



COASTAL
CRUNCH

WHOLESALE CATALOGUE

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



coastalcrunch.com.au



About Coastal Crunch

Coastal Crunch is created by Tim Corrick, a restaurant trained chef from Perth, WA. He's created a range of gluten free and high protein foods made with WA grown Lupin.

All products are unique and innovative - taking a special WA ingredient and turning it into truly delicious granolas and snacks that have been chef designed with a lot of care and attention on nutrition and taste.

Our products are mostly plant based, keto friendly and always highly nutritious. We believe in eating tasty food that's made from wholesome locally grown ingredients.

Every recipe uses only gluten free ingredients, and we try to source from as close to home as possible. 100% of our Lupin is grown right here in WA.

Our range of Protein Crunch granola has been endorsed by Coeliac Australia so you know that you're eating a genuinely gluten free product. All our products are manufactured in a completely gluten free facility for your peace of mind.

We're trying to make a positive impact on our environment and be as sustainable as we can. We want to give you products that you can feel good about enjoying! It's a simple philosophy that guides us in everything we do. Heathy Eats for a Heathy Planet.



Why we chose to use Lupin

Lupin, grown right here in WA, is a powerhouse of health benefits. This high-protein legume contains essential amino acids and boasts a protein content comparable to two eggs in just four tablespoons.

Low in fat and saturated fats, lupin is rich in fibre, vitamins, minerals, and antioxidants. It's an excellent source of dietary fibre, surpassing popular legumes like chickpeas and soybeans in protein content per 100 calories.

Coastal Crunch's lupin-based food products provide a range of health benefits: they are high protein, lower carb, gluten-free, plant-based and mostly vegan. With the Lupin base, they naturally stabilise blood sugar levels, improve mineral absorption, provide anti-inflammatory advantages, and support overall gut health.

If you are looking for a healthy snack that will give you the nutrients your body needs, try some of our lupin-based products! It is one of the best sources of dietary fibre available. Below is an overview of the health benefits.

THE NUTRITION & HEALTH BENEFITS OF LUPIN

Australian Lupin Beans are a natural superfood from the legume family that are gluten free, high in protein, an excellent source of dietary fibre, low fat and minimal carbohydrates. Here are just a few reasons to add Lupin to your diet:

40%
protein

HIGH IN PROTEIN

Excellent option for plant based diets and anyone looking to increase their protein intake with up to 40 percent protein

4g
CARBS
per 100g

LOW IN CARBS

Great option for low carb and ketogenic diets with only 4 grams of net carbs per 100 grams

35%
fibre

HIGH IN FIBRE

Helps you stay full and satisfied for longer with up to 35 percent fibre

GUT
friendly

GLUTEN FREE

Naturally gluten-free, making them a safe and healthy option for people with coeliac disease and gluten sensitivities

GOOD
for you

HEALTH BENEFITS

Supports gut health, weight loss, reduces cholesterol and keeps blood sugar levels stable



PROTEIN CRUNCH Granola



We are super proud to bring you the unique blend of ingredients we call Protein Crunch. They are distinctly different from anything you've ever tried. One serve 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. We have also ensured that each flavour contains less than a teaspoon of unrefined sugar per serve.

Our granolas are perfect with your favourite yoghurt or milk, great as an addition to smoothies and smoothie bowls, sprinkled over porridge in the morning or over ice cream at night. There are also heaps of other ways to use 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.

Toasted Almond & Cinnamon

Our original Toasted Almond & Cinnamon Protein Crunch combines the warmth of cinnamon with toasted Aussie almonds and 100% WA grown lupin flakes. Once you start picking out those almonds, you'll find it hard to stop there...until it's all gone!



Available in:

320g	Retail Bag
1kg	Retail Bag
5kg	Bulk (food service)

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

Gingernut Crunch

Inspired by the beloved ginger nut biscuits, this granola brings the warmth and comfort of ginger, nutmeg, and cinnamon to your morning routine. Plus, it's not just delicious; it's also a nutritious choice with a 5-star health rating.



