

Home



Home of Australia's finest range of bulk whole foods

Affordable Wholefoods

Shop online and get your wholefoods delivered to your door anywhere in Australia, or visit us in store in the beautiful locations of Coffs Harbour and Lismore.

Shop Online

Visit Our Stores

Shop Australia's finest range of bulk wholefoods delivered to your door



Beans & Legumes



Chocolate, Carob and Snack Foods



Dried Fruits



Eco-Friendly Products



Flours and Other Cooking Ingredients



Gluten free products



Grains and Breakfast Cereals



Herbs and Spices



Nuts and Seeds



Organic Foods



Superfoods



Tea and Coffee

Shop All Products

SHOP OUR RANGE

What's Trending



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Organic Unbleached Plain Wheat Flour

From \$1.98



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Organic Besan Flour

From \$3.23



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Organic Sesame Seeds

From \$4.98



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Organic Raw Macadamias (Biodynamic)

From \$20.73



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Walnuts

From \$7.23



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Almonds Natural (Insecticide Free)

From \$6.98

[Shop All Products](#)

[Shop Your Way](#)

[Australia wide shipping](#)

Click & Collect

Visit us in store

Contact us

Affordable, Healthy, Nutritious

Wholefood Recipes



Macadamia and Semi-Dried Tomato Pesto



Gluten free Chicken Nuggets with Quinoa



Gluten Free Quinoa Tabouli (Tabbouleh)



Caramel Coconut Slice (Gluten Free)



Creamy Mixed Vegetable Curry



Chocolate Macadamia Brownies



Cauliflower & White Sweet Potato Soup (with Bull Kelp)



Toasted Teff Porridge with Cinnamon & Pecans



Zesty Lime & Coconut Balls



Our Best Ever Winter Dahl Recipe



Dutch Chocolate Slice



Wild Rice & Quinoa Salad

No posts found

Get Inspired In The Kitchen

Customer Reviews

Why people love us

Daniel Finlay

Lovely People.

David Mitchell

I love the mill-your-own-coffee function.

Joanna

I'm in love with this place! Such a shame I discovered it so late. Amazing job!

Meagan Todd

Absolutely love this place! Very reasonable prices. Lots of variety. And friendly, helpful staff.

Josie

Love the range of whole foods here and the team are lovely and helpful.

Glenn Housenloge

Great place to pick up bulk raw items. They also have epsom salts in bulk and the price are pretty good. Friendly staff!

Paul Wenzler

Traditional health food store. Lots of bulk nuts, cereals, dried fruit, teas, spices. Great selection.

Sally Ian

Love love love this store. Really friendly staff and a great range of bulk foods. Definitely recommend if you are in the Coffs Harbour area.

Tricia Kennedy

Great selection of wholefoods. Staff were great and it was a good place to stock up for the road.

Clive Whitworth

Thank you very much for good quality product at a good price and sent in a timely manner.

Karen Elvin

Great range of products and super helpful, knowledgeable and friendly staff.

Peter Nichols

I go nuts for this store and so much more. Friendly staff. Wholesome wholefoods holy cow!

What's happening in our world

Check out our Instagram

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