

NOURISHING

BY SALLY

Wholesale Catalogue 2025



HEALTHY SNACKS AND TREATS DONE RIGHT.

NOURISHING BY SALLY IS LEADING THE WAY IN QUEENSLAND AND BEYOND WITH BETTER-FOR-YOU TREATS THE WHOLE FAMILY CAN ENJOY. WE'RE YOUR ONE-STOP SHOP FOR DELICIOUS RAW CAKES, SLICES, BARS AND PROTEIN BALLS — MADE WITH REAL INGREDIENTS AND NO NASTIES.

We're a brother and sister duo from the Gold Coast, passionate about creating wholesome snacks that taste as good as they make you feel. With a focus on quality, flavour and nutrition, our treats are crafted to suit a range of dietary needs — including gluten free, dairy free, refined sugar free and keto-friendly options.

Backed by our chef experience, we've created a mouthwatering range designed to delight your customers and make healthy snacking easy.

- ✓ **Locally made**, by passionate bakers.
- ✓ **High quality ingredients**, no fillers.
- ✓ **Unmatched** taste.
- ✓ **Economical** price per serve.
- ✓ **Gluten, dairy & egg free** options.
- ✓ **Vegan** options.



HEALTHY MADE EASY

Let our dietary icons guide you to the right treats for your customers' needs.

GF GLUTEN FREE

DF DAIRY FREE

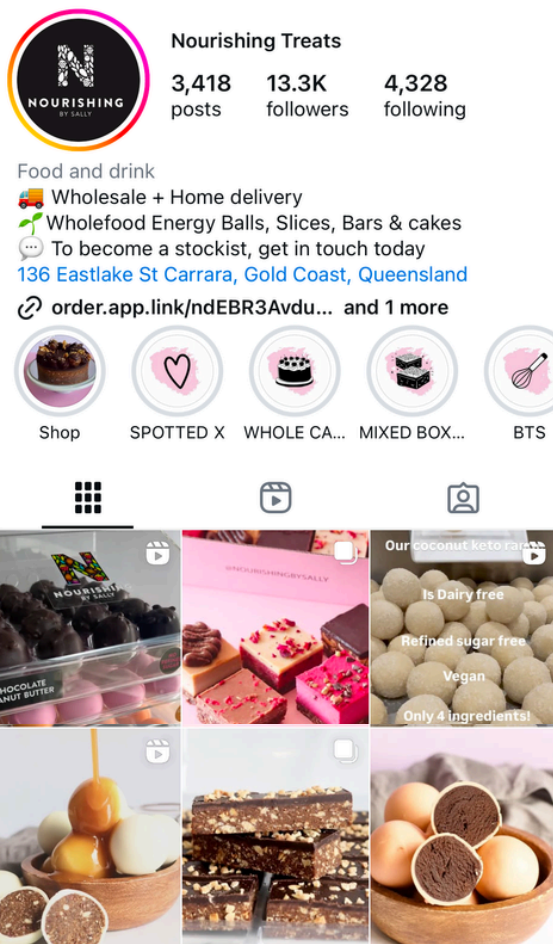
SF REFINED SUGAR FREE

V VEGETARIAN

VE VEGAN

K KETO

**STAY IN THE LOOP — FOLLOW US
FOR ALL THINGS DELICIOUS
@NOURISHINGBYSALLY**



ORDERING INFO

Order via Ordermentum **or**
orders@nourishingbysally.com



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STORAGE INFO

Protein Balls – Store ambient, enjoy within 8 months (8 weeks once opened).
Cakes & Slices – Keep frozen, enjoy within 12 months; once thawed, refrigerate and consume within 14 days.

CONTACT US FOR A FREE SAMPLE

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Coated Protein Balls

INGREDIENTS

PRICE \$

CARTON
QUANTITY

UNIT
SIZE

DIETARY
REQUIREMENT

The ultimate healthy snacks. Chocolate and yoghurt coated protein balls.

