



Medfoods

PREMIUM QUALITY

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PRODUCT CATALOGUE 2026

MEDFOODS.COM.AU

Since 2003.

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ABOUT US

Founded in 2003 and based in Melbourne, Victoria, Medfoods is a leading supplier of premium local and imported foods, specialising in authentic Middle Eastern and Mediterranean products. We proudly serve Australian customers with a wide range of high-quality ingredients sourced from around the world.

Our extensive Middle Eastern range is one of our standout offerings, featuring everything from traditional spices and herbs to premium grains, legumes, and ready-to-eat specialties. We are passionate about bringing the authentic flavours of Middle Eastern cuisine to kitchens across Australia.

Beyond our core range, Medfoods offers a comprehensive selection of pantry essentials including beans, flour, rice, polenta, semolina, nuts, dried fruits, and a diverse array of exotic herbs and spices. These products are carefully curated to meet a wide range of cultural tastes, making it easy to explore global cuisine from the comfort of home.

We are especially proud to introduce our exclusive gourmet collection from Lebanon, sourced from award-winning growers and manufacturers. This premium line features signature products such as Pomegranate Molasses, Rosewater, Blossom Water, and Moughrabia, all known for their exceptional quality and authenticity.

At Medfoods, our mission is to deliver outstanding products with unwavering reliability and service. Whether supplying fine food stores, supermarkets, greengrocers, or chefs across Australia, we are committed to supporting our partners with excellence every step of the way. Discover the world of flavour with Medfoods — where quality, tradition, and service come together.



