

# Wholesale restaurant favourites with an *ethical twist*

Hand Sourced is a one-of-a-kind, grass-roots level niche supplier that delivers authentic rare, endangered, and heritage lines of poultry, meat, and fully wild harvested game directly from farmers and harvesters. We are committed to **small, boutique Australian producers** who breed, raise and process on farm; and maintain chemical free chains from conception to finished product. Our **wild game is** grazed on natural bushland; **harvested at night, and** ethically processed. **ALL** our animals are chemical and synthetic feed free, live active, outdoor lives, and are processed using air chilling and hand finishing techniques. Chemicals and chlorine are not permitted in any of our affiliated abattoirs. We return 100% of the costs to the producer and currently support 15 small family farms across Australia.

## **Natural breeding cycles.**

The "big deal" about on-farm poultry breeding is that most Aussie farms no longer join (breed) on their own land, electing instead to buy young to raise and sell. The Australian farming system is supported by large, intensive factory farming corporations that house **parent breeding stock** in large indoor sheds and cultivate to sell young livestock and day-old poultry to small scale farms that then grow and label as 'free range,' 'organic,' 'regeneratively farmed' or 'pasture raised'. The purchase of those animals can still support large-scale production of intensively bred stock. You need to consider the **breeds**, and **where the breeding occurs**, to support an ethical change.

**We offer an alternative:** farmers who have spent years working with genetics, and breed progeny on farm to develop full blood produce.

Led by sole trader, Shirley Haring, Hand Sourced operates in complete transparency, with an unwavering focus on the farmers with whom we collaborate, and we take our responsibility to supply premium quality produce seriously. **No chemicals, hormones, additives, or nasties.** Our small family-owned business has been recognised by ABC Landline, Australian Food Sovereignty, AHA, and Telstra Business for its contribution to ethical food supply. In 2024, we moved our cold stores to Sydney to help our rural based small-scale producers reduce food miles.

If you would like to all products available to you as a Public Wholesale customer, please email me on [shirley@handsourced.com.au](mailto:shirley@handsourced.com.au). I am much more than pretty pictures!



# Heritage Breed Poultry

"This is a magnificent chicken.

I come from the Bresse region in France and it is like our Poulet de Bresse.

From the minute I took it out of the packet I knew the smell was like home. After a few minutes of cooking we knew we had something special."

**Jacques Reymond**

**Preserving Genetics:** Heirlooms are traditional varieties of fruit and vegetables that are not always readily available, such as beefsteak tomatoes and kipfler potatoes. These are traditional plant varieties that were popular prior to industrial-scale farming. You would have discovered them in your grandparents' gardens.

**Heritage breeds** are the livestock equivalent of heirloom vegetables, - the type of meat and poultry that your grandparents might have raised. Heritage breeds grow longer, live better, natural lives without crossbreeding genetic problems. And - Heritage breeds taste better.

*All birds are processed, hand finished, and hand packed on farms without the use of bleach or chemicals, and labelled by the farm on which they are grown.*

- Small family farms
- Ethically managed, regeneratively farmed
- Award winning
- Hand processed, finished and packed on farm.





# Chicken

Almost all small farm and meat chickens in Australia grow Cobb/Ross breeds known as 'white broilers' (with an 'r'). White broiler chickens, including organic, are slaughtered at a young age and rarely live past 6 weeks.

We stock only **heritage/rare breed** chicken. It's a pricier product because it's not commercially altered for the meat market and is allowed to grow for three times as long as conventional poultry. We prefer natural heritage birds that thrive outside in Australian conditions and live a long, natural life.

*They look, cook, and taste completely different.*

## **Instructions and Ordering Guide:**

For **wholesale cartons of a single product**, please use the links provided on each product. If a product isn't linked, you can order wholesale cartons by emailing me directly.

Pricing provided **on the website** is for whole cartons of single product.

Pricing provided **in this document** is for mixed cartons, regardless of size. Discounts may apply to larger quantities.

## **Creating a mixed carton:**

- Any item below can be added to a whole **mixed carton**. Please choose by the kg (i.e. 5kg breasts) or the unit (1 x 2.5kg chicken; 2 x single pies) to fill a 7-9kg, or 15-16kg total. Instructions are [available here](#).
- Be sure to include a 'flexi item' — this is any item from the list below that the farmer can use to fill any remaining space in your carton to ensure it's packed to capacity. A full explanation is provided in the [directions](#).

When you're ready to place your customised mixed carton order, [head here](#).

## **Information:**

[About Grassland's Sommerlad Heritage Chicken](#)

[About the use of bleach in chicken processing](#)

[Quick Cooking Guide](#)

**Histamine Friendly**

[Recipes and more](#)

## Grassland Sommerlad Heritage Poultry Pricelist: Public Wholesale 2025-26

**Please note:** Prices listed below apply to **custom mixed cartons**. Full cartons of a **single product** attract a small discount which is reflected in the prices listed on our **website**. **Example:** A full carton of chicken breasts costs \$41.99/kg when ordered via the website. The same product as part of a mixed carton is \$42.49/kg. You can view each product on the website by clicking on the blue hyperlink provided. All ‘bags’ are vacuum sealed double strength.

Product	Size per unit	Order Notes	PPK
<b>Raw Product: Whole Birds</b>			
<i>Halved, quartered, or feet and heads left on by request.</i>			
<i>Tip: Save your bones in the freezer then simmer slowly for deep, rich stock — the foundation for soups, sauces, or risottos.</i>			
<b>Sommerlad Heritage Chicken</b> <a href="#">Whole chickens</a> <i>Grown 14-16 weeks</i>	1.5–2.7kg per bird	Request in 200g increments: ie 1.7-1.9kg; 1.9-2.1kg; 2.3-2.5kg etc, up to 3.5kg+	\$26.99kg
<b>Sommerlad Heritage</b> <a href="#">Roosters or cockerels</a> <i>Grown 16-20 weeks</i> <b>Mature Rooster Whole</b> <i>Grown 20+ weeks *when available</i>	2.5-3.8kg per bird	Request in 300g increments: ie 2.5-2.8kg; 2.8-3.1kg; etc, up to 3.5kg+	\$26.99kg
<b>Whole boneless rolled (Ballotine)</b> <i>Something for celebrations, a small ballotine will easily feed 6 people.</i>	To order	Request from 1.3kg-1.7kg ea.	\$63.49kg
<b>Raw Product: Portions</b>			
<b>Sommerlad Heritage <a href="#">Breasts</a>, skin on – skinless by request</b> <i>One breast per person is more than ample, heritage birds are large with good size muscles. Not dry, moist and easy to cook. Great for pan frying, simmering, or kid’s nuggety snacks.</i>	Skin on packed in pairs; skinless packed in 1kg bags.  2 breasts equal approx. 400-500g.	Order by the pack (pair) or the kilogram. Specify skin on or skin off. Skin on is the default.	\$42.49kg
<b>Sommerlad Heritage <a href="#">Marylands</a></b> <i>Marylands are large, one per person is ample. Succulent dark meat, perfect for roasting, grilling, or slow braising for deep, flavourful meals. Save your bones!</i>	Packed in pairs. Typically, 175–200g each, though sizes vary.	Order by the pack (pair) or the kilogram.	\$41.99kg
<b>Sommerlad Heritage <a href="#">Drumsticks</a></b> <i>Juicy and full of flavour, drumsticks are perfect for marinating and roasting, grilling, or slow cooking. Save your bones!</i>	1kg bags	*Limited to 3kg per order. Order by the kilogram.	\$28.49kg
<b>