300
Activated Organic Vegan Pecans
300g



NUPECACV2.600
Activated Organic Vegan Pecans
600g



NUWALACV2.100
Activated Organic Vegan Walnuts
100g



NUWALACV2.275
Activated Organic Vegan Walnuts
275g



NUWALACV2.500
Activated Organic Vegan Walnuts
500g



NUWALAC2.100
Activated Organic Walnuts 100g



NUWALAC2.1
Activated Organic Walnuts 1kg



NUWALAC2.275
Activated Organic Walnuts 275g



NUWALAC2.500
Activated Organic Walnuts 500g



NUWALAC2.750
Activated Organic Walnuts 750g



SEHEMH5.200
Australian Hulled Hemp Seeds 200g

Pantry / Nuts & Seeds



SEHEMH5.5

Australian Hulled Hemp Seeds 5KG



SEHEMH5.800

Australian Hulled Hemp Seeds 800g



NUMAC5.250

Australian Macadamia Nuts 250g



NUMAC5.4

Australian Macadamia Nuts 4KG



NUMAC5.750

Australian Macadamia Nuts 750g



NUPEC5.150

Australian Pecans 150g



SESUN5.1

Australian Sunflower Seeds 1KG



SESUN5.200

Australian Sunflower Seeds 200g



SESUN5.5

Australian Sunflower Seeds 5KG



NUWALAU5.175

Australian Walnuts 175g



NUWALAU5.4

Australian Walnuts 4KG



NUALMMB5.200

Blanched Almond Meal 200g



NUALMMB5.4
Blanched Almond Meal 4KG



NUALMMB5.700
Blanched Almond Meal 700g



NUALMBF5.150
Blanched Flaked Almonds 150g



NUALMBS5.350
Blanched Slivered Almonds 350g



NUCAS5.5
Cashews 5KG



NUALMAC4.4
Insecticide Free Activated Almonds
4KG



NUALMAC4.850
Insecticide Free Activated Almonds
850g



NUALM4.1
Insecticide Free Almonds 1KG



NUALM4.200
Insecticide Free Almonds 200g



NUALM4.500
Insecticide Free Almonds 500g



NUALM4.5
Insecticide Free Almonds 5KG



NUALMRM4.1
Maple Roasted Almonds 1KG

Pantry / Nuts & Seeds



NUALMRM4.200
Maple Roasted Almonds 200g



NUALMRM4.5
Maple Roasted Almonds 5KG



NUALMMN5.4
Natural Almond Meal 4KG



TRABC2.1
Organic ABC Raw Nut Mix 1KG



TRABC2.200
Organic ABC Raw Nut Mix 200g



TRABC2.4
Organic ABC Raw Nut Mix 4KG



TRABC2.500
Organic ABC Raw Nut Mix 500g



NUALM2.1
Organic Almonds 1KG



NUALM2.200
Organic Almonds 200g



NUALM2.4
Organic Almonds 4KG



NUALM2.500
Organic Almonds 500g



NUPEC2.150
Organic Australian Pecans 150g



NUPEC2.4

Organic Australian Pecans 4KG



NUPEC2.600

Organic Australian Pecans 600g



SECHIB2.1

Organic Black Chia Seeds 1KG



SECHIB2.250

Organic Black Chia Seeds 250g



SECHIB2.500

Organic Black Chia Seeds 500g



SECHIB2.5

Organic Black Chia Seeds 5KG



SESEBL2.200

Organic Black Sesame Seeds 200g



SESEBL2.5

Organic Black Sesame Seeds 5KG