BEANS



MEDFOODS ADZUKI BEANS



MEDFOODS BARLOTTI BEANS



MEDFOODS BLACK BEANS



MEDFOODS BLACKKEYE BEANS



MEDFOODS BROAD BEANS



MEDFOODS CANNELLINI BEANS



MEDFOODS FAB BEANS SPLIT



MEDFOODS FAB BEANS WHOLE



MEDFOODS GREAT NORTHERN BEANS



MEDFOODS LIMA BEANS



MEDFOODS LUPINI HAMBURG



MEDFOODS MUNG BEANS

BEANS



MEDFOODS PINTO BEANS



MEDFOODS DARK RED KIDNEY BEANS



MEDFOODS LIGHT RED KIDNEY BEANS



MEDFOODS SMALL RED BEANS



MEDFOODS SOYA BEANS



MEDFOODS POPPING CORN

LENTILS



**MEDFOODS AUST. GREEN
BOOMER LENTILS**



**MEDFOODS AUST. RED
FOOTBALL WHOLE LENTILS**



**MEDFOODS AUST. RED
WHOLE LENTILS**



**MEDFOODS FRENCH GREEN
LENTILS**



**MEDFOODS GREEN CANADIAN
LENTILS**



**MEDFOODS GREEN SPLIT
PEAS**



MEDFOODS MOONG DAL



**MEDFOODS RED SPLIT
LENTILS**



MEDFOODS SOUP MIX



MEDFOODS YELLOW SPLIT PEAS



CHICKPEAS



MEDFOODS CHICKPEAS



MEDFOODS CHICKPEAS
LARGE



MEDFOODS CHICKPEA DESI



MEDFOODS CHICKPEAS
SPLIT

BURGUL



MEDFOODS BURGUL WITH VERMICELLI



MEDFOODS JRESH FINE



MEDFOODS LEB. BROWN COARSE BURGUL



MEDFOODS LEB. BROWN FINE BURGUL



MEDFOODS LEB. WHITE COARSE BURGUL



MEDFOODS LEB. WHITE FINE BURGUL



MEDFOODS TURK. BROWN COARSE BURGUL



MEDFOODS TURK. BROWN FINE BURGUL



MEDFOODS TURK. WHITE COARSE BURGUL



MEDFOODS TURK. WHITE FINE BURGUL



MEDFOODS TURKISH WHITE MEDIUM BURGUL

WHEAT & BARLEY



**MEDFOODS CRACKED
BARELY**



**MEDFOODS BARELY
PEARLED**



MEDFOODS BUCKWHEAT



MEDFOODS FREEKAH



MEDFOODS HABIA



**MEDFOODS KIBBLED
WHEAT**



MEDFOODS WHOLE WHEAT



**MEDFOODS RED SORGHUM
SEEDS**

RICE & BREADCRUMBS



**MEDFOODS BASMATI
GOLDEN SELLA RICE**



**MEDFOODS BROWN
RICE**



**MEDFOODS
BASMATI RICE CLASSIC**



**MEDFOODS JASMINE
RICE**



**MEDFOODS LONG GRAIN
RICE**



**MEDFOODS MEDIUM GRAIN
RICE**



**MEDFOODS
BREADCRUMBS FINE**



**MEDFOODS BREADCRUMBS
COARSE**

COUSCOUS & ZATAAR



MEDFOODS COUSCOUS



**MEDFOODS MOGHRABIEH
(COUS COUS PEARLS)**



MEDFOODS ZATAAR



MEDFOODS ZATAAR HALABI

POLENTA & SEMOLINA



**MEDFOODS POLENTA
COARSE**



**MEDFOODS POLENTA
FINE**



**MEDFOODS SEMOLINA
COARSE**



**MEDFOODS SEMOLINA
FINE**



**ALLIED MILLS
SEMOLINA FINE 12.5KG**



**BEN FURNEY
SEMOLINA COARSE 12.5KG**



FLOUR



MEDFOODS ALMOND MEAL MEDFOODS BARELY FLOUR MEDFOODS CHICKPEA/BESAN FLOUR MEDFOODS CORNFLOUR FLOUR



MEDFOODS MAIZE FLOUR MEDFOODS MILLET FLOUR MEDFOODS PLAIN FLOUR MEDFOODS RICE FLOUR



MEDFOODS RYE FLOUR MEDFOODS SELF-RAISING FLOUR MEDFOODS RED SORGHUM FLOUR MEDFOODS SPECIAL WHITE FLOUR

FLOUR



MEDFOODS WHOLEMEAL FLOUR



MEDFOODS WHITE SORGHUM FLOUR



ALLIED MILLS PERFECTION FLOUR 12.5KG



BEN FURNEY CENTURION SPECIAL WHITE FLOUR 12.5KG



MANILDRA SELF RAISING FLOUR 12.5KG



MANILDRA PLAIN FLOUR 12.5KG



MANILDRA ULTRA WHITE FLOUR 12.5KG



MANILDRA BAKERS FLOUR 12.5KG



BAKING INGREDIENTS



**MEDFOODS
BAKING POWDER**



**MEDFOODS
BICARBONATE SODA**



**MEDFOODS
CITRIC ACID**



**THE HEALTHY
BAKER INSTANT YEAST**



**MEDFOODS
MAHLEP GROUND**



MISKI POWDER/WHOLE



**MEDFOODS
VANILLA POWDER**



**MEDFOODS
VANILLA SUGAR**

SUGAR



MEDFOODS BROWN SUGAR



MEDFOODS CASTER SUGAR



MEDFOODS ICING SUGAR



MEDFOODS RAW SUGAR



MEDFOODS WHITE SUGAR



CSR RAW SUGAR 25KG



SUNSHINE SUGAR WHITE SUGAR 25KG

COCONUT & OATS



**MEDFOODS COCONUT
DESICCATED CHIPS**



**MEDFOODS COCONUT
FINE**



**MEDFOODS COCONUT
SHRED**



MEDFOODS ROLLED OATS

SEEDS



MEDFOODS BLACK SESAME SEEDS



MEDFOODS CHIA SEEDS



MEDFOODS DUKKAH (NUT FREE)



MEDFOODS LINSEED



MEDFOODS MUSTARD SEEDS BROWN



MEDFOODS NIGELLA SEEDS



MEDFOODS POPPY BLUE SEEDS



MEDFOODS PUMPKIN KERNELS



MEDFOODS QUINOA WHITE



MEDFOODS SESAME SEEDS



MEDFOODS SUNFLOWER KERNELS



NUTS



**MEDFOODS ALMOND
BLANCHED WHOLE**



MEDFOODS ALMOND FLAKES



MEDFOODS ALMOND RAW



**MEDFOODS ALMOND
SLIVERED**



MEDFOODS ALMOND SPLIT



MEDFOODS CASHEWS RAW



**MEDFOODS PEANUT RAW
BLANCHED**



**MEDFOODS PEANUTS IN
SHELL**



MEDFOODS PEANUTS RAW



MEDFOODS PINENUTS



**MEDFOODS PISTACHIO
KERNELS**



MEDFOODS WALNUTS

DRIED FRUITS



MEDFOODS APRICOT DRIED



MEDFOODS BANANA CHIPS



MEDFOODS CRANBERRIES



MEDFOODS CURRANTS



MEDFOODS PINEAPPLE RINGS



MEDFOODS GINGER CRYSTAL



MEDFOODS MANGO DRIED



MEDFOODS PAW PAW DICED



MEDFOODS PAW PAW SPEARS



MEDFOODS PINEAPPLE DICED



MEDFOODS PRUNES PITTED



MEDFOODS RAISINS (JUMBO)

