



It's a simple philosophy that guides us in everything we do. We believe that eating tasty food, made from wholesome locally grown ingredients, is good for the planet.

Our products are unique and innovative – taking a special WA ingredient and turning it into truly delicious granolas and snacks - designed with care, taste, nutrition and the environment in mind.

We use only gluten free ingredients and try to source from as close to home as possible. 100% of our Lupin is grown right here in WA. We're trying to make a positive impact on our environment and be as sustainable as we can. Our 320g Protein Crunch packaging range is now packaged in Kerbside Recyclable packaging that can be disposed of in your 'regular' home recycling bin.

We want to give you products that you can feel good about enjoying!





PROTEIN CRUNCH GRANOLAS

We are super proud to bring you the unique blend of ingredients that we call Protein Crunch.

Our mixes are distinctly different from anything you've ever tried. All our blends pack a protein and fibre punch and are perfect with your favourite yoghurt or milk. We have also ensured that each flavour contains less than a teaspoon of unrefined sugar per serve.

Our granolas are great as an addition to smoothies and smoothie bowls, sprinkled over porridge in the morning or over ice cream at night. There are heaps of other ways to use our Protein Crunch in your own baking and snack recipes.

Our range of Protein Crunch has been endorsed by Coeliac Australia and all our products are manufactured in a completely gluten free facility for your peace of mind.

GLUTEN FREE | DAIRY FREE | NO REFINED SUGARS | VEGAN FRIENDLY



Cacao, Hazelnut & Chia

This combination of rich cocoa, cacao nibs and hazelnut may take you back to childhood memories of eating nutella from the jar.

However, you can munch carefree in the knowledge that there is less than one teaspoon of sugar per serve. That one serve also packs 10g of plant based protein and 9g of fibre, as well as being rich in omega 3 and omega 6 fatty acids, contributing a significant amount to your daily recommended intake.

INGREDIENTS: lupin (30%), buckwheat, millet, sunflower seeds, coconut chips, organic coconut sugar, hazelnut (6%), pepitas, linseeds, coconut oil, cocoa, chia seeds (2%), cacao nibs (1%), salt

CONTAINS: lupin, hazelnuts

Available in:

320g (Retail Pack)

1kg (Retail/Food service)



GLUTEN FREE | DAIRY FREE | NO REFINED SUGARS | VEGAN FRIENDLY



Toasted Almond & Cinnamon

Our original crunch combines the warmth of cinnamon with toasted Aussie almonds and 100% WA grown lupin flakes.

One serve packs more than a teaspoon of omega 6 fatty acids, 11g of plant based protein and dietary fibre and less than 1tsp of unrefined sugar. Once you start picking out those almonds you'll find it hard to stop there...until it's all gone!

INGREDIENTS: lupin (32%), buckwheat, sunflower seeds, millet, coconut chips, organic coconut sugar, **almonds** (6%), pepitas, linseeds, coconut oil, cinnamon (0.5%), salt

CONTAINS: lupin, almonds

Available in:

320g (Retail Pack)

1kg (Retail/Food service)



GLUTEN FREE | DAIRY FREE | NO REFINED SUGARS | VEGAN FRIENDLY



Gingernut Crunch

This unique crunch combines the spiciness of ginger with 100% WA grown lupin flakes to create a granola that is deliciously good for you.

One serve packs more than 11g of plant based protein and dietary fibre with less than 5g of unrefined sugar. You'll keep coming back for more of these wholesome clusters of goodness!

INGREDIENTS: lupin (36%), sunflower seeds, buckwheat, millet, organic coconut sugar, coconut oil, almonds (4%), hazelnuts (3%), chia seeds, ginger powder (1%), cocoa powder, nutmeg powder, cinnamon powder, salt

CONTAINS: lupin, almonds, hazelnuts

Available in:

320g (Retail Pack)

1kg (Retail/Food service)



GLUTEN FREE | DAIRY FREE | NO REFINED SUGARS | VEGAN FRIENDLY



Toasted Almond Premium Fruit Blend

We've found some of the best of Western Australia and put it all in one bag of goodness.