NUALMMB2.200

Organic Blanched Almond Meal
200g



NUALMMB2.4

Organic Blanched Almond Meal
4KG



NUALMMB2.700

Organic Blanched Almond Meal
700g



NUBRA2.1

Organic Brazil Nuts 1KG

Pantry / Nuts & Seeds



NUBRA2.200
Organic Brazil Nuts 200g



NUBRA2.4
Organic Brazil Nuts 4KG



NUBRA2.500
Organic Brazil Nuts 500g



SELINB2.200
Organic Brown Linseed 200g



SELINB2.500
Organic Brown Linseed 500g



SELINB2.5
Organic Brown Linseed 5KG



NUCASP2.5
Organic Cashews - Broken/Pieces
5KG



NUCAS2.1
Organic Cashews 1KG



NUCAS2.200
Organic Cashews 200g



NUCAS2.500
Organic Cashews 500g



NUCAS2.5
Organic Cashews 5KG



FLFLAM2.500
Organic Flaxseed Meal 500g



FLFLAM2.5
Organic Flaxseed Meal 5KG



SELING2.1.2
Organic Golden Linseed 1.2KG



SELING2.200
Organic Golden Linseed 200g



SELING2.5
Organic Golden Linseed 5KG



NUHAZ2.1
Organic Hazelnuts 1KG



NUHAZ2.1
Organic Hazelnuts 1KG



NUHAZ2.200
Organic Hazelnuts 200g



NUHAZ2.4
Organic Hazelnuts 4KG



NUMACHR22.200
Organic Honey Roasted Macadamias 200g



NUMACHR22.4
Organic Honey Roasted Macadamias 4KG



NUMACHR22.700
Organic Honey Roasted Macadamias 700g



SESESH2.200
Organic Hulled Sesame Seeds 200g

Pantry / Nuts & Seeds



SESESH2.5
Organic Hulled Sesame Seeds 5KG



TRLSA2.200
Organic LSA 200g



SEOME2.1
Organic Omega Seed Mix 1KG



SEOME2.200
Organic Omega Seed Mix 200g



NUCASRO2.1
Organic Oven Roasted Cashews
1KG



NUCASRO2.1
Organic Oven Roasted Cashews
1KG



NUCASRO2.200
Organic Oven Roasted Cashews
200g



NUCASRO2.200
Organic Oven Roasted Cashews
200g



NUCASRO2.500
Organic Oven Roasted Cashews
500g



NUCASRO2.500
Organic Oven Roasted Cashews
500g



NUCASRO2.5
Organic Oven Roasted Cashews
5KG



SEPEP2.1
Organic Pepitas 1KG



SEPEP2.200
Organic Pepitas 200g



SEPEP2.500
Organic Pepitas 500g



SEPEP2.5
Organic Pepitas 5KG



NUPIN2.100
Organic Pine Nuts 100g



NUPIN2.350
Organic Pine Nuts 350g



NUPIN2.5
Organic Pine Nuts 5KG



NUMAC42.4
Organic Raw Macadamia Halves 4KG



NUMAC22.4
Organic Raw Macadamia Nuts 4KG



NUMAC22.200
Organic Raw Macadamia Nuts 200g



NUMAC22.700
Organic Raw Macadamia Nuts 700g



NUMACRS22.200
Organic Roasted & Salted Macadamias 200g



NUMACRS22.4
Organic Roasted & Salted Macadamias 4KG

Pantry / Nuts & Seeds



NUMACRS22.700
Organic Roasted & Salted
Macadamias 700g



NUHAZRO2.200
Organic Roasted Hazelnuts 200g



NUHAZRO2.4
Organic Roasted Hazelnuts 4KG



TRXSAL2.200