DRIED FRUITS



MEDFOODS SULTANA

DATES



DATE CROWN DATE PASTE



DATE CROWN LULU DATE



MEDFOODS PITTED DATES

SALT



MEDFOODS FINE SALT



**MEDFOODS GOURMET
CRYSTAL SALT**



**MEDFOODS HIMALAYAN
COARSE SALT**



**MEDFOODS HIMALAYAN FINE
PINK SALT**



**MEDFOODS HIMALAYAN ROCK
SALT**



**OLSSON'S SEA SALT ROCK
10KG**



**OLSSON'S SEA SALT
COOKING 10KG**



SWEET & SAVOURY DELIGHTS



**MEDFOODS
CORN NUTS - BBQ**



**MEDFOODS
CORN NUTS - CHILLI**



**MEDFOODS
CORN NUTS - NACHO**



**MEDFOODS
PRETZELS**



**MEDFOODS
SESAME BARS**



**MEDFOODS
RICE CRACKERS**



**MEDFOODS SUNFLOWER
SEEDS SALTED**



**MEDFOODS SUNFLOWER
SEEDS UNSALTED**



**MEDFOODS TURK. PUMPKIN
SEEDS DOUBLE ROASTED**



**MEDFOODS TURK. PUMPKIN
SEEDS WHITE ROASTED**



**MEDFOODS WHITE PUMPKIN
SEEDS ROASTED & SALTED**



**MEDFOODS CASHEWS
ROASTED & SALTED
(SKIN ON)**

SWEET & SAVOURY DELIGHTS



**MEDFOODS CHICKPEAS
DOUBLE ROASTED**



**MEDFOODS CHICKPEAS
COLOUR**



**MEDFOODS CHICKPEAS
WHITE ROASTED**



**MEDFOODS CHICKPEAS
YELLOW ROASTED**



SPICES, HERBS & SEASONINGS



**MEDFOODS
7 MIXED SPICES**



**MEDFOODS
ANISEED GROUND**



**MEDFOODS
ANISEED WHOLE**



**MEDFOODS
ANISEED STAR**



MEDFOODS BASIL



MEDFOODS BAY LEAVES



**MEDFOODS
BBQ SPICES**



**MEDFOODS BIRYANI MIXED
SPICES**



**MEDFOODS
BLACK PEPPER CRACKED**



**MEDFOODS
BLACK PEPPER GROUND**



**MEDFOODS
BLACK PEPPER WHOLE**



**MEDFOODS
CAJUN SPICES**

SPICES, HERBS & SEASONINGS



**MEDFOODS
CARDAMON FINE**



**MEDFOODS
CARDAMON PODS**



**MEDFOODS
CARRAWAY GROUND**



**MEDFOODS
CARRAWAY SEED**



**MEDFOODS
CASSIA STICKS**



**MEDFOODS
CAYENNE PEPPER**



**MEDFOODS CHARCOAL
CHICKEN SEASONING**



**MEDFOODS CHICKEN
MARINADE MILD**



**MEDFOODS CHICKEN MIXED
SPICES**



**MEDFOODS CHILLI
POWDER HOT**



MEDFOODS CINNAMON BARK



**MEDFOODS
CINNAMON GROUND**

SPICES, HERBS & SEASONINGS



MEDFOODS CLOVES GROUND



MEDFOODS CLOVES WHOLE



MEDFOODS CORIANDER GROUND



MEDFOODS CORIANDER WHOLE



MEDFOODS CRUSHED CHILLI HOT



MEDFOODS CUMIN GROUND



MEDFOODS CUMIN SEEDS WHOLE



MEDFOODS CURRY POWDER HOT



MEDFOODS CURRY POWDER MILD



MEDFOODS DILL TIPS DRY



MEDFOODS DRY MINT FLAKES



MEDFOODS FALAFEL SPICES

SPICES, HERBS & SEASONINGS



**MEDFOODS
FENNEL GROUND**



MEDFOODS FENNEL SEED



**MEDFOODS
FENUGREEK GROUND**



**MEDFOODS
FENUGREEK SEED**



MEDFOODS FISH SPICE



**MEDFOODS
GARAM MASALA**



**MEDFOODS
GARLIC GRANULES**



**MEDFOODS
GARLIC POWDER**



**MEDFOODS
GINGER FLAKES/KIBBLED**



**MEDFOODS
GINGER GROUND**



**MEDFOODS HERB AND GARLIC
SEASONING**



**MEDFOODS
ITALIAN MIXED HERBS**

SPICES, HERBS & SEASONINGS



**MEDFOODS
KABISA SPICES**



**MEDFOODS
KARKADEH (HIBISCUS TEA)**



**MEDFOODS
LAMB SEASONING**



**MEDFOODS LEMON PEPPER
SEASONING**



**MEDFOODS
MAJORAM GROUND**



**MEDFOODS
MANSEF SPICE**



MEDFOODS MIXED HERBS



