

# THE CRUELTY FREE LIST of Dairy Alternatives!

[www.facebook.com/MelbourneCowSave/](http://www.facebook.com/MelbourneCowSave/)



## Did you know ...

... dairy cows are forcibly impregnated every 12 months so they can produce a calf that is then removed so that their milk can be used for human consumption instead of feeding her baby? Like all mothers, a cow puts a lot of nutrients, growth hormones and fats from her own body into her milk to help her small calf grow into a big, strong, healthy animal. Due to the constant state of production, her body lasts about 5 years before she becomes worn out, considered "spent" and sent to slaughter (regardless of her pregnancy state at the time).

If the calf is male, he is usually considered a "waste product" of the dairy industry and killed at about 5 days old. If she is a cow, she is lucky enough



**There are NO animal products in any of the listed products and many of them are available at Coles, Woolies, Aldi & IGA.**

**"If you could live a happy, healthy life without hurting others, why wouldn't you?"**

All information correct at time of publishing, Apr 2017

## These stores are likely to have a large variety of the non mainstream foods listed:

- About Life (Port Melbourne)
- Aunt Maggies (Malvern, Fitzroy)
- The Cruelty Free Shop (Fitzroy)
- Four Cousins (Parkdale)
- Global Green (Braybrook)
- La Manna (Essendon Fields)
- Organic Wholefoods (Flemington, Brunswick, Fitzroy)
- Perfect Pantry (Elsternwick)
- Prahran Convenience (Prahran)
- The Raw Food Store (Mt Macedon)
- Rishon Foods (Balaclava)
- Smith & Deli (Fitzroy)
- Sunnybrook (Ormond)
- Terra Madre (Northcote)
- Vegan Perfection (Online)
- Vegan Online (Online)
- Vincent Vegetarian (Footscray)
- Wholefood Merchants (Ferntree Gully)

## MILK

### \*Coles/Woolies/IGA\*

#### Australia's Own

Entire Organic Non Dairy Milk range

#### Blue Diamond

Entire Almond Breeze range

#### Bonsoy \* All plant based

#### Coles

- Unsweetened Almond Milk
- Regular Soy Milk
- Lite Soy Milk
- Rice Milk

#### Macro

- Organic Almond Milk
- Organic Rice Milk
- Organic Soy Milk

#### Pureharvest

Entire range of milks

#### Sanitarium

Entire So Good range

#### Suncoast Gold

\* All plant based

- Macadamia Milks



### Vitasoy

- Almond Milk Unsweetened
- Almond Milk Original
- Coconut Milk Original
- Coconut Milk Unsweetened
- Soy Milky Regular
- Soy Milky Lite
- Soy Milky Vanilla
- Soy Milky Iced Coffee
- Soy Milky Chocolate
- Organic Soy Milk Reduced Fat
- Organic Soy Milk Original
- Oat Milk Unsweetened
- Rice Milk Original
- Rice Milk enriched with Chickpeas and Calcium

### Woolies Select

- Original Almond Milk
- Unsweetened Almond Milk
- Rice Milk
- Regular Soy Milk

### \*Aldi\*

### Inner Goodness

- Soy Supreme Regular Soy Milk
- Soy Supreme Light Soy Milk
- Almond Supreme Original
- Almond Supreme Unsweetened
- Just Organic Soy Milk

## BUTTER

### Cocoland \* All plant based

(Cruelty Free Shop, Vegan online)

- Coconut Spread

### Half Pint Dairy \* All plant based

[halfpintvegandairy.com.au](http://halfpintvegandairy.com.au)

(Stockists on their website)

- Butter Me Up

### Melrose

- Melrose Premium Omega 3 Spread

### Miyoko's Kitchen

(Stockists listed above)

\* All plant based

- European Style Cultured Butter

### My Life Bio \* All plant based

(Palm Oil Free)

- Bio Buttery

### Nuttelex

(Coles, Woolies, IGA, Aldi)

- Nuttelex with Coconut Oil
- Nuttelex Original
- Nuttelex Buttery
- Nuttelex Olive
- Nuttelex Lite
- Nuttelex Pulse Buttery
- Nuttelex Kosher
- Nuttelex Olive Lite



# CHOCOLATE

## Alter Eco (Coles)

- Dark Sea Salt
- Dark Quinoa
- Dark Cacao
- Dark Almond
- Dark Mint
- Dark Blackout

## Cadbury (Coles, Woolies)

- Fry's Orange Cream Chocolate Bar
- Fry's Peppermint Cream Choc Bar
- Fry's Chocolate Cream Choc Bar

## The Chocolate Counter (Coles)

\* All plant based

## Coles (Coles)

- Homebrand Dark Chocolate
- Belgian 70% Dark Chocolate
- Belgian 85% Dark Chocolate