Organic Salad Topper 200g



SESESH2.1
Organic Sesame Seeds Hulled 1KG



SEPUM2.200
Organic Styrian Black Pumpkin
Seeds 200g



SEPUM2.500
Organic Styrian Black Pumpkin
Seeds 500g



SEPUM2.5
Organic Styrian Black Pumpkin
Seeds 5KG



NUWAL2.175
Organic Walnuts - Premium Halves
& Pieces 175g



NUWAL2.4
Organic Walnuts - Premium Halves
& Pieces 4KG



NUWAL2.750
Organic Walnuts - Premium Halves
& Pieces 750g



SESUPS5.135
Pimp My Salad Activated Super
Seed Sprinkles 135g



SESUNSA5.135

Pimp My Salad Spiced Activated
Sunflower Seeds 135g



NUALMRT4.1

Tamari Roasted Almonds 1KG



NUALMRT4.200

Tamari Roasted Almonds 200g



NUALMRT4.500

Tamari Roasted Almonds 500g



NUALMRT4.5

Tamari Roasted Almonds 5KG

Pantry / Oils, Sauces & Vinegars



OIALM5.375
Almond Oil 375ml



OIMAC5.375
Macadamia Oil 375ml



OIAVO5.375
Avocado Oil 375ml



OIFLA5.375
Flaxseed Oil 375ml



OIGHE2.250
Organic Australian Ghee 250ml



OIGHI2.500
Organic Australian Ghee 500ml



VDAPPCV2.1
Organic Apple Cider Vinegar 1L



VDAPPCV2.500
Organic Apple Cider Vinegar 500ml



VDAPPCV2.5
Organic Apple Cider Vinegar 5L



VDAPPCVG2.500
Organic Apple Cider Vinegar with
Ginger, Turmeric & Chilli 500ml



VDAPPS2.700
Organic Apple Sauce 700g



VDAPPCVAO2.500
Organic Apple Cider Vinegar AO
500ml

Pantry / Oils, Sauces & Vinegars



VDBALV2.500
Organic Balsamic Vinegar 500ml



OIOLIV2.500
Organic Olive Oil Extra Virgin 500ml



VDBBQ2.340
Organic BBQ Sauce 340g



VDPISTBC2.190
Organic Basil & Chilli Pesto 190g



VDCOCA2.250
Organic Coconut Aminos 250ml



VDCOCA2.5
Organic Coconut Aminos 5L



VDCIA2.310
Organic Creamy Caesar Dressing 310ml



VDHOeM2.310
Organic eo Honey Mustard Dressing 310ml



OIMAC1.250
Organic Macadamia Oil 250ml



OIMAC1.5
Organic Macadamia Oil 5L

Pantry / Oils, Sauces & Vinegars



OIOLIEV2.5

Organic Olive Oil Extra Virgin 5L



OICOCPD2.1

Organic Purified/Deodorised
Coconut Oil 1L



OICOCPD2.500

Organic Purified/Deodorised
Coconut Oil 500ml



OICOCPD2.5

Organic Purified/Deodorised
Coconut Oil 5L



VDREDW2.500

Organic Red Wine Vinegar 500ml



OISUNO2.500

Organic Sunflower Oil 500ml



OISUNxO2.5

Organic Sunflower Oil 5L



VDTAMx2G2.250

Organic Tamari Soy Sauce 250ml



VDTAM2.5

Organic Tamari Soy Sauce 5L



VDTOMK2.340

Organic Tomato Ketchup 340g



VDPESTT2.190

Organic Tomato Pesto 190g



VDMAY2.240

Organic Traditional Mayonnaise
240g

Pantry / Oils, Sauces & Vinegars



