







Frozen Products		Apr-20		Product Listing only		Retail Packs		Bulk/Food Service			
Category	Brand	Item Description		Attributes	Size	Ctn Qty	Size	GST Appl.	Retail Barcodes	Retail Item Numbers	
<b>SYNDIAN "ORIGINALS" - BOXED</b>											
Bites		Curried Pumpkin Bites		GF, DF, EF, VG, SF	250g	8	1kg	N	9338101001000	CPB250x8	
Bites		Falafel Bites		GF, DF, EF, VG, SF	300g	8	1kg	N	9338101001062	ffcb300	
Bites		Lentil Bites		GF, DF, EF, VG, SF	250g	8	1kg	N	9338101001260	lb250	
Bites		Veggie Bites		GF, DF, EF, VG	250g	8	1kg	N	9338101001185	VB250x8	
Bites		Supergreen Falafel Bites ** NEW **		GF, DF, EF, VG, SF	300g	8	1kg	N	9338101001024	SGF300x8	
Burgers		Adzuki & Kumera Burgers 4x85g		GF, DF, EF, VG	4 pk	8	12pk	N	9338101001307	Azuki4	
Burgers		Brown Rice & Veg Burgers 4x100g		GF, DF, EF, VG	4 pk	8	12pk	N	9338101001383	BR4x100	
Burgers		Lentil Burgers		GF, DF, EF, VG, SF	4 pk	8	12pk	N	9338101001338	LB4x8	
Patties		Asian Bean & Kumera Patties		GF, DF, EF, VG, SF	300g	8	1kg	N	9338101001321	AKP300x8	
Patties		Chilli Falafels		GF, DF, EF, VG, SF	300g	8	1kg	N	9338101001246	beanch300	
Patties		Falafel Patties		GF, DF, EF, VG, SF	300g	8	1kg	N	9338101001048	FP300x8	
Patties		Supergreen Falafel Patties 1kg BULK ONLY		GF, DF, EF, VG, SF	0	0	1kg	N	0	SGFP1000	
<b>SYNDIAN "LIGHTER BEING RANGE" - LOW IN SODIUM &amp; SUGARS</b>											
Burgers		2 Bean & Veg 4x100g		GF, DF, EF, VG, SF	4 pk	8		N	9338101008122	LB2bnvg4	
Burgers		Veg Boost 4x100g		GF, DF, EF, VG, SF	4 pk	8		N	9338101008139	LBbst4	
Burgers		Veg & Lentil 4x100g		GF, DF, EF, VG, SF	4 pk	8		N	9338101008115	LBvgl4	
<b>SYNDIAN "WHOLEGRAIN RANGE"</b>											
Burgers		Mediterranean		GF, DF, EF, VG	4x100g	12	12pk	N	9338101008030	WhgM4	
Burgers		Spicy Vegetable		GF, DF, EF, VG	4x100g	12	12pk	N	9338101008016	WhgS4	
Burgers		Curried Vegetable		GF, DF, EF, VG	4x100g	12	12pk	N	9338101008023	WhgC4	
<b>SYNDIAN "READY MEALS"</b>											
Ready Meals		Pumpkin & Cashew Masala		GF, DF, EF, VG, SF	400g	8		Y	9338101003073	CurPump400	
Ready Meals		Aloo Tikka Masala & Rice		GF, DF, EF, VG, SF	400g	8		Y	9338101003080	Curtikka400	
Ready Meals		Dal Makhani & Rice		GF, DF, EF, VG, SF	400g	8		Y	9338101003097	CurDal400	
Ready Meals		Aloo Mutter & Rice		GF, DF, EF, VG, SF	400g	8		Y	9338101003103	CurMut400	
<b>SYNDIAN "SAUSAGES"</b>											
Sausages		Cheezy Kale & Cashew Sausages		GF, DF, EF, VG, SF	300g	8		N	9338101009020	SynSausCheezy8x300g	
Sausages		Mushroom & Hemp Sausages **NEW**		GF, DF, EF, VG, SF	300g	8		N	9338101009044	SynSausMushroom8x300g	
Sausages		Italian Sundried Tomato Sausages		GF, DF, EF, VG, SF	300g	8		N	9338101009037	SynSausItalian8x300g	
