



Land of Plenty

FOOD GROUP.

**FOOD SERVICE CATALOGUE
OCTOBER 2025**

NSW, ACT & VIC

www.landofplentyfood.co



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Register here to place your order online <https://www.landofplentyfood.co/>



DELIVERY & MINIMUM ORDERS

Minimum invoice charges are applicable per state.
Please contact our office on **02 8068 8330** for details on delivery terms & minimum orders.



ORDER CUT OFF TIMES

***All times are Eastern Standard Time**
NSW - **4pm** for next business day delivery.
VIC - **4pm** for next business day delivery.
ACT - **3pm** Monday for Wednesday delivery.



TERMS & CONDITIONS OF CREDIT & SUPPLY

Existing Customers:
Please contact our office or visit our website if you require a copy of our current Terms & Conditions of Credit and Supply.



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NEW

CERTIFIED GLUTEN FREE BAKERY RANGE

PREMIUM GLUTEN FREE RANGE	CODE	SLICES	UNIT	SIZE +/-
Banana Loaf (gf)	10FT BB01	12	3	2Kg
Raspberry & Pear Loaf (gf)	10FT BB02	12	3	2Kg
Fruit & Seed Bar (ve) (gf)	1OFT BAR02	N/A	64	70g
Breakfast Bar (ve) (gf)	1OFT BAR01	N/A	64	70g
Raspberry Friand (gf)	1OFT FRI01	N/A	20	65g
Blueberry Friand (gf)	1OFT FRI02	N/A	20	65g
Triple Chocolate Brownie (gf)	1RUS BRW01	N/A	48	70g
Blueberry Muffin (gf)	1RUS MUF11	N/A	30	80g
Double Choc Muffin (gf)	1RUS MUF12	N/A	30	80g
Caramel Slice (gf)	10FT SL01	N/A	64	70g



(gf) Gluten Free (ngr) No Gluten Recipe (v) Vegetarian (ve) Vegan Recipe (df) Dairy-free (ndr) No Dairy-free (ef) Egg-free (ner) No Egg Recipe (nfr) Nut-free Recipe



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Featured: 1. Banana Loaf 2. Super Seeded Loaf 3. Dinner Rolls 4. Super Soft Burger Bun
5. Raspberry Friand 6. Bagels



DIM SUM

DIM SUM	CODE	UNIT	QTY	SIZE +/-
Spicy Plum Dipper Sauce (ve)	1LM SCE02	4ltr bottle	1	ambient
Soy Fusion Dipper Sauce (ve)	1LM SCE01	4ltr bottle	1	ambient
Miso Eggplant Spring Roll (ve)	1LM SR02	Box	100	28g
Shiitake Mushroom & Leek Spring Roll (ve)	1LM SR03	Box	100	25g
Barramundi Spring Roll 30g	1LM SR04	Box	100	30g
Crispy Peking Duck Spring Roll 50g	1DSC SR01	Box	80	50g
Farm Fresh Vegetable Spring Roll 50g (v)	1DSC SR03	Box	80	50g
Peking Pancake (Plain) (v)	1LM PC03	Pack	2 x 50pcs	14cm
Shredded Peking Duck	1LM DUC01	Pack	2 x 500g	1kg
Shredded BBQ Chicken & Duck mix	1LM DUC02	Pack	2 x 500g	1kg
Peking Duck Spring Roll 32g	1LM SR05	Box	100	32g
BBQ Pork Bun 28g	1DSC BU01	Box	107	28g
Chicken & Water Chestnut Siu Mei 28g	1DSC SM01	Box	143	28g
Chicken & Prawn Siu Mai 28g	1DSC SM02	Box	143	28g
Peking Duck Dumpling 18g	1DSC DP03	Box	223	18g
Pork & Asian Greens Dumpling 18g	1DSC DP02	Box	222	18g

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SKEWERS, EMPANADA ARANCINI & CROQUETTE

SKEWERS	CODE	UNIT	QTY	SIZE +/-
Sugar Cane Skewer - Coconut, Chicken & Peanut (ngr)	1LM SK01	Box	100	45g

EMPANADA	CODE	UNIT	QTY	SIZE +/-
Red Bean & Fennel Empanada (v)	1RUS EMP01	Box	100	30g
Chilli Beef Empanada	1RUS EMP02	Box	100	30g
Braised Lamb and Olive Empanada	3LMB EMP06	Box	100	40g

ARANCINI & CROQUETTE	CODE	UNIT	QTY	SIZE +/-
Saffron, Manchego & Fontina Arancini (v)(ngr)	1RUS ARC04	Box	100	27g
Spinach & Porcini Arancini (v)	1RUS ARC05	Box	100	27g
Spinach & Porcini Arancini (v) (ngr)	1RUS ARC01	Box	100	27g
2 Cheese Arancini (ngr) (v)	1RUS ARC06	Box	100	27g
Mac & Cheese Arancini (v)	1RUS ARC08	Box	100	27g
Lasagna Fritti (cube)	1RUS ARC21	Box	100	30g
Pastrami & Rye Croquette	1RUS CROQ02	Box	100	30g
Beef & Dijon Croquette "Bitterballen"	1RUS CROQ03	Box	100	30g
Potato, Pea & Parmesan Croquette (v)	1RUS CROQ01	Box	100	27g
Beef Rendang Croquette	3LMB CROQ10	Box	80	40g

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Featured: 1. Spinach & Porcini Arancini 2. Beef & Croquette 3. Saffron, Manchego & Fontina Arancini
4. Two Cheese Arancini 5. Sugar Cane Skewer 6. Potato, Pea & Parmesan Croquette