VDPES2.190

Organic Traditional Pesto 190g



OICOCH2G2.1

Organic Virgin Coconut Oil 1L



OICOC2.300

Organic Virgin Coconut Oil 300g



OICOCH2G2.500

Organic Virgin Coconut Oil 500ml



OICOC2.5

Organic Virgin Coconut Oil 5L



VDWHIW2.500

Organic White Wine Vinegar 500ml



OIPEA5.375

Peanut Oil 375ml



OIPUM5.375

Pumpkin Seed Oil 375ml



OISES5.375

Sesame Oil 375ml



OITRU5.250

Truffle Oil 250ml

SEE THE RANGE



carwari

Wiser Choice for Better Life



SEE THE RANGE

Gevityo^{Rx}



BETTER PASTA

for everyone



✓ organic ✓ vegan ✓ gluten free
✓ low carb ✓ high protein ✓ high fibre



LEARN
MORE
HERE

SEE THE RANGE



Pantry / Rice & Pasta



RISUS5.1.5
Australian Sushi Rice 1.5KG



RISUS5.5
Australian Sushi Rice 5KG



RIBRORF1.1.5
Biodynamic Rain-Fed Brown Rice
1.5KG



RIBRORF1.5
Biodynamic Rain-Fed Brown Rice
5KG



RIBRORF1.650
Biodynamic Rain-Fed Brown Rice
650g



RIARB2.5
Organic Arborio Rice 5KG



RIARB2.650
Organic Arborio Rice 650g



RIBLA2.1.5
Organic Black Rice 1.5KG



RIBLA2.5
Organic Black Rice 5KG



RIBLA2.650
Organic Black Rice 650g



NPSPABB2.250
Organic Black Soybean Spaghetti
200g



RIBROBA2.1.5
Organic Brown Basmati Rice 1.5KG



RIBROBA2.5

Organic Brown Basmati Rice 5KG



RIBROBA2.650

Organic Brown Basmati Rice 650g



RIJASB2.1.5

Organic Brown Jasmine Rice 1.5KG



RIJASB2.5

Organic Brown Jasmine Rice 5KG



RIJASB2.650

Organic Brown Jasmine Rice 650g



RIBROM2.1.5

Organic Brown Medium Grain Rice 1.5KG



RIBROM2.5

Organic Brown Medium Grain Rice 5KG



RIBROM2.650

Organic Brown Medium Grain Rice 650g



NPFETC2.200

Organic Chickpea Fettuccine 200g



NPSPA2.250

Organic Edamame Spaghetti 200g



NPFUSTS2.2

Organic Fusilli with Tomato & Spinach 2KG



NPFUSTS2.500

Organic Fusilli with Tomato & Spinach 500g

Pantry / Rice & Pasta



NPGAR2.85
Organic Instant Noodles Garlic & Pepper 85g



NPKIM2.85
Organic Instant Noodles Kimchi 85g



NPTOM2.85
Organic Instant Noodles Tom Yum 85g



RIJAS2.1.5
Organic Jasmine Rice 1.5KG



RIJAS2.5
Organic Jasmine Rice 5KG



RIJAS2.650
Organic Jasmine Rice 650g



NPFETMB2.200
Organic Mung Bean Fettuccine 200g



NPPENSC2.2
Organic Penne 2KG - Senatore Cappelli



NPPENSC2.500
Organic Penne 500g - Senatore Cappelli



RIRED2.1.5
Organic Red Rice 1.5KG



RIRED2.5
Organic Red Rice 5KG



RIRED2.650
Organic Red Rice 650g



RIBAS2.1.5

Organic White Basmati Rice 1.5KG



RIBAS2.5

Organic White Basmati Rice 5KG