Sausages		Smokey Chipotle Sausages		GF, DF, EF, VG, SF	300g	8		N	9338101009013	SynSausSmokeyChip8x300g	
<b>SYNDIAN "SOUPS"</b>											
Soups		Lentil Soup 400g		GF, DF, EF, VG, SF	400g	6	2kg	N	9338101002069	SL400	
Soups		Morrocan Chickpea Soup 400g		GF, DF, EF, VG, SF	400g	6	2kg	N	9338101002038	SCH400	
Soups		Roasted Pumpkin Soup 400g		GF, DF, EF, VG, SF	400g	6	2kg	N	9338101002007	SP400	



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Fruit	Red Draggon	Red Draggon / Pitaya 1kg x8ea	GF, DF, EF, VG	1kg	8		N	787099257644	Reddragon1kg		
Fruit - Organic	Elgin	Banana Sliced	Org	500g	12		N	9339204004073	ElgBanana		
Fruit - Organic	Elgin	Blueberries	Org	350g	12	13.6kg	N	9339204000426	ElgBIB		
Fruit - Organic	Elgin	Mixed Berries	Org	350g	12	10kg	N	9339204000464	ElgMxB		
Fruit - Organic	Elgin	Raspberries	Org	350g	12	10kg	N	9339204000457	ElgRsB		
Fruit - Organic	Elgin	Mango Chunks	Org	350g	12	13.6kg	N	9339204001300	ElgMng		
Fruit - Organic	Elgin	Strawberries	Org	350g	12	10kg	N	9339204000433	ElgStw		
Fruit - Organic	Elgin	Blackberries	Org	350g	12	10kg	N	9339204000419	ElgBlk		
Fruit - Organic	Elgin	Pineapple	Org	500g	12	9.07kg	N	9339204001324	ElgPinex12		
Fruit - Organic	Elgin	Cherries - Sour	Org	350g	12	10kg	N	9339204000754	ElgChSox12		
Fruit - Organic	Elgin	Cherries - Sweet	Org	350g	12	10kg	N	9339204000761	ElgChSwex12		
Fruit - Wild/NonOrganic	Elgin BULK	Wild Blueberries- NON organic 10x1kg		0	0	10kg	N	9339204001195	HarvWbib		
Fruit - Wild/Organic	Elgin	Wild Blueberries- ORGANIC 350g retail or 8x1kg	Org	350g	12	8kg	N	9339204000778	ElgWbib		
Vegetables - Organic	Elgin	Beans Diced	Org	600g	12	* 10kg	N	9339204000945	ElgBean		
Vegetables - Organic	Elgin	Broccoli Florets	Org	500gr	12	* 10kg	N	9339204001287	ElgBrocx12		
Vegetables - Organic	Elgin	Carrots Diced	Org	600g	12	* 10kg	N	9339204000884	ElgCar		
Vegetables - Organic	Elgin	Cauliflower Florets	Org	500g	12	* 10kg	N	9339204001270	ElgCaulix12		
Vegetables - Organic	Elgin	Celery- sliced	Org	500g	12	0	N	9339204002376	ElgCelery		
Vegetables - Organic	Elgin	Corn Super Sweet	Org	600g	12	* 10kg	N	9339204000907	ElgCorn		
Vegetables - Organic	Elgin	Edamame- NON organic		0	600g	8	N	9339204002383	HarvEdamame		
Vegetables - Organic	Elgin	Kale, Chopped	Org	600g	12	* 10kg	N	9339204000938	ElgKale		
Vegetables - Organic	Elgin	Peas Green	Org	600g	12	* 10kg	N	9339204000914	ElgPea		
Vegetables - Organic	Elgin	Pumpkin Butternut	Org	500g	12	* 10kg	N	9339204000877	ElgPump		
Vegetables - Organic	Elgin	Spinach	Org	600g	12	* 10kg	N	9339204000976	ElgSpch		
Vegetables - Organic	Elgin	Spring Harvest Mix	Org	600g	12	* 10kg	N	9339204001218	ElgSHM12x600gr		
