



Land of Plenty

FOOD CO.

RETAIL CATALOGUE - MAY 2025

NSW, ACT & VIC

www.landofplentyfood.co



WELCOME TO LAND OF PLENTY FOOD CO.

Your destination for innovative, high-quality Australian made food products in both Retail and Food Service, nationally.

With over 35 years of combined industry experience, Land of Plenty Food Co. was born from a deep passion for food, creativity, and a commitment to sourcing exceptional ingredients from trusted producers - both local and international.

We pride ourselves on delivering market-leading products that combine culinary innovation with commercial know-how. From concept to shelf or service, we work closely with chefs, buyers, and brand owners to craft solutions that excite customers and drive results.

Land of Plenty Food Co. is an Australian owned and operated, family-run company. We love what we do—bringing people together through great food and great partnerships.

KAREN LAVECKY

Founder & Creative Director



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SALAD & MEAL TOPPERS

Elevate your meals with our versatile range of gourmet toppers, perfect for adding flavour, crunch, and nutrition to salads, soups, stir-fries, and more. Whether you're looking to spice up a dish, add a cheesy crunch, or boost your meal with superfoods, our toppers are crafted from all-natural ingredients to suit a variety of dietary needs, including vegan and gluten-free options.

| PRODUCT | CODE | BARCODE | SIZE |
|-------------------------------|----------|---------------|----------|
| Crispy Onion Crunch 100g (ve) | 2BD ST01 | 0799439085817 | 12 / box |
| Tuscan Garden 100g (ve) | 2BD ST02 | 9349990000296 | 12 / box |
| Bacon Bits 100g (ve) | 2BD ST03 | 0799439085794 | 12 / box |
| Cesar Bits 100g (ve) | 2BD ST04 | 0799439085800 | 12 / box |
| Seaweed & Soy 120 (ve) | 2BD ST07 | 9349990000005 | 12 / box |
| Garlic & Zucchini 120g (ve) | 2BD ST06 | 9349990000029 | 12 / box |

(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





PREMIUM COUS COUS - JUST ADD WATER

Elevate your meals with our gourmet couscous premixes, perfect for adding a touch of Mediterranean flair to your dishes with ease and convenience. Each mix is crafted from high-quality, all-natural ingredients, ensuring a flavorful and nutritious meal every time. Simply add water, cook, and enjoy the delicious taste of our couscous blends in minutes.

| PRODUCT | CODE | BARCODE | SIZE |
|------------------------------|----------|---------------|----------|
| Sundried Tomato & Basil 250g | 2BD CC02 | 9349990000654 | 10 / box |
| Porcini & Thyme 250g | 2BD CC03 | 9349990000623 | 10 / box |

PREMIUM RISOTTO - JUST ADD WATER

Indulge in the rich, gourmet flavours of our risotto premix range, perfect for creating authentic Italian dishes with ease and convenience. Each of our risotto mixes is crafted from high-quality, all-natural ingredients, making them ideal for a variety of meals, whether you're preparing a quick weeknight dinner or a special gourmet feast. Simply add water, cook, and enjoy a creamy, delicious risotto in minutes.

| PRODUCT | CODE | BARCODE | SIZE |
|-----------------------------|----------|---------------|----------|
| Roasted Pumpkin 250g (ve) | 2BD PR01 | 9349990000517 | 10 / box |
| Spinach & Nutmeg 250g (ve) | 2BD PR02 | 9349990000616 | 10 / box |
| Country Style Veg 250g (ve) | 2BD PR03 | 9349990000500 | 10 / box |
| Porcini Mushroom 250g (ve) | 2BD PR04 | 9349990000524 | 10 / box |

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Hand-crafted, small-batch, pot set premium yoghurt that is gluten free and naturally incubated with probiotics and cultures. We use fresh certified Jersey milk for our dairy yoghurt and young coconut flesh and coconut water for our dairy-free coconut yoghurt. All our yoghurts are preservative free, contain no raw sugar, no thickening agents and no starches.

BONDI YOGHURT

| PRODUCT | CODE | BARCODE | SIZE |
|---|----------|---------------|---------|
| 100% Jersey Milk Yoghurt 500g (gf) | 2BY DY01 | 9369999071400 | 6 / box |
| 100% Jersey Milk Yoghurt 1kg (gf) | 2BY DY02 | 9369999071394 | 6 / box |
| Dairy Free Coconut Yoghurt 250g (ve) (gf) | 2BY CY01 | 9369999071424 | 6 / box |
| Dairy Free Coconut Yoghurt 500g (ve) (gf) | 2BY CY03 | 9328366001501 | 6 / box |

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Sydney Royal Cheese & Dairy Show:

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



Australian Dairy Product Competition:

- 2023 Silver Medal for Bondi Yoghurt 100% Jersey Milk
- 2024 Silver Medal for Bondi Yoghurt 100% Jersey Milk



PEKING DUCK DUMPLINGS 

JUICY BBQ DUCK & ASIAN SPICES | LIGHT PASTRY



PROTEIN PACKED

STEAM OR BOIL

NO ADDED MSG

175g NET

THE ORIGINAL PEKING DUCK SPRING ROLLS 

JUICY BBQ DUCK | LIGHT & CRISPY PASTRY



LOW FAT

AIR FRY OR BAKE

NO ADDED MSG

300g NET

CLASSIC CHICKEN & WATER CHESTNUT SIU MAI 

HIGH PROTEIN | LIGHT & THIN PASTRY



LOW FAT

STEAM OR MICROWAVE

NO ADDED MSG

270g NET

FARM FRESH VEGETABLE SPRING ROLLS 

200g NET

FRESH VEGETABLES | LIGHT & CRISPY PASTRY



NO ADDED MSG

BAKE OR FRY

LOW FAT

PORK & SEASONAL ASIAN GREENS DUMPLINGS 

170g NET

JUICY PORK & ASIAN SPICES | SOFT PASTRY



NO ADDED MSG

STEAM OR BOIL

LOW FAT

CHICKEN & VEGETABLE SPRING ROLLS 

280g NET

FRESH CHICKEN & VEG | LIGHT & CRISPY PASTRY



NO ADDED MSG

BAKE OR FRY

QUICK & EASY MEAL

STEAMED BBQ PORK BUNS 

200g NET

SUCCULENT BBQ PORK | LIGHT & SOFT BUN



NO ADDED MSG

STEAM OR MICROWAVE

QUICK & EASY MEAL





lotus & ming

Made with premium seafood and a delicate coating, we've taken our classic recipes and recreated them to deliver a delicious selection of certified gluten free bites. Lotus & Ming salt and pepper whiting, salt and pepper prawns or salt and pepper squid chips are so quick and easy to prepare. The perfectly al dente squid chips are coated with a generous amount of salt and pepper. Just drizzle with some fresh lemon and enjoy eating for lunch or dinner with a beautiful salad under the shining Australian sun.

| PRODUCT | CODE | BARCODE | SIZE |
|-------------------------------|----------|---------------|----------|
| S&P Whiting 250g (v) (gf) | 2LM GFPW | 9328366002157 | 10 / box |
| S&P Squid Chips 250g (v) (gf) | 2LM GFSC | 9328366002140 | 10 / box |
| S&P Prawn 250g (v) (gf) | 2LM GFPR | 9328366002133 | 10 / box |

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Paloma pops

Our hand-crafted, all natural, whole fruit ice pops are lovingly created to always showcase the freshest seasonal produce. Made in Australia with no added sugar, preservatives or artificial flavours in exciting flavour combinations. Gluten-free, vegan and dairy-free options available.

| PRODUCT | CODE | BARCODE | SIZE |
|--|-----------|---------------|------------------|
| Mango & Cream 75ml (v) (gf) | 2PP MC01 | 9328366007077 | 6 x 6 pack / box |
| Strawberry, Banana & Cream 75ml (v) (gf) | 2PP SC01 | 9328366007039 | 6 x 6 pack / box |
| Tropical Fruit 75ml (ve) (gf) | 2PP TF01 | 9328366007002 | 6 x 6 pack / box |
| Watermelon & Lemon 75ml (ve) (gf) | 2PP WL01 | 9328366007015 | 6 x 6 pack / box |
| Jersey Pop Mini 45ml (v) (gf) | 2DSC SR02 | 9328366006063 | 6 x 6 pack / box |

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IL GELATO

We all know gelato is different to ice cream. The way it's made (it's churned slowly), gives it a smooth and silky texture. It's so creamy, made with fresh milk and much less cream. It's all in the craft. What that means for you is that the intensity of the flavour is enhanced; it's a flavour explosion from the first spoonful. We like the fact it contains a whole lot less fat, too.

It's our mission to let everyone in on the secret!

| PRODUCT | CODE | BARCODE | SIZE |
|--|------------|------------------|----------|
| Sensational Strawberry Gelato Bambino Cups 125ml | 2IGL BCP01 | 933 682 6000 278 | 12 / box |
| Creamy Vanilla Bean Gelato Bambino Cups 125ml | 2IGL BCP02 | 933 682 6000 285 | 12 / box |
| Choc Hazelnut Gelato Bambino Cups 125ml | 2IGL BCP03 | 933 682 6000 285 | 12 / box |
| Smooth Milk Chocolate Gelato Bambino Cups 125ml | 2IGL BCP04 | 933 682 6000 261 | 12 / box |

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