RIBAS2.650

Organic White Basmati Rice 650g



RIWHIL2.1.5

Organic White Long Grain Rice
1.5KG



RIWHIL2.5

Organic White Long Grain Rice 5KG



RIWHIM2.1.5

Organic White Medium Grain Rice
1.5KG



RIWHIM2.5

Organic White Medium Grain Rice
5KG



NPZOOT2.2

Organic Zoo Pasta with Tomato &
Spinach 2KG



NPZOOT2.500

Organic Zoo Pasta with Tomato &
Spinach 500g



NPTWIE5.400

Sourdough Pasta - Emmer Twists
400g



NPMACK5.400

Sourdough Pasta - Khorasan
Macaroni 400g



NPMACK5.4

Sourdough Pasta - Khorasan
Macaroni 4KG

Pantry / **Rice & Pasta**



NPSHES5.400
Sourdough Pasta - Spelt Shells
400g



NPSHES5.4
Sourdough Pasta - Spelt Shells 4KG



NPPENW5.400
Sourdough Pasta - Wholewheat
Penne 400g



NPPENW5.4
Sourdough Pasta - Wholewheat
Penne 4KG



NPSHEW5.400
Sourdough Pasta - Wholewheat
Shells 400g



HBACTC5.1
Activated Charcoal Powder 1KG



HBACTC5.200
Activated Charcoal Powder 200g



HBBENC5.5
Australian Bentonite Clay 5KG



HBBENC5.750
Australian Bentonite Clay 750g



HBKAOC5.3
Australian Kaolin Clay 3kg



HBKAOC5.500
Australian Kaolin Clay 500g



HBEPS5.5
Epsom Salt - Magnesium Sulphate
5KG



HBEPSREC5.1
Epsom Salt - Recovery Blend 1KG



HBEPSREL5.1
Epsom Salt - Relaxation Blend 1KG



HBEPSREV5.1
Epsom Salt - Revitalise Blend 1KG



HILMBW5.1
Lemon Myrtle Body Wash 1L



HILMBW5.5
Lemon Myrtle Body Wash 5L

Health & Beauty / Bath & Body



HILMHS5.1

Lemon Myrtle Hand Sanitiser 1L



HILMHS5.250

Lemon Myrtle Hand Sanitiser 250ml



HILMHS5.50

Lemon Myrtle Hand Sanitiser 50ml



HILMHSO5.1

Lemon Myrtle Hand Wash 1L



HILMHSO5.500

Lemon Myrtle Hand Wash 500ml



HILMHSO5.5

Lemon Myrtle Hand Wash 5L



HBEPSN5.1

Natural Epsom Salts 1KG



HBEPSN5.5

Natural Epsom Salts 5KG



HBCASU5.500

Natural Unscented Castile Soap
500ml



HBCASU5.5

Natural Unscented Castile Soap 5L



HBCASO2.500

Organic Castor Oil 500ml



HBCASO2.5

Organic Castor Oil 5L



HBDEA5.1

Premium Dead Sea Salt - Coarse
1KG



HBDEA5.5

Premium Dead Sea Salt - Coarse
5KG



HISISBB5.1

Sisal Body Brush



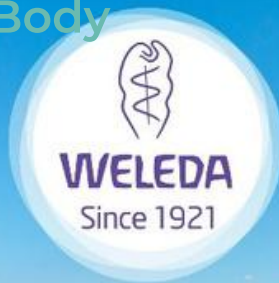
HBMAGCF5.5

Zechstein Magnesium Chloride
Flakes 5KG

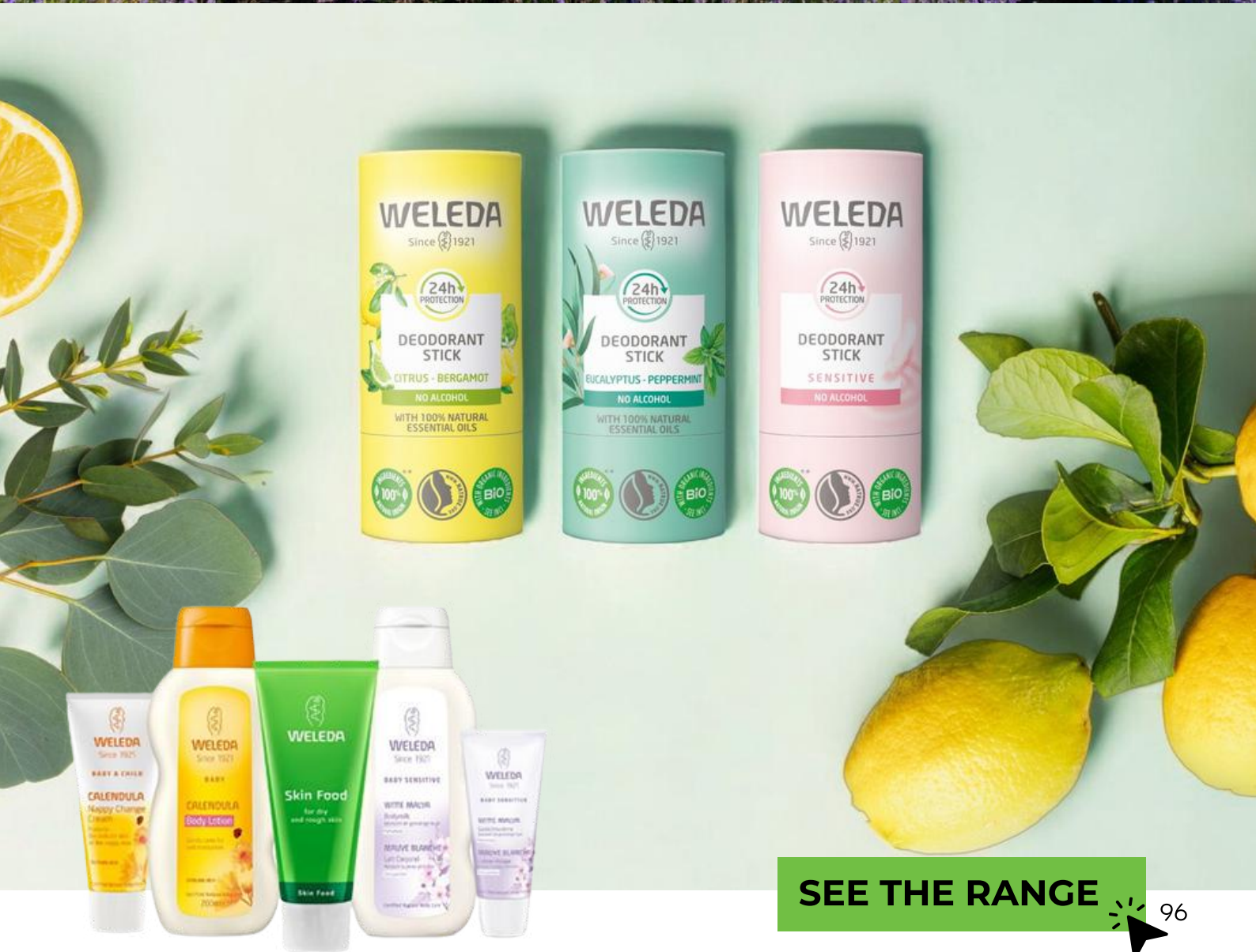


HBMAGCF5.650

Zechstein Magnesium Chloride
Flakes 650g



Beautiful products
Ethically sourced
Natural, organic & sustainable



SEE THE RANGE



HIAETC5.500
Australian Eucalyptus Toilet Cleaner
500ml



HIALSW5.500
Australian Lime Spray & Wipe
500ml