Icecream	Coco Luscious	Chocolate Indulgence	GF, EF, DF, VG, SF, O	500ml	6	5Litre	Y	9368056970533	CocoChoc500		
Icecream	Coco Luscious	Chocolate Peanut Butter	GF, EF, DF, VG, SF, O	500ml	6		Y	9368056970632	CocoPBChoc500		
Icecream	Coco Luscious	Coconut Dream	GF, EF, DF, VG, SF, O	500ml	6	5Litre	Y	9368056970526	CocoCoco500		
Icecream	Coco Luscious	Cookies 'n' Cream	GF, EF, DF, VG, SF, O	500ml	6	5Litre	Y	9368056970618	CocoCCrm500		
Icecream	Coco Luscious	Iced Espresso	GF, EF, DF, VG, SF, O	500ml	6		Y	9368056970588	CocoEspr500		
Icecream	Coco Luscious	Goey Fudge Brownie	GF, EF, DF, VG, SF, O	500ml	6		Y	9368056970625	CocoFudg500		
Icecream	Coco Luscious	Peppermint Choc Chip	GF, EF, DF, VG, SF, O	500ml	6		Y	9368056970571	CocoPep500		
Icecream	Coco Luscious	Salted Caramel	GF, EF, DF, VG, SF, O	500ml	6	5Litre	Y	9368056970601	CocoSC500		
Icecream	Coco Luscious	Vanilla Bean	GF, EF, DF, VG, SF, O	500ml	6	5Litre	Y	9368056970519	CocoVan500		
Icecream	Coco Luscious	500g sauces- Salted Caramel	GF, EF, DF, V, VG, NF, SF	6x500g	6	6x500g	Y	9368056970410	CocoSauceSCaramel		
Pizza	Chew No Moo	Animal Lovers Pizza 750g x 6	V, VG, DF, EF, NF	750g	6		Y	617566025035	CNMAniLoversx6		
Pizza	Chew No Moo	Cajun Chick'n Pizza 840g x 6	V, VG, DF, SF, EF, NF	840g	6		Y	617566025066	CNMChicknPizzax6		
Pastry	Heavens Bakehouse	Gluten Free Puff Pastry	GF, EF, DF, NF, VG	600g	12		N	9347134000294	Hbpuff x 12		
Pizza Bases	Julians Gluten Free	Guten Free Pizza Base - Family Size	GF, DF, EF, VG	230g	12		N	9335365000008	JulPizza		
Frozen	Super Cubes	Super Cubes Green Smoothie (9x30g)	GF, DF, V	270g	6		Y	9369998009510	SCGreen		
Frozen	Super Cubes	Super Cubes Berry Digest Smoothie (9x30g)	GF, DF, V	270g	6		Y	9369998112531	SCBerry		
Frozen	Super Cubes	Super Cubes Wake Up Smoothie (9x30g)	GF, DF, V	270g	6		Y	9369998211678	SCWakeUp		
Frozen	Super Cubes	Super Cubes Choc Banana Smoothie (9x30g)	GF, DF, V	270g	6		Y	9369998310418	SCChocBanana		



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Category	Brand	Item Description	Attributes	Size	Ctn Qty	Size	GST Appl.	Barcodes	Item Codes
Burgers/Patties/Bites	Natural Pulse	Bites - Curried Pumpkin	GF, DF, EF, VG, SF	250g	12		N	9338101006050	NPpb250
Burgers/Patties/Bites	Natural Pulse	Burgers - Lentil Burgers 4x100g	GF, DF, EF, VG, SF	4 pk	12		N	9338101006128	NPLB4x100
Burgers/Patties/Bites	Natural Pulse	Burgers - Brown Rice & Veg 4x100g	GF, DF, EF, VG, SF	4 pk	12		N	9338101006111	NPBR4x100
Burgers/Patties/Bites	Natural Pulse	Patties - Adzuki & Kumera	GF, DF, EF, VG, SF	300g	12		N	9338101006043	NPazk300