## Conscious Choc \* All plant based

## Eskal Noble

- Dark Chocolate Block
- Dark Chocolate Raspberry Block
- Dark Almond Chocolate Block

## Go Max Go \* All plant based

## Green & Blacks (Woolies)

- Organic Dark 70%
- Organic Dark 85%

## Just Organic (Aldi)

- Dark Chocolate

## Lindt (Coles, Woolies)

- 70% Cocoa
- 85% Cocoa
- Excellence Smooth Blend 70% Choc

## Loving Earth \* All plant based

## Madecasse (Oxfam)

- Dark Chocolate

## Moo Free (some Coles & Woolies)

\* All plant based

## Moser Roth (Aldi)

- Finest Dark 70% Cocoa Chocolate
- Finest Dark 85% Cocoa Chocolate
- Finest Dark Choc Orange & Almond
- Finest Dark Chocolate with Sea Salt
- Finest Dark Chocolate with Ginger
- Finest Dark Chocolate with Mint
- Finest Dark Chocolate with Chilli
- Finest Dark Choc with Cranberry

## Origin (Oxfam Shop)

- Organic Dark Choc Ghana 55%
- Organic Dark Choc Peru 85%

## The Chocolate Yogi \* All plant based

## Oxfam Fair (Oxfam Shop)

- Oxfam Fair Dark Chocolate

## Pana Chocolate \* All plant based

## Pico Chocolate \* All plant based

## Ritter Sport

- 50% Cocoa Dark Chocolate Bar
- Marzipan Dark Chocolate Bar

## Seed and Bean \* All plant based

## Sweet William

(some Coles & Woolies)

\* All plant based

## Trade Aid

- Sri Lankan Spices Dark Choc Block
- Crisp Mint Dark Chocolate Block
- Pure Dark Chocolate Block
- Salt Toffee Crisp Dark Choc Block
- Sweet Almond Dark Chocolate Block

## Whittakers (Woolies and Big W)

- Ghana Peppermint
- Dark Peppermint (mini size 12pkt)
- Dark Ghana
- Dark Almond
- Rum and Raisin
- Dark Chocolate Peanut Slab

## Willie's Cacao (Coles)

- Luscious Orange Chocolate Bar
- Peruvian Gold Chocolate Bar
- Ginger Lime Chocolate Bar

## Vego \* All plant based

# CREAM

(Stockists listed on page 1)

## Alpro \* All plant based

## Damona \* All plant based

- Whipping Cream (in the fridge)

## Isola Bio \* All plant based

- Rice Cream
- Millet Cream
- Coconut Cream

## Provamel \* All plant

- Organic Soy Cream

## Soyatoo \* All plant based

- Rice Whip Cream (can or box)
- Soy Whip Cream (can or box)
- Coconut Whip (box)

## Tofutti \* All plant based

- Sour Supreme (Sour Cream)

# YOGHURT

## Alpine

- (Woolies & independent grocers)
- Natural Coconut Yoghurt

## Born Cultured

[borncultured.com.au](http://borncultured.com.au)

(Stockists listed on their website)

- Natural Coconut Yoghurt
- Acai & Raspberry Coconut Yoghurt
- Mango and Lime Coconut Yoghurt
- Vanilla Chai and Apple

## Cocobella

(Coles, Woolies, IGA, 7-Eleven)

- Natural Coconut Yoghurt
- Vanilla Coconut Yoghurt

## Co-Yo

[coyo.com](http://coyo.com)

(Stockists listed on their website)

\* All plant based

## Kingland

(Coles and Woolies)

\* All plant based

## Nakula

[nakula.com.au](http://nakula.com.au)

(Stockists on their website)

\* All plant based

## No Udder

(Coles and independent grocers)

\* All plant based

## Nudie

(Coles and Woolies)

- Coconut Yoghurt Vanilla
- Coconut Yoghurt Blueberry
- Coconut Yoghurt Original

## Pura Veda \* All plant based

- Monk Fruit Coconut Yoghurt
- Agave Coconut Yoghurt

## Soy Life

(Coles and Woolies)

- Vanilla Creme Soy Yoghurt





# CHEESE

All companies listed here are 100% plant based! ☺

(Unless marked otherwise likely stockists are as listed on page 1)

## Angel Food

[angelfood.co.nz](http://angelfood.co.nz)

- Dairy Free Parmesan Original
- Dairy Free Smoky Parmesan



## AVS Organic

[avsorganicfoods.com.au](http://avsorganicfoods.com.au)

(Stockists listed on their website)

- Kale Muenster
- Nut Parmesan
- Cheddar Melty
- Baked Almond
- Blue Style.
- Soy, Lemon, Chives and Dill.
- Cashew with sundried tomato.
- Cashews with Miso



## Blue Lotus

[bluelotusfoods.com.au](http://bluelotusfoods.com.au)