HBBIC5.500
Bi-Carb Soda 500g



HBBIC5.5
Bi-Carb Soda 5KG



HICOCBB5.1
Coconut Fibre Bottle Brush



HICOCDB5.1
Coconut Fibre Premium Dish Brush



HICOCTS5.1
Coconut Fibre Twisted Scourer



HBOILFB5.10
Essential Oil- Focus Blend 10ml



HBOILSB5.10
Essential Oil- Sleep Blend 10ml



HBOILUB5.10
Essential Oil- Uplifting Blend 10ml

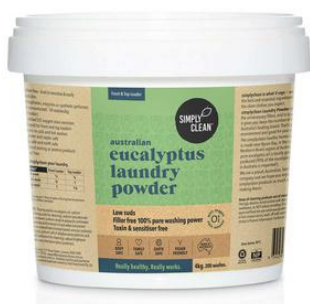


HIAELP5.15
Eucalyptus Laundry Powder 15KG



HIAELP5.1
Eucalyptus Laundry Powder 1KG

Home & Gifts / Home & Cleaning



HIAELP5.4

Eucalyptus Laundry Powder 4KG



HIAELPB5.4

Eucalyptus Laundry Powder Box
4KG



HIEWDW5.1

Eucalyptus Wool & Delicates Wash
1L



HIFFLSR5.15

Fragrance Free Laundry Stain
Remover & Sanitiser 15KG



HIFFLSR5.1

Fragrance Free Laundry Stain
Remover & Sanitiser 1KG



HIFFLSR5.5

Fragrance Free Laundry Stain
Remover & Sanitiser 5KG



HIFFLSRB5.5

Fragrance Free Laundry Stain
Remover & Sanitiser Box 5KG



HIHCB5.500

HealthyClean Bathroom 500ml



HILMAF5.125

Lemon Myrtle Air Freshener 125ml



HILMDL5.1

Lemon Myrtle Dishwash Liquid 1L



HILMDL5.500

Lemon Myrtle Dishwash Liquid
500ml



HILMDL5.5

Lemon Myrtle Dishwash Liquid 5L



HILMDP5.1

Lemon Myrtle Dishwasher Powder
1KG



HILMDP5.5

Lemon Myrtle Dishwasher Powder
5KG



HILMDP5B.5

Lemon Myrtle Dishwasher Powder
Box 5KG



HILMDC5.1

Lemon Myrtle Disinfectant Cleaner
1L



HILMDC5.5

Lemon Myrtle Disinfectant Cleaner
5L



HILMFC5.1

Lemon Myrtle Floor Cleaner 1L



HILMFC5.5

Lemon Myrtle Floor Cleaner 5L



HILMLL5.1

Lemon Myrtle Laundry Liquid 1L



HILMLL5.5

Lemon Myrtle Laundry Liquid 5L



HILMLP5.1

Lemon Myrtle Laundry Powder 1KG



HILMLP5.4

Lemon Myrtle Laundry Powder 4KG



HILMLPB5.4

Lemon Myrtle Laundry Powder Box
4KG

Home & Gifts / Home & Cleaning



HILMPS5.250

Lemon Myrtle Pet Shampoo 250ml



HILMDSW5.500

Lemon Myrtle Spray & Wipe 500ml



HILMDSW5.5

Lemon Myrtle Spray & Wipe 5L



HILMWGC5.500

Lemon Myrtle Window & Glass Cleaner 500ml



HBCASU5.500

Natural Unscented Castile Soap 500ml



HBCASU5.5

Natural Unscented Castile Soap 5L



HINUTBN
Nut Milk Bag



HBhILT2.10
Organic Australian Tea Tree Essential oil 10ml



HBhILCA2.10
Organic Cedarwood Atlas Essential oil 10ml



HBhILGE2.10
Organic Geranium Essential oil 10ml



HBhILL2.10
Organic Lavender Essential oil 10ml



HBhILLEM2.10
Organic Lemon Essential oil 10ml



HBOILLG2.10

Organic Lemongrass Essential Oil
10ml



HBOILP2.10

Organic Patchouli Essential Oil 10ml