Burgers/Patties/Bites	Natural Pulse	Patties - Falafel	GF, DF, EF, VG, SF	300g	12		N	9338101006036	NPFP300
Chilled Soups	Natural Pulse	Lentil Soup 400g	GF, DF, EF, VG, SF	400g	6		N	9338101006081	SL400
Chilled Soups	Natural Pulse	Moroccan Chickpea Soup 400g	GF, DF, EF, VG, SF	400g	6		N	9338101006074	SCH400
Chilled Soups	Natural Pulse	Roasted Pumpkin Soup 400g	GF, DF, EF, VG, SF	400g	6		N	9338101006067	SP400
Cheese	Norco Natural Cheese	Sliced Cheese 250g	V	250g	12		N	9341661003025	Nor250
Cheese	Norco Natural Cheese	Block Cheese 500g	V	500g	12		N	9341661345187	Nor500
Cheese	Green Vie	Vegan Cheddar Slices 180g	GF, EF, DF, V, VG, SF	14x180g	14		N	5292874000148	GVCheddSlice
Cheese	Green Vie	Vegan Crumbly Feta 200g	GF, EF, DF, V, VG, SF	10x200g	10		N	5292874001299	GVFeta 200
Cheese	Green Vie	Vegan Gouda 250g	GF, EF, DF, V, VG, SF	14x250g	14		N	5292874000025	GVGouda 250
Cheese	Green Vie	Vegan Haloumi 200g	GF, EF, DF, V, VG, SF	10x200g	10		N	5292874000940	GVHaloumi 200
Cheese	Green Vie	Vegan Mozzarella 250g	GF, EF, DF, V, VG, SF	14x250g	14		N	5292874000063	GMozzarella 250
Cheese	Green Vie	Vegan Grated Parmesan 100g	GF, EF, DF, V, VG, SF	15x100g	15		N	5292874000032	GVParmGrated
Cheese	Green Vie	Vegan Smoked Gouda 250g	GF, EF, DF, V, VG, SF	14x250g	14		N	5292874000117	GVSmokedGouda
Cheese	Green Vie	Vegan Sour Cream 250g	GF, EF, DF, V, VG, SF	8x250g	8		N	5292874001176	GVSourCream
Chilled Dips		Vegan Aioli - Garlic Sensation	GF, DF, EF, VG, SF	200 gr	6	2kg	N	9338101000850	Aioli200
Chilled Dips		Baba Ganoush	GF, DF, EF, VG, SF	230 gr	6	2kg	N	9338101000201	BA230
Chilled Dips		Beetroot Relish with Wasabi	GF, DF, EF, VG, SF	200 gr	6	2kg	N	9338101000164	BT230
Chilled Dips		Black Olive Pate	GF, DF, EF, VG, SF	200 gr	6	2kg	N	9338101000447	OL230
Chilled Dips		Chipotle Black Bean Salsa	GF, DF, EF, VG, SF	200 gr	6	2kg	N	9338101000911	SaBlk200
Chilled Dips		Vegan Guacamole - Vegan	GF, DF, EF, VG, SF	200 gr	6	2kg	N	9338101000904	Guac200
Chilled Dips		Hommus - Beetroot	GF, DF, EF, VG, SF	200 gr	6	2kg	N	9338101000089	BTH230
Chilled Dips		Hommus - Char Grilled Capsicum	GF, DF, EF, VG, SF	230 gr	6	2kg	N	9338101000041	CH230
Chilled Dips		Hommus - Chilli	GF, DF, EF, VG, SF	230 gr	6	2kg	N	9338101000768	HCH230
Chilled Dips		Hommus - Plain	GF, DF, EF, VG, SF	230 gr	6	2kg	N	9338101000003	H230
Chilled Dips		Hommus - Roast Pumpkin	GF, DF, EF, VG, SF	200 gr	6	2kg	N	9338101000126	PH230
Chilled Dips		Kale, Basil & Cashew Dip	GF, DF, EF, VG, SF	200gr	6	2kg	N	9338101000867	Kale200
Chilled Dips		Smoky Chipotle dip	GF, DF, EF, VG, SF	200gr	6	2kg	N	9338101000898	Chpt200
Chilled Dips		Salsa Hot	GF, DF, EF, VG, SF	230 gr	6	2kg	N	9338101000324	SAH230