**MEDFOODS
MIXED SPICES**



**MEDFOODS
MOGHRABIA SPICES**



**MEDFOODS
MOROCCAN SPICES**



**MEDFOODS
NUTMEG GROUND**



**MEDFOODS
NUTMEG WHOLE**

SPICES, HERBS & SEASONINGS



**MEDFOODS
ONION FLAKES**



**MEDFOODS
ONION POWDER**



**MEDFOODS
OREGANO FLAKES**



**MEDFOODS
OREGANO GROUND**



MEDFOODS PAPRIKA HOT



**MEDFOODS
PAPRIKA SMOKED**



**MEDFOODS
PAPRIKA SWEET**



**MEDFOODS
PARSLEY FLAKES**



**MEDFOODS
PIMENTO GROUND**



**MEDFOODS
PIMENTO WHOLE**



**MEDFOODS
RAS EL HANOUT SPICES**



**MEDFOODS
ROSEMARY**

SPICES, HERBS & SEASONINGS



MEDFOODS SAGE LEAVES



**MEDFOODS
SHAWARAMA SPICES**



MEDFOODS SUMAC



**MEDFOODS THYME
RUBBED**



**MEDFOODS
TUMERIC GROUND**



**MEDFOODS
WHITE PEPPER GROUND**



**MEDFOODS
WHITE PEPPER WHOLE**



**MEDFOODS
FIRESIDE FAMILY FAVOURITES SPICE GIFT PACK**



MIDDLE EASTERN



MEDFOODS FALAFEL MIX



**MEDFOODS MAHALABIA
DESSERT MIX**



**MEDFOODS MEGHLI
DESSERT MIX**



**MEDFOODS SAHLAB
DESSERT MIX**



**MEDFOODS MLOUKHIEH
LEAVES DRY**



**MEDFOODS STUFFED
EGGPLANT (MAKDUS)**



**MSALLEM VINE
LEAVES IN BRINE**

OLIVE OIL, VINEGAR & LEMON JUICE



MEDFOODS OLIVE OIL



MEDFOODS WHITE VINEGAR



MEDFOODS LEMON JUICE



MOLASSES & JAMS



**MEDFOODS CAROB
MOLASSES**



**MEDFOODS DATES
MOLASSES**



**MEDFOODS GRAPE
MOLASSES**



**MEDFOODS POMEGRANATE
100% MOLASSES**



**MEDFOODS POMEGRANATE
MOLASSES**



MEDFOODS APRICOT JAM



**MEDFOODS FIG JAM
WITH WALNUTS**



**MEDFOODS STRAWBERRY
JAM**

SYRUPS



**MEDFOODS JALLAB
SYRUP**



**MEDFOODS MULBERRY
SYRUP**



MEDFOODS ROSE SYRUP



**MEDFOODS POMEGRANATE
SYRUP**



**MEDFOODS ORANGE
BLOSSOM WATER**



MEDFOODS ROSE WATER

CANNED CHICKPEAS, BROAD BEANS, FAVA BEANS & MIDDLE EASTERN DIPS



MEDFOODS BOILED CHICKPEAS



MEDFOODS COOKED BROAD BEANS



MEDFOODS FAVA BEANS (FOUL MOUDAMAS)



MEDFOODS FAVA BEANS (FOUL MOUDAMAS) EGYPTIAN RECIPE



MEDFOODS FAVA BEANS (FOUL MOUDAMAS) WITH CHILLI



MEDFOODS FAVA BEANS (FOUL MOUDAMAS) WITH CUMIN



MEDFOODS FAVA BEANS AND CHICKPEAS



MEDFOODS CHICKPEA DIP (HUMMUS)



MEDFOODS EGGPLANT DIP (BABA GANOUSH)

HALAWA



**AL NAKHIL HALAWA
CHOCOLATE**



**AL NAKHIL HALAWA
COTTON CANDY**



**AL NAKHIL HALAWA
PISTACHIO**



**AL NAKHIL HALAWA
PLAIN**



**AL NAKHIL HALAWA PLAIN
SUGAR FREE**



TAHINA



AL NAKHIL TAHINA

PICKLED VEGETABLES & OLIVES



MSALLEM CHILLI PEPPERS



**MSALLEM LUPINI IN BRINE
PICKLED**



MSALLEM MXED PICKLES



**MSALLEM PICKLED
CUCUMBERS**



**MSALLEM PICKLED
SLICED TURNIPS**



**MSALLEM SLICED JALAPENO
PEPPERS**



**MSALLEM WILD CUCUMBER
(MIKTI)**



**MSALLEM NATURAL GREEN
OLIVES**



**MSALLEM NATURAL
GREEN SLICED OLIVES**



TEA, COFFEE & NATURAL SEED OIL



COFFEX TURKISH COFFEE



NUTRI-SLIM TEA



HEMANI BLACK SEED OIL

EGG NOODLES



**SAN REMO EGG
NOODLES**



**SAN REMO SHORT CUT
VERMICELLI**



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