	CHOCOLATE BROWNIE	Dates, Almonds, Cocoa Mass, Cocoa Powder, Cocoa Nibs, Pea Protein, Salt, Vanilla Flavour, Choc Coating (Vegetable Fat, Cocoa Powder, Emulsifier (Soy 322), Erythritol, Stevia).	41.80	20	45G	GF V SF VE
	CHOCOLATE PEANUT BUTTER	Dates, Peanuts, Peanut Butter, Desiccated Coconut, Pea Protein, Salt, Choc Coating (Vegetable Fat, Cocoa Powder, Emulsifier (Soy 322), Diced Peanuts, Erythritol, Stevia).	41.80	20	45G	GF V SF VE
	CHOCOLATE HAZELNUT	Dates, Almonds, Cocoa Mass, Cocoa Powder, Hazelnuts, Pea Protein, Salt, Hazelnut Flavour, Choc Coating (Vegetable Fat, Cocoa Powder, Emulsifier (Soy 322), Erythritol, Stevia, Hazelnuts).	41.80	20	45G	GF V SF VE
	STRAWBERRY CHOCOLATE TRUFFLE	Dates, Almonds, Cocoa Mass, Cocoa Powder, Cocoa Nibs, Pea Protein, Salt, Vanilla Flavour, Coating (Sugar, Vegetable Fat, Milk Solids, Yoghurt Powder, Natural Colour, Natural Flavour, Emulsifier (Soy 322), Citric Acid), Rose Petals.	41.80	20	45G	GF V
	STRAWBERRY YOGHURT	Dates, Cashews, Desiccated Coconut, Pea Protein, Lemon Juice Concentrate, Salt, Coating (Sugar, Vegetable Fat, Milk Solids, Yoghurt Powder, Natural Colour, Natural Flavour, Emulsifier (Soy 322), Citric Acid).	41.80	20	45G	GF V
	ORANGE YOGHURT	Dates, Almonds, Cocoa Mass, Cocoa Powder, Pea Protein Salt, Coating (Sugar, Vegetable Fat, Milk Solids, Yoghurt Powder, Natural Colour, Natural Flavour, Emulsifier (Soy 322), Citric Acid).	41.80	20	45G	GF V
	LEMON YOGHURT	Dates, Cashews, Desiccated Coconut, Pea Protein, Lemon Juice Concentrate, Salt, Coating (Sugar, Vegetable Fat, Milk Solids, Yoghurt Powder, Natural Colour, Natural Flavour, Emulsifier (Soy 322), Citric Acid).	41.80	20	45G	GF V

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Delicious, nutrient-dense protein balls made with real ingredients.

	CHOCOLATE CRUNCH	Dates, Almonds, Cocoa Mass, Cocoa Powder, Cacao Nibs, Pea Protein, Salt, Vanilla Flavour.	28.60	20	38G	<div><div>GF</div><div>V</div><div>SF</div><div>VE</div><div>DF</div></div>
	BERRY CRUNCH	Dates, Almonds, Cashews, Desiccated Coconut, Buckwheat Groats, Lemon Juice Concentrate, Berry Flavour.	28.60	20	38G	<div><div>GF</div><div>V</div><div>SF</div><div>VE</div><div>DF</div></div>
	SALTED CARAMEL	Date, Almonds, Cashews, Cacao Nibs, Desiccated Coconut, Pea Protein, Salt, Caramel Flavour.	28.60	20	38G	<div><div>GF</div><div>V</div><div>SF</div><div>VE</div><div>DF</div></div>
	PEANUT BUTTER	Dates, Peanuts, Peanut Butter, Desiccated Coconut, Pea Protein, Salt.	28.60	20	38G	<div><div>GF</div><div>V</div><div>SF</div><div>VE</div><div>DF</div></div>
	CHOC HAZELNUT	Dates, Almonds, Cocoa Mass, Cocoa Powder, Hazelnuts, Pea Protein, Salt, Hazelnut Flavour.	34.00	20	38G	<div><div>GF</div><div>V</div><div>SF</div><div>VE</div><div>DF</div></div>

Keto Protein Balls	INGREDIENTS	PRICE \$	CARTON QUANTITY	UNIT SIZE	DIETARY REQUIREMENT
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Dreamy low-carb options for your keto-conscious customers.

	CHOC FUDGE *KETO	Coconut, Almond, Coconut Cream, Xylitol, Cocoa.	34.00	20	38G	<div>GF</div> <div>V</div> <div>SF</div> <div>VE</div> <div>DF</div> <div>K</div>
	BERRY *KETO	Coconut, Almond, Coconut cream, Xylitol, Lemon, Beetroot, Raspberry Oil.	34.00	20	38G	<div>GF</div> <div>V</div> <div>SF</div> <div>VE</div> <div>DF</div> <div>K</div>
	COCONUT DREAM *KETO	Coconut, Almond, Coconut Cream, Xylitol.	34.00	20	38G	<div>GF</div> <div>V</div> <div>SF</div> <div>VE</div> <div>DF</div> <div>K</div>

DISPLAY STAND	INCLUDES	PRICE \$	CARTON QUANTITY	UNIT SIZE	DIETARY REQUIREMENT
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Designed for your ultimate convenience, our Ball Display Stand comes fully loaded and labelled, to get you selling in no time.