Donnybrook Stonefruit, Manjimump Bravo Apple and Albany Strawberries combine with 100% WA grown Lupin to make our Protein Crunch a little bit fruity. One serve is a good source of protein, an excellent source of dietary fibre and is made with love in our 100% gluten free production kitchen.

INGREDIENTS: lupin, sunflower seeds, buckwheat, millet, organic coconut sugar, almonds (6%), pepitas, linseeds, coconut oil, WA stonefruit* (3%), WA bravo apple (3%), WA strawberries (1%), cinnamon, salt

CONTAINS: lupin, almonds

Available in:

320g (Retail Pack)



GLUTEN FREE | DAIRY FREE | NO REFINED SUGARS | VEGAN FRIENDLY



Rich Cacao Premium Fruit Blend

We've found some of the best of Western Australia and put it all in one bag of goodness.

Donnybrook Stonefruit, Manjimump Bravo Apple and Red Gully Sunrise Limes combine with 100% WA grown Lupin to make our Protein Crunch a little bit fruity. One serve is a good source of protein, an excellent source of dietary fibre and is made with love in our 100% gluten free production kitchen.

INGREDIENTS: lupin, buckwheat, millet, sunflower seeds, coconut sugar, pepitas, linseeds, coconut oil, WA stonefruit* (3%), WA bravo apple (3%), cocoa, cacao nibs (1%), WA sunrise lime (0.5%), salt

CONTAINS: lupin

Available in:

320g (Retail Pack)



We have combined WA grown Lupin with our special blends of herbs and spices to create a unique range of gluten free crumb mixes. Perfect for crumbing chicken and fish, these versatile blends will bring your cooking to life.

GLUTEN FREE | VEGAN FRIENDLY



Herb & Garlic

A delicious, gluten free alternative to breadcrumbs. Perfect on chicken and fish. Rated 5 star under the health star rating system

INGREDIENTS: WA **lupins** (75%), garlic (7%), mixed dried herbs (6% oregano, rosemary, thyme), sea salt, tapioca starch, mustard powder, pepper

CONTAINS: lupin

Available in:

280g (Retail Pack)

1kg (Food Service/Retail)



GLUTEN FREE | VEGAN FRIENDLY



Lemon Pepper

A delicious, gluten free alternative to breadcrumbs. Perfect on chicken and fish. Rated 5 star under the health star rating system

INGREDIENTS: WA **lupins** (75%), pepper (7%), tapioca starch, salt, lemon zest (3.5%), herbs & spices, sugar, garlic, lemon myrtle (0.4%)

CONTAINS: lupin

Available in:

280g (Retail Pack)

1kg (Food Service/Retail)



GLUTEN FREE | VEGAN FRIENDLY



Spicy Chilli

A delicious, gluten free alternative to breadcrumbs. Perfect on chicken and fish. Rated 5 star under the health star rating system

INGREDIENTS: WA **lupins** (75%), chilli (4.5%), spices (4.5%), onion, tapioca starch, garlic, salt, sugar, lime

CONTAINS: lupin

Available in:

280g (Retail Pack)

1kg (Food Service/Retail)



West Coast Pantry

BARS & SLICES

Bringing together the magic of WA grown lupin with a bunch of other wholesome ingredients, we have created a range of GLUTEN FREE protein bars and sweet treats for you to enjoy.

Our protein bars pack a punch of both flavour, texture and nutrition. We use buckwheat and nuts to add a bit of crunch, dried fruits for a touch of sweetness, toasted coconut for that unmistakable fragrance, and blended nuts for those beautiful smooth textures.

Our locally sourced WA grown lupin flakes bring the protein and fibre and there isn't a speck of gluten in sight (our whole production facility is GLUTEN FREE).