Available in:

- 320g Retail Bag
- 1kg Retail Bag
- 5kg Bulk (food service)

Ingredients:

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

Contains: lupins, almonds, hazelnuts

Cacao, Hazelnut & Cinnamon

One for the chocolate lovers, our Cacao, Hazelnut & Chia Protein Granola tastes like a crunchy version of Nutella with hazelnuts and cacao. The chia seeds will keep you full for hours. It's an excellent source of dietary fibre, a good source of protein and vegan friendly.



Available in:

320g	Retail Bag
1kg	Retail Bag
5kg	Bulk (food service)

Ingredients:

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

Contains: lupins, hazelnuts

Rich Cacao Premium Fruit Blend

We've found some of the best of Western Australia and put it all in one bag of goodness. Our Rich Cacao Premium Fruit Blend Protein Crunch Granola is packed with Donnybrook Stonefruit, Manjimup Bravo Apple & Red Gully Sunrise Limes.



Available in:

320g Retail Bag
5kg Bulk (food service)

Ingredients:

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

Contains: lupin

*WA stonefruit is either apricot, peach or nectarine, depending on availability

Toasted Almond Premium Fruit Blend

We've found some of the best of Western Australia and put it all in one bag of goodness. Toasted Almond Granola with Donnybrook Stonefruit, Albany Strawberries and Manjimup Bravo Apples combine with 100% WA grown Lupin to make our Protein Crunch a little bit fruity.



Available in:

320g Retail Bag
5kg Bulk (food service)

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

*WA stonefruit is either apricot, peach or nectarine, depending on availability



Protein Bars and Slices



Coastal Crunch offers a range of protein bars and sweet slices, available in 7 delicious flavours, including plant-based options. Made with wholesome ingredients, these treats provide a sweet indulgence that is high in protein and free from refined sugars. Satisfy your sweet tooth without compromising on nutrition, leaving you feeling satisfied and avoiding the sugar crash.

Apple & Cinnamon Protein Bar

Our Apple & Cinnamon Protein Bar tastes like a baked apple pie but healthier with the sweet, crisp essence of apples and a sprinkle of cinnamon. Crafted with wholesome WA grown lupin and Aussie puffed brown rice, every gluten free bite is a delicious blend of nuts, fruit, and coconut, delivering a truly mouth-watering experience.



Available in:

2x75g	Retail Pack
6 pack	Retail Pack
2.25kg	Slab (food service)
30 pack	Retail Pack

Ingredients:

Rice malt syrup, lupin, coconut oil, almonds, hazelnuts, dried apple (7%), coconut sugar, coconut flakes, currants, sunflower seeds, puffed brown rice, cinnamon (1%), salt.

Contains: lupins, almonds, hazelnuts, sulphites (dried apple)

Choc Raspberry Brownie

A blend of rich cacao with the natural sweetness of ripe raspberries to offer a luxurious chocolatey taste perfectly balanced with the fruit's natural freshness, all without any refined sugars. This gluten free indulgent treat made with wholesome Australian buckwheat flour provides guilt-free goodness that's both delicious and nutritious.



Available in:

2x95g	Retail Pack
6 pack	Retail Pack
2.9kg	Slab (food service)
30 pack	Retail Pack

Ingredients:

Coconut sugar, eggs, coconut oil, rice malt syrup, buckwheat flour, raspberries (12%), cocoa (6%).

Contains: eggs

Peanut Butter Protein Bar

A best-seller and a crowd favourite all over Perth. Crunchy peanut butter with a hint of salt is slathered over a base made with our decadent Cacao, Hazelnut & Chia Protein Crunch. It's then topped with rich chocolate and a sprinkle of chopped roasted peanuts. Made with natural ingredients and packed full of plant-based protein, this slice will please every peanut lover.



Available in:

2x100g	Retail Pack
6 pack	Retail Pack
3kg	Slab (food service)
30 pack	Retail Pack

Ingredients:

Peanuts (30%), CC cacao granola [lupin, buckwheat, millet, sunflower seeds, coconut chips, coconut sugar, water, hazelnuts, pepitas, linseeds, coconut oil, cocoa, chia seeds, cacao nibs, salt], dates, coconut oil, coconut sugar, rice malt syrup, cocoa, guar gum.

Contains: peanuts, lupin, hazelnuts

Pistachio & Rose Protein Bar

Rich, nutty pistachio is combined with with the lusciousness of a rose cheesecake filling, all layered on a mouth-watering base of our blended Toasted Almond & Cinnamon Protein Crunch granola. Elevate your snacking game with this plant-based protein snack packed with nuts offering irresistible flavour and wholesome satisfaction.