PASTRIES & PIES

CRUMBED & COATED

PASTRIES & PIES	CODE	UNIT	QTY	SIZE +/-
Mini Beef Wellington	1RUS WELL01	Box	100	35g
Lamb, Potato & Rosemary Pithivier	1RUS PIE06	Box	100	35g
Lamb & Harissa Sausage Roll	1RUS PST01	Box	100	35g
Red Curry Chicken Sausage Roll	1RUS PST02	Box	100	45g
Beef, Red Wine & Horseradish Sausage Roll	1RUS PST03	Box	100	35g
Roasted Butternut Pumpkin, Sumac & Pomegranate Roll (v)	1RUS PST04	Box	100	35g

CRUMBED & COATED	CODE	UNIT	QTY	SIZE +/-
Gluten Free Salt & Pepper Whiting	10FT SF04	Box	3kg	32-42g
Gluten Free Salt & Pepper Squid Chips	10FT SF07	Box	3kg	20-25g
Gluten Free Salt & Pepper Prawns	10FT SF10	Box	3kg	31g
Karaage Chicken Pieces - Thigh Fillet (ngr)	10FT CH07	Box	4kg	74g
Truffled Polenta & Parmesan Chips (v)	3LMB CHIP01	Box	1.5kg	30g
Slow cooked Lamb Rib with Mediterranean Spice Rub	1RUS RIB02	Box	3kg	2 x 1.5kg
Prawn Toast	3LMB PST32	Box	100	30g
Prawn Toast - Chilli & Lime	3LMB PST33	Box	100	30g

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PALOMA POPS

PALOMA POPS	CODE	UNIT	QTY	SIZE +/-
Strawberry & Cream Paloma Pop (gf)	1PP SC01	Box	40	75ml
Mango & Cream Paloma Pop (gf)	1PP MC01	Box	40	75ml
Tropical Fruit Paloma (ve) (gf)	1PP TF01	Box	40	75ml
Watermelon & Fresh Lemon (ve) (gf)	1PP WL01	Box	40	75ml



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BONDI YOGHURT

BONDI YOGHURT	CODE	UNIT	QTY	SIZE +/-
100% Jersey Milk Yoghurt	1BY DY01	Tub	1	2kg
Thick and Creamy Coconut Yoghurt	1BY CY03	Tub	1	2kg
100% Jersey Milk	2BY DY01	Box	6	500g
100% Jersey Milk	2BY DY02	Box	6	1kg
Dairy Free Coconut Yoghurt	2BY CY01	Box	6	250g
Dairy Free Coconut Yoghurt	2BY CY03	Box	6	500g



Sydney Royal Cheese & Dairy Show:

2025 Gold Medal for Bondi Yoghurt, 100% Jersey Milk
 2024 Silver Medal for Bondi Yoghurt, 100% Jersey Milk
 2023 Silver Medal for Bondi Yoghurt, 100% Jersey Milk
 2022 Gold Medal for Bondi Yoghurt, 100% Jersey Milk

Australian Dairy Product Competition:

2024 Silver Medal for Bondi Yoghurt 100% Jersey Milk
 2023 Silver Medal for Bondi Yoghurt 100% Jersey Milk
 2022 Silver Medal for Bondi Yoghurt 100% Jersey Milk
 2021 Silver Medal for Bondi Yoghurt 100% Jersey Milk



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Featured: 1. Dairy-free Coconut Yoghurt, 2. 100% Jersey Milk Yoghurt, 3. Bondi Yoghurt Product Mix, 4. Dairy-free Coconut Yoghurt, 5. 100% Jersey Milk Yoghurt, 6. 100% Jersey Milk Yoghurt

TODAYS SPECIALS (until sold out)



SEASONAL	CODE	UNIT	QTY	SIZE +/-
Arancini Pumpkin & Spinach (v)	3LMB ARC17	Box	80	30g
Arancini Cacio & Pepe (v)	1RUS ARC17	Box	100	30g
Arancini Eggplant & Ricotta (v)	1RUS ARC18	Box	100	30g
Arancini Margherita	1RUS ARC19	Box	100	30g
Arancini Truffle & Fontal (v)	1RUS ARC20	Box	100	30g
Arancini 3 Cheese (ngr)	1RUS ARC14	Box	100	27g
Yellow Split Pea Pie (v)	1RUS PIE04	Box	100	30g
Reuben Pie	1RUS PIE01	Box	100	30g
Braised Beef Pithivier	3LMB PIE05	Box	60	75g
Shakshuka Pastry	1RUS PST05	Box	80	40g
Chicken Empanada	3LMB EMP02	Box	4kg	40g

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TODAYS SPECIALS (until sold out)



SEASONAL	CODE	UNIT	QTY	SIZE +/-
3 Cheese, Spinach & Potato Pide (v)	1RUS PID03	Box	80	40g
Corn & Carrot Fritters (ve)	3LMB FRI04	Box	72	75g
Pork & Fennel Skewers	1LM SK05	Box	100	45g
Salt & Pepper Flounder (gf)	1OFT SF09	Box	Approx 76	35-43g
Mixed Vegetable Spring Roll (v)	1LM SR07	Box	100	35g
Homestyle Chicken Spring Rolls	1DSC SR02	Box	80	50g
Steamed Open Bun	1LM BU03	Box	80	25g
Chicken, Leek & Shiitake Dumplings	3LMB DP03	Box	120	25g
Spinach & Tofu Dumplings (ve)	1DSC DP15	Box	222	18g
Smokey BBQ Pork Bun	1LM BU01	Box	100	45g
Salted Caramel Slice	4RUS CAK03	Slab	2 x 48	55g
Tiramisu Cake	4RUS CAK05	Slab	2 x 40	80g
Carrot Cake with Frosting	4RUS CAK06	Slab	2 x 48	63g
Bread & Butter Pudding	4RUS PUD01	Slab	2 x 24	130g

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