PEANUT BUTTER PROTEIN BAR

INGREDIENTS: peanuts (30%), CACAO, HAZELNUT & CHIA PROTEIN CRUNCH [lupin, buckwheat, millet, sunflower seeds, coconut chips, coconut sugar, water, hazelnuts, pepitas, linseeds, coconut oil, cocoa, chia seeds, cacao nibs, salt], dates, coconut oil, rice malt syrup, cocoa

CONTAINS: peanuts, lupin, hazelnuts

This is a refrigerated product that should be served chilled

BEST BEFORE: 4 weeks from production

Available in:

2x100g (Retail)

6x100g BAR

30cm x 40cm SLAB



West Coast Partry GLU

GLUTEN FREE | NO REFINED SUGARS | VEGAN FRIENDLY



PISTACHIO & ROSE PROTEIN BAR

INGREDIENTS TOASTED ALMOND & CINNAMON PROTEIN CRUNCH [**lupin**, buckwheat, sunflower seeds, millet, coconut chips, organic coconut sugar, **almonds**, pepitas, linseeds, coconut oil, cinnamon, salt], **cashews**, coconut oil, coconut cream, dates, rice malt syrup, **pistachios** (5%), pepitas, lime juice, lactic acid, salt, rose

CONTAINS: lupin, almonds, cashews, pistachio

This is a refrigerated product that should be served chilled

BEST BEFORE: 4 weeks from production

Available in:

2x100g (Retail)

6x100g BAR

30cm x 40cm SLAB



West Coast Pantry GLU

GLUTEN FREE | NO REFINED SUGARS | VEGAN FRIENDLY



RAW SALTED CARAMEL SLICE

INGREDIENTS: TOASTED ALMOND & CINNAMON PROTEIN CRUNCH [lupin, buckwheat, sunflower seeds, millet, coconut chips, organic coconut sugar, almonds, pepitas, linseeds, coconut oil, cinnamon, salt], dates, coconut oil, coconut milk, organic coconut sugar, cocoa

CONTAINS: lupin, almonds

This is a refrigerated product that should be served chilled

BEST BEFORE: 4 weeks from production

Available in:

2x100g (Retail)

6x100g BAR

30cm x 40cm SLAB





GLUTEN FREE | NO REFINED SUGARS | DAIRY FREE



CHOC RASPBERRY BROWNIE

INGREDIENTS: coconut sugar, **eggs**, coconut oil, rice malt syrup, buckwheat flour, raspberries, cacao powder, vanilla essence

CONTAINS: eggs

This is a refrigerated product that should be served chilled

BEST BEFORE: 4 weeks from production

Available in:

2x95g (Retail)

6x95g BAR

30cm x 40cm SLAB



West Coast Pantry GLU

GLUTEN FREE | NO REFINED SUGARS | VEGAN FRIENDLY



APPLE & CINNAMON PROTEIN BAR

INGREDIENTS: rice malt syrup, **lupin**, coconut oil, **almonds**, **hazelnuts**, dried apple, coconut sugar, coconut flakes, currants, sunflower seeds, puffed brown rice, cinnamon, salt

CONTAINS: lupin, almonds, hazelnuts

This is a refrigerated product that should be served chilled

BEST BEFORE: 4 weeks from production

Available in:

2x75g (Retail)

6x75g BAR

30cm x 40cm SLAB



West Coast Partry GLUTEN FREE | NO REFINED SUGARS | VEGAN FRIENDLY



RAW PASSIONFRUIT & LIME CHEESECAKE

INGREDIENTS: TOASTED ALMOND & CINNAMON PROTEIN CRUNCH [lupin, buckwheat, sunflower seeds, millet, coconut chips, organic coconut sugar, almonds, pepitas, linseeds, coconut oil, cinnamon, salt], cashews, coconut oil, coconut cream, dates, passionfruit, rice malt syrup, water, lime juice, coconut sugar, lactic acid, agar agar, turmeric

CONTAINS: lupin, almonds, cashews

This is a refrigerated product that should be served chilled

BEST BEFORE: 4 weeks from production

Available in:

2x100g (Retail)

6x100g BAR

30cm x 40cm SLAB



West Coast Partry GLUTEN FREE | NO REFINED SUGARS | VEGAN FRIENDLY



RAW CARROT CAKE

INGREDIENTS: carrot (18%), dates, coconut, coconut oil, cashews, coconut milk, almonds, sunflower seeds, lime juice, rice malt syrup, pepitas, spices, salt, edible flowers

CONTAINS: almonds, cashews

This is a refrigerated product that should be served chilled

BEST BEFORE: 4 weeks from production

Available in:

2x100g (Retail)

6x100g BAR

30cm x 40cm SLAB