Available in:

2x100g	Retail Pack
6 pack	Retail Pack
3kg	Slab (food service)
30 pack	Retail Pack

Ingredients:

CC toasted almond granola [lupin, buckwheat, sunflower seeds, millet, coconut chips, organic coconut sugar, almonds (6%), pepitas, linseeds, coconut oil, cinnamon, salt], cashews, coconut oil, coconut cream [coconut, water, xanthan gum, guar gum, caraganeen gum], dates, rice malt syrup, pistachios (5%), pepitas, lime juice, lactic acid, salt, rose (1%).

Contains: lupins, almonds, cashews, pistachios

Raw Carrot Cake

Our Raw Carrot Cake Bar is a delicious twist on the classic dessert, this gluten-free treat combines the earthy richness of cashews, the crisp essence of coconut, and the zesty zing of lime juice. With no refined sugars and a delightful blend of wholesome ingredients, it's perfect for satisfying your carrot cake cravings while staying on the go.



Available in:

2x100g	Retail Pack
6 pack	Retail Pack
3kg	Slab (food service)
30 pack	Retail Pack

Ingredients:

Carrot (18%), dates, coconut, coconut oil, cashews, coconut milk [coconut, water, xanthan gum, guar gum, caraganeen gum], almonds, sunflower seeds, lime juice, rice malt syrup, pepitas, spices, salt, edible flowers.

Contains: almonds, cashews

Raw Salted Caramel Slice

A delightful twist on a classic caramel slice. Made with plant-based and natural ingredients, it features velvety caramel with a perfect blend of sweet and salty notes, generously layered over our signature Toasted Almond Protein Crunch granola base. Crowned with a thick slab of our unique chocolate blend topping and gently dusted with a hint of bitter cocoa.



Available in:

2x100g	Retail Pack
6 pack	Retail Pack
3kg	Slab (food service)
30 pack	Retail Pack

Ingredients:

Dates, coconut oil, toasted almond granola [lupin, buckwheat, sunflower seeds, millet, coconut chips, organic coconut sugar, almonds (6%), pepitas, linseeds, coconut oil, cinnamon, salt], coconut milk [coconut, water, xanthan gum, guar gum, caraganeen gum], organic coconut sugar, cocoa, salt, guar gum.

Contains: lupin, almonds

Raw Passionfruit & Lime Cheesecake

This desert is perfect for vegan and plant based diets. A fresh and zesty twist on the classic cheesecake, the passionfruit topping bursts with fruity freshness, complemented by the tangy notes of lime and poured onto a based made with our signature Toasted Almond Protein Crunch base. This wholesome treat is also gluten and refined sugar-free.



Available in:

2x100g	Retail Pack
6 pack	Retail Pack
3kg	Slab (food service)
30 pack	Retail Pack

Ingredients:

Protein Crunch [lupin, buckwheat, sunflower seeds, millet, coconut chips, organic coconut sugar, almonds, pepitas, linseeds, coconut oil, cinnamon, salt], cashews, coconut oil, coconut cream [coconut, water, xanthan gum, guar gum, caraganeen gum], dates, passionfruit (9%), rice malt syrup, water, lime juice (3%), coconut sugar, lactic acid, agar agar, turmeric, guar gum.

Contains: lupin, almonds, cashews



Protein Crumbs



Introducing Coastal Crunch's Protein Crumbs, available in three tasty flavours. Ideal for those who are gluten-sensitive or looking for a high-protein, low-carb alternative. Whether you're crumbing fish, chicken, meat, or veggies, our Protein Crumbs are perfect substitute for traditional breadcrumbs and add a delicious twist to your dishes.

Herb & Garlic

Infused with the aromatic goodness of garlic and herbs and crafted with our secret chef-designed recipe, our Garlic and Herb Crumb boasts a flavourful blend of garlic, oregano, rosemary, thyme, sea salt, mustard powder, and pepper, adding a gourmet touch to your dishes.