- To-Fetta Deliziosa

## Botanical Cuisine

[botanicalcuisine.com](http://botanicalcuisine.com)

(Stockists listed on their website)

- Classic Cashew Cheese
- Lemon and Dill Cashew Cheese.
- Paleo Philly Cashew Cheese
- Paleo Tumeric Cashew Cheese



## Cheezyly

- Parmesan Style
- White Cheddar
- Super Melting Mozzarella
- Super Melting Edam
- Super Melting Nacho Cheese
- Super Melting Soy Free
- Super Melting Blue Cheese
- Red Cheddar Style



## Daiya

[daiyafoods.com](http://daiyafoods.com)

- Classic Blend Shreds
- Mozzarella Style Shreds
- Cheddar Style Shreds
- Pepperjack Style Shreds
- Cheddar Style Slices
- Swiss Style Slices
- Provolone Style Slices
- Jalapeño Harvati Style Block
- Medium Cheddar Style Block
- Monterey Jack Style Block
- Smoked Gouda Style Block
- Plain Cream Cheese Style Spread
- Strawberry Cream Cheese Spread
- Chive & Onion Cream Cheese Spread



## Damona

[damona.com.au](http://damona.com.au)

- Bocconcini
- Brie
- Pepperjack
- Mozzarella
- Baked Almond Feta



## Follow Your Heart

[followyourheart.com](http://followyourheart.com)

- Pepperjack Style
  - Smoked Gouda Style
  - Provolone Style
  - Garden Herb Style
  - Mozzarella Style
  - American Style
  - Parmesan Style
  - Pizzeria Shreds
  - Cheddar Shreds
- and their gourmet cheese selection



## GreenVie Foods

[greenviefoods.com](http://greenviefoods.com)

- Cheddar Slices
- Gouda Slices.
- Mozzarella Slices
- Smoked Gouda
- Parmesan Grated
- Cheddar Block
- Gouda Block
- Mozzarella Block
- Smoked Gouda
- Special for Pizza
- Mediterranean Feta



## Kingland

[kingintl.com.au](http://kingintl.com.au)

(Coles, Woolies, IGA & he stores)

- Soy Cream Cheese
- Soy Cheddar



## Miyoko's Kitchen

[miyokoskitchen.com](http://miyokoskitchen.com)

- Fresh Vegan Mozz
- Classic Double Cream Chive
- Double Cream Sundried Tomato Garlic
- High Sierra Rustic Alpine
- French Style Winter Truffle
- Aged English Sharp Farmhouse
- Aged English Smoked Farmhouse
- Country Style Herbs de Provence
- Double Cream Garlic Herb



## MyLife BioCheese

[mylifebio.net.au](http://mylifebio.net.au)

(Coles, Woolies, IGA)

- Original Block
- Original Slices.
- Cheddar
- Pizza Shred



## Notzarella [notzarella.com.au](http://notzarella.com.au)

- Pizza Cheese



## Peace, Love & Vegetables

[peaceandvegetables.com.au](http://peaceandvegetables.com.au)

- Activated Cashew Cheese Dill



## Sheese

[buteisland.com](http://buteisland.com)

- Blue Sheese
- Cheshire Sheese
- Gouda Sheese
- Mozzarella Sheese
- MELTY Mild Cheddar Sheese
- MELTY Red Cheddar Sheese
- Strong Cheddar Sheese
- Cheddar Sheese with Chives
- Smoked Cheddar Sheese
- Medium Cheddar Sheese



## Sprout and Kernel

[sproutandkernel.com](http://sproutandkernel.com)

- Traditional Cashew Nut Cheese
- Pepper Crusted Cashew Nut Cheese
- Sprout Cashew Cheddar Nut Cheese.
- Macadamia Nut Cheese
- Aged Cashew Nut Cheese
- Chive Cashew Nut Cheese
- Meltarella Cashew Nut Cheese



## Tofutti

[tofutti.com/australia/](http://tofutti.com/australia/)

- Soy Cheese Slices American
- Soy Cheese Slices Mozzarella
- Better Than Ricotta Cheese
- Better Than Cream Cheese Original
- Better Than Cream Cheese French Onion
- Better Than Cream Cheese Herbs & Chives



## The Vegan Dairy

[thevegandairy.com.au](http://thevegandairy.com.au)

- Persian Feta Garden Herb Cheese.
- Persian Feta Lemon Rind, Black Pepper & Thyme Cheese.
- Cream Cheese Herb and Garlic.
- Cream Cheese Red Bell Pepper.