HBOILPEP2.10

Organic Peppermint Essential Oil
10ml



HBOILR2.10

Organic Rosemary Essential Oil
10ml



HBOILSO2.10

Organic Sweet Orange Essential Oil
10ml



HINRQS5.5

Sanisafe No Rinse Quat Sanitiser 5L



HISSEFCR3B

Set of 3 Round Nesting Stainless
Steel Food Containers - Black Lid



HISSEFCR3T

Set of 3 Round Nesting Stainless
Steel Food Containers - Tricolour



HISNM5.500

Simply NO Mould 500ml



HIAETC5.5

SimplyClean Australian Eucalyptus
Toilet Cleaner 5L



HIDIFF5.1

Ultrasonic Essential Oil Diffuser

BRANDS WE DISTRIBUTE



*For our full range please visit our website

Our growers & suppliers play an important role in providing the highest quality of products to Honest to Goodness. We actively choose to support and partner with sustainable, community driven growers, producers and manufacturers who share our values and want to create healthy, delicious products that are good for people and the planet.

- We continually strive to choose ethically sourced products above all else as we strongly believe in protecting the environment as well as the workers.
- Wherever possible we source organic, Fairtrade or biodynamic products as they are the proven methods for promoting sustainable agriculture.
- We prefer locally grown products in support of local communities and regional Australia.
- At times we have to source a little farther afield to ensure that our range consists of quality products priced at levels that provide fair returns to farmers, whilst being affordable for our customers.
- We engage in real relationships with our suppliers to ensure we know where our products really come from.

NO NASTIES ADDED

Our No Nasties Added stamp of approval is the symbol of the time & effort in sourcing the purest, tastiest food & natural products. Our entire range of food is free from unnecessary additives, no artificial colours, flavours or preservatives & never over processed. It is just **REAL FOOD THAT LOVES YOU BACK.**

ORGANIC DICED TOMATOES 400G

Love these tomatoes, perfect every time, great flavour.



Sara

ORGANIC AUSTRALIAN GHEE

Lovely caramel undertones. Some ghee is really just clarified butter, without the special caramel flavour, but this is a good one - one of the nicest I've tasted.



Cindy

ORGANIC DRIED APRICOTS

Apricots are so much better without sulfur dioxide! Great quality and taste.



Rachel

**Honest
to
Goodness**

ORGANIC, NATURAL & SUSTAINABLE