Chilled Dips		Salsa Mild	GF, DF, EF, VG, SF	230 gr	6	2kg	N	9338101000249	SA230
Chilled Dips		Vegan Tzatziki	GF, DF, EF, VG, SF	200gr	6	2kg	N	9338101000881	Tzatz200
Chilled	Zero Superfoods	Organic Black Rice Pizza Crust	GF, DF, EF, VG, SF, O, NF	230g	12	0	N	9318153001937	ZeroBRPizza
Chilled	Zero Superfoods	Organic Red Rice Pizza Crust	GF, DF, EF, VG, SF, O, NF	230g	12	0	N	9318153001944	ZeroRedRPizza
Chilled	Zero Superfoods	Organic Black Rice Pizza Toastie (6pack)	GF, DF, EF, VG, SF, O, NF	384g	8	0	N	9318153001968	ZeroBRToastie
Chilled	Zero Superfoods	Organic Red Rice Pizza Toastie (6pack)	GF, DF, EF, VG, SF, O, NF	384g	8	0	N	9318153001975	ZeroRedRToastie
Flours	Whispering Pines Organics	Rolled Oats 1kg x 6	EF, DF, VG, O	1kg	6	We recommend storing in chiller to keep	N	9369999309145	WPROats
Flours	Whispering Pines Organics	White Spelt Flour 1kg x 6	EF, DF, VG, O	1kg	6	We recommend storing in chiller to keep	N	0797776463664	WPSFWhite
Flours	Whispering Pines Organics	Whole Spelt Flour 1kg x 6	EF, DF, VG, O	1kg	6	We recommend storing in chiller to keep	N	9369999047856	WPSFWholemeal
Flours	Whispering Pines Organics	White Flour 6x 1kg	EF, DF, VG, O	1kg	6	We recommend storing in chiller to keep	N	9369999309176	WPWhite Wheat
Flours	Whispering Pines Organics	Wholemeal Flour 6 x 1kg	EF, DF, VG, O	1kg	6	We recommend storing in chiller to keep	N	9369999604653	WPWhole Wheat



Shelf Stable Product	Apr-20	Product Listing only		Retail Packs		Bulk/Food Service			
Category	Brand	Item Description	Attributes	Size	Ctn Qty	Size	GST Appl.	Retail Barcodes	Retail Item Numbers
Muesli / Cereals	Kuranda	Natural Gluten Free Muesli- Spiced Apple- Special request	GF, EF, DF, VG, SF	500g	8	3kg	N	9324414000656	KurMSA500
Muesli / Cereals	Kuranda	Natural Gluten Free Muesli- Berry Blend	GF, EF, DF, VG, SF	500g	8	3kg	N	9324414000618	KurMBB500
Muesli / Cereals	Kuranda	Natural Gluten Free Muesli- Banana & Date	GF, EF, DF, VG, SF	500g	8	3kg	N	9324414000625	KurMBD500
Muesli / Cereals	Kuranda	Natural Gluten Free Muesli- Tropical- Special request	GF, EF, DF, VG, SF	500g	8	3kg	N	9324414000663	KurMTB500
Muesli / Cereals	Kuranda	Fruit Free Quinoa Muesli Blend with Cacao Nibs	GF, EF, DF, VG, SF	500g	8	3kg	N	9324414000670	KurMQC500
Muesli / Cereals	Kuranda	Natural Gluten Free Muesli - Paleo Blend	GF, EF, DF, VG, SF	350g	8	3kg	N	9324414000717	KurMPB350
Oil / Seeds	Hemp Foods Australia	Hemp Oil 250ml	GF, EF, DF, VG, NF, SF, O	250ml	12		N	609728292799	HFHempOil250ml
Oil / Seeds	Hemp Foods Australia	Hemp Seeds 250g	GF, EF, DF, VG, NF, SF, O	250g	10		N	609728259211	HFHempSeeds250g
Oil & Tahini	syndian	Certified Organic Tahini	GF, EF, DF, VG, O	375ml	8		N	9338101009006	SYorgtah375