## Vegusto

[vegusto.com](http://vegusto.com)

- No Moo Mild and Soft Cheese
- No Moo Melty Cheese
- No Moo Classic Cheese
- No Moo Mildly Aromatic Cheese.
- No Moo Piquant Cheese
- No Moo Classic Blue Cheese



# (N)ICE CREAM

**Ben & Jerry's Non Dairy Ice cream**  
(Prahran Convenience, Perfect Pantry & Smith & Deli usually stock them)

- Chunky Monkey
- Chocolate Fudge Brownie
- Coffee Caramel Fudge
- Peanut Butter & Cookies

**CocoFrio Dairy & Gluten Free**  
[coco frio.com.au](http://coco frio.com.au)

(Stockists on their website)

- Choc Coconut
- Choc Raspberry Ripple
- Vanilla, Sticky Date & Pecan
- Iced Coffee
- Hazelnut
- Mango
- Black Sesame
- Salted Caramel
- Caramel Honey Macadamia
- Naked Coconut

\* All plant based



**CocoLuscious**  
[cocoluscious.com.au](http://cocoluscious.com.au)

- Vanilla Bean
- Iced Espresso
- Raspberry Burst
- Gooney Fudge Brownie
- Vanilla Choc Chip
- Strawberry Fields
- Coconut Dream
- Chocolate Peanut Butter
- Cookies 'n' Cream

\* All plant based



**Coconut Bliss**  
[coconutbliss.com.au](http://coconutbliss.com.au)

(Available at health food stores and independent grocers)

- Vanilla Island
- Dark Chocolate
- Salted Caramel & Chocolate
- Chocolate Peanut Butter
- Chocolate Hazelnut Fudge
- Chocolate Walnut Brownie
- Mint Galactica
- Naked Coconut
- Cherry Amaretto
- Ginger Cookie Caramel
- Cappuccino
- Mocha Maca Crunch
- Summer Berry

\* All plant based



**Coles Sorbet.**

- Lemon Sorbet

**Co-Yo Coconut Ice cream**  
[coyo.com/au](http://coyo.com/au)

(Stockists on their website)

- Banana and Roasted Wattleseed
- Blood Orange and Mango
- Sea Salted Caramel
- Vanilla Bean and Nutmeg

\* All plant based



**Fry's Family Food Artisan Coconut Ice cream**

[fryfamilyfood.com/au](http://fryfamilyfood.com/au)

(Stockists on their website)

- Madagascan Vanilla Bean
- Just Toasted Coconut
- Tons of Cookies
- Salted Caramel
- Vanilla Bean Espresso

\* All plant based



**Gelativo Dairy Free Sorbet**  
[gelativo.com](http://gelativo.com)

(Available in Woolies and IGA)

- Passionfruit Sorbet
- Mango Sorbet
- Strawberry Sorbet
- Lemon Lime Sorbet
- Tropical Fruits Sorbet

**Nushie's Natural Vegan Ice cream**  
[nushiesnatural.com.au](http://nushiesnatural.com.au)

(Stockists on their website)

\* All plant based

**Over The Moo**  
[overthemoo.com.au](http://overthemoo.com.au)

(Stockists on their website & selected Woolies and IGAs)

- Vanilla Bean Missing You
- Choc! Choc! Who's there?
- The Espresso Lane
- mmMangooo!
- I fell for Caramel
- Ginger Ninja Karate Chop
- Pandan Pecan Party
- Me! Me! Black Sesame!
- Matcha Made in Heaven

\* All plant based



**So Delicious Dairy Free**  
[acrossthepacific.com.au](http://acrossthepacific.com.au)

(Available at health food stores & some IGAs)

Cashew Milk:

- Chocolate Cookies N' Cream
- Very Vanilla
- Cappuccino
- Creamy Cashew
- Dark Chocolate Truffle

Coconut Milk:

- Chocolate
- Chocolate Peanut Butter Swirl
- Coconut
- Cookie Dough
- Mint Chip

Almond Milk:

- Chocolate
- Mint Chip
- Mocha Almond Fudge
- Vanilla
- Cookies N' Cream

Soy Milk:

- Chocolate Velvet
- Creamy Vanilla
- Neopolitan
- Peanut Butter Zig Zag

\* All plant based



**So Good**

(Coles & Woolies)

- Almond Salted Caramel
- Almond Coconut Mango
- Almond Choc Almond
- Almond Coconut Vanilla
- So Good Vanilla Bliss
- So Good Chocolate Bliss

**Weis Sorbet**  
[weis.com.au](http://weis.com.au)

(Coles and Woolies)

(Currently only the one flavour is vegan, but Weis have stated they will be transitioning their other flavours to vegan in the near future)

- Mango Sorbet

**Zebra Dream Coconut Ice cream**  
[zebradream.com](http://zebradream.com)

(Stockists on their website)

- Mint & Pana Choc Chip
- Lemongrass Caramel
- Salted Caramel
- Strawberry Baobab
- Chocolate Delight
- Wild Choc Orange
- Vanilla Dream
- Luscious Latte

\* All plant based