	FULLY LOADED BALL STAND	<ul style="list-style-type: none"> - Peanut Butter Chocolate - Salted Caramel - Strawberry Yoghurt - Chocolate Brownie - Berry Crunch - Choc Hazelnut 	266.00	1	H 440mm W 255mm D 300mm	
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Naughty but nice raw cakes and slices, crafted with wholefoods for clean eating and indulgent moments.

	SNICKERS SLICE	Date, Peanut, Cashew, Cocoa, Coconut Oil, Rice Malt Syrup, Cocoa Butter, Pure Maple Syrup, Himalayan Sea Salt.	36.78	12	60G	GF V SF VE DF
	CARAMEL LATTE CHEESECAKE	Cashew, Coconut Oil, Cocoa Butter, Coconut Milk, Date, Cocoa, Coconut, Vanilla, Rice Malt Syrup, Coconut Sugar, Coffee, Caramel Flavour.	36.78	12	60G	GF V SF VE DF
	BERRY LEMON CHEESECAKE	Cashew, Coconut Oil, Cacao Butter, Cocoa, Coconut, Date, Rice Malt Syrup, Lemon, Berry, Beetroot Powder, Raspberry Flavour, Coconut Milk, Buckwheat, Cacao Nibs.	36.78	12	60G	GF V SF VE DF
	BERRY WHITE CHOC SLICE	Cranberry, Cashew, Cacao Butter, Date, Almond, Coconut, Rice Malt Syrup, Maple Syrup, Vanilla, Raspberry Oil, Beetroot, Rose Petals.	36.78	12	60G	GF V SF VE DF
	LEMON TART SLICE *KETO	Cashew, Almond, Coconut, Lemon, Xylitol, Coconut Oil, Coconut Milk, Turmeric.	34.84	12	60G	GF V SF VE DF K
	CHOC FUDGE SLICE *KETO	Cashew, Coconut, Almond, Cocoa, Xylitol, Coconut Milk, Coconut Oil, Cacao Butter, Freeze Dried Berry.	34.84	12	60G	GF V SF VE DF K

Bars	INGREDIENTS	PRICE \$	CARTON QUANTITY	UNIT SIZE	DIETARY REQUIREMENT
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Wholesome raw snack bars made from natural ingredients — perfect for grab-and-go snacks.

	CHOC PEANUT CARAMEL	Date, Peanuts, Cashew, Cocoa, Coconut Oil, Rice Malt Syrup, Cacao Butter, Maple Syrup, Himalayan Sea Salt.	30.25	10	80G	<div>GF</div> <div>V</div> <div>SF</div> <div>VE</div> <div>DF</div>
	COCONUT ROUGH	Coconut, Date, Cacao, Rice Malt Syrup, Coconut Oil, Cacao Butter, Maple Syrup.	30.25	10	80G	<div>GF</div> <div>V</div> <div>SF</div> <div>VE</div> <div>DF</div>
	BERRY RIPE	Coconut, Dried Cranberry, Rice Malt Syrup, Coconut Oil, Cacao Butter, Maple Syrup, Cocoa, Rose Petals, Beetroot.	30.25	10	80G	<div>GF</div> <div>V</div> <div>SF</div> <div>VE</div> <div>DF</div>
	CHOC PEANUT BUTTER PROTEIN	Dates, Peanuts, Peanut Butter, Desiccated Coconut, Pea Protein, Salt, Choc Coating (Vegetable Fat, Cocoa Powder, Emulsifier (Soy 322), Diced Peanuts, Erythritol, Stevia).	30.60	12	70G	<div>GF</div> <div>V</div> <div>SF</div> <div>VE</div>

Celebration Cakes	INGREDIENTS	PRICE \$	CARTON QUANTITY	UNIT SIZE	DIETARY REQUIREMENT
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Show-stopping large raw cakes made to celebrate — indulgent, nourishing, and free from gluten, dairy and refined sugar.

	CHOCOLATE DECADENCE	Cashew, Coconut Oil, Cacao butter, Cocoa, Almond Meal, Coconut, Date, Rice Malt syrup, Lemon, Raspberry, Beetroot, Raspberry Oil, Coconut Milk, Rose Petals, Berry Crumble, Buckwheat, Cacao Nibs.	55.00	1	20CM	<div>GF</div> <div>V</div> <div>SF</div> <div>VE</div> <div>DF</div>
	BERRY CHOC DELIGHT	Cashew, Coconut Oil, Cacao butter, Cocoa, Almond Meal, Coconut, Date, Rice Malt syrup, Lemon, Raspberry, Beetroot, Raspberry Oil, Coconut Milk, Rose Petals, Berry Crumble, Buckwheat, Cacao Nibs.	55.00	1	20CM	<div>GF</div> <div>V</div> <div>SF</div> <div>VE</div> <div>DF</div>



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