Salt	Salt For Life	Himalayan Rock Salt - Ground	GF, EF, DF, VG, NF, SF	1kg	6		N	9349521000207	HRSGrnd6x1kg
Snack Foods	Kuranda	Mixed Chia Bars	GF, EF, DF, V, SF	40g	16		Y	Various	KurCmx
Snack Foods	Kuranda	Macadamia & Apricot 5 Pack Seed Bars	GF, EF, DF, V, SF	175g	8		Y	9324414000571	KurMA1604
Snack Foods	Kuranda	Walnut & Fig 5 Pack Seed Bars	GF, EF, DF, V, SF	175g	8		Y	9324414000526	KurWF1604
Snack Foods	Kuranda	Brazil Nut & Date 5 Pack Seed Bars	GF, EF, DF, V, SF	175g	8		Y	9324414000533	KurBD1604
Snack Foods	Kuranda	Almond Snax 5 Pack Seed Bars	GF, EF, DF, V, SF	175g	8		Y	9324414000557	KurAN1604
Snack Foods	Kuranda	Pecan & Maple 5 Pack Seed Bars	GF, EF, DF, V, SF	175g	8		Y	9324414000564	KurPMap1755
Snack Foods	Zesti	Cookies, Chocolate	Org	180G	12		Y	941571750215-9	ZestchkC
Snack Foods	Zesti	Cookies, Ginger	Org	180G	12		Y	941571750214-2	ZestGinC
Snack Foods	Zesti	Cookies, Raisin & Oat	Org	180G	12		Y	941571750213-5	ZestRsOC
Snack Foods	Zesti	Fruit Bars, Apricot & Manuka Honey	Org	200G	12		Y	941571750218-0	ZestAprBar
Snack Foods	Zesti	Fruit Bars, Blackcurrant & Manuka Honey	Org	200G	12		Y	941571750217-3	ZestBlkcurBar
Snack Foods	Zesti	Fruit Bars, Raisin & Manuka Honey	Org	200G	12		Y	941571750216-6	ZestRsBar

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Category	Brand	Item Description	Attributes	Size	Ctn Qty		GST Appl.	Retail Barcodes	Retail Item Numbers
Sauces/Pastes	Mekhala	Green Curry Paste 100g	GF, EF, DF, VG, NF, O	100g	12		N	8885009960997	MEKgreen12
Sauces/Pastes	Mekhala	Red Curry Paste 100g	GF, EF, DF, VG, NF, O	100g	12		N	8885009961000	MEKred12
Sauces/Pastes	Mekhala	Laksa Paste 100g- Vegan	GF, EF, DF, VG, NF, O	100g	12		N	8885009962250	MEKLaksa12
Sauces/Pastes	Mekhala	Lemongrass & Turmeric Paste 100g	GF, EF, DF, VG, NF, O	100g	12		N	8885009960201	MEKlem12
Sauces/Pastes	Mekhala	Massaman Curry Paste 100g	GF, EF, DF, VG, NF, O	100g	12		N	8885009961017	MEKMassaman12
Sauces/Pastes	Mekhala	Tom Yum Paste 100g	GF, EF, DF, VG, NF, O	100g	12		N	8885009961765	MEKtomy12
Sauces/Pastes	Mekhala	Sesame Garlic Sauce 250ml	GF, EF, DF, VG, NF, O	250ml	6		N	8885009961772	MEKsesgar6
Sauces/Pastes	Mekhala	Roasted Chilli Jam 100g	GF, EF, DF, VG, NF, O	100g	12		N	8885009961789	MEKchJam12
Sauces/Pastes	Mekhala	Pad Thai Sauce 250ml	GF, EF, DF, VG, NF, O	250ml	6		N	8885009961062	MEKpadt6

GF=Gluten Free, DF=Dairy Free, EF=Egg Free, V=Vegetarian, VG=Vegan, NF=Nut Free, SF=Soy Free, O=Organic. PRICES SUBJECT TO CHANGE WITHOUT NOTIFICATION

\* Please note- items with an asterisk are pre-order items only. Please contact for further details