Available in:

280g Retail Bag
1kg Retail Bag

Ingredients:

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

Contains: lupins

Spicy Chili

Infused with the zesty combination of chilli, onion, garlic, lime, salt, and sugar, and made with our secret chef-designed recipe, our Spicy Chilli Crumb boasts a tasty blend that adds an exciting kick to your culinary creations.



Available in:

280g Retail Bag
1kg Retail Bag

Ingredients:

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

Contains: lupins

Lemon Pepper

A delicious, gluten-free alternative to breadcrumbs. Flavoured with our own secret lemon pepper spice of herbs, spices, garlic, lemon myrtle and lemon zest. Perfect for crumbing fish, chicken, meat or vegetables. Use as a straight swap for breadcrumbs in any recipe.



Available in:

280g Retail Bag
1kg Retail Bag

Ingredients:

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

Contains: lupins



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Protein Dips



Indulge in our range of creamy and smooth dips, a plant-based delight inspired by the rich texture of hummus. With four mouth watering flavours to choose from, these gluten-free, high-protein, and low-carb dips redefine snacking. Made with the goodness of lupin, a superfood legume, each dip offers a wholesome and satisfying taste experience. These are the new go-to dips for the health conscious that also like to indulge and socialise.

Creamy Hummus

Coastal Crunch's Original Creamy Hummus Protein Dip is a velvety indulgence that captures the classic taste of hummus. Smooth and creamy, this dip offers a delightful balance of nutty undertones and savoury goodness, making it irresistibly moorish.



Available in:

280g Retail Tub

Ingredients:

Lupin, canola oil, vinegar, garlic, salt, nutritional yeast, spices, citric acid.

Contains: lupin

Fire-Roasted Capsicum

Coastal Crunch's Fire-Roasted Capsicum Protein Dip, a tantalising variation of our classic hummus-style dip. Infused with the bold taste of fire-roasted capsicum, this Lupin-based delight delivers a smoky, capsicum-rich finish that will leave you wanting more.



Available in:

280g Retail Tub

Ingredients:

Lupin, capsicum 16% (capsicum, vinegar, salt, sugar), canola oil, vinegar, garlic, salt, nutritional yeast, spices, citric acid.

Contains: lupin

Spicy Jalapeno

An exciting twist on our classic hummus-style dip with bold flavour of jalapeños blended through, this Lupin-based creation delivers a delightful kick, leaving a lingering aftertaste of spice that adds an extra layer of excitement to your snacking experience.



Available in:

280g Retail Tub

Ingredients:

Lupin, jalapenos 7.5% (jalapenos, acetic acid, calcium chloride, ascorbic acid), canola oil, vinegar, garlic, salt, nutritional yeast, spices, citric acid.

Contains: lupin

Zingy Za'atar

Infused with a blend of thyme, sumac, sesame, and salt, this Lupin-based creation captivates your taste buds with vibrant flavours that transport you to the heart of the Middle East.



Available in:

280g Retail Tub

Ingredients:

Lupin, canola oil, vinegar, za'atar 2% (thyme, sumac, sesame, salt), garlic, salt, nutritional yeast, spices, citric acid.

Contains: lupin, sesame



Protein Falafels



Coastal Crunch's Protein Falafel are a modern twist on traditional falafels as they're made primarily with lupin (65%), making them a low-carb, gluten-free delight. Infused with parsley, sea salt, garlic, coriander, chilli, and pepper, these falafels are moist, flavoursome, and perfect for a health-conscious treat.

Wheat-free, dairy-free, and vegan, these falafels are an ideal choice for those embracing a plant-based lifestyle.

Protein Falafels

Coastal Crunch's Protein Falafel are a modern twist on traditional falafels as they are made primarily with lupin (65%), making them a low-carb, gluten-free delight. Perfect pan fried in a bit of olive oil to get the perfect balance of a crunchy exterior and a soft inside.



Available in:

550g Retail Pack

Ingredients:

Lupin (65%), onion, chickpea, parsley, rice bran oil, sea salt, garlic, coriander, chilli, baking powder, citric acid, pepper.

Contains: lupin



Drop Us A Line

Are you interested in stocking our range of products or using Coastal Crunch in your food service? We would love to chat with you.

For more information or if you have any questions, reach out to Tim Corrick, our founder, at tim@coastalcrunch.com.au or give him a call at 0403 719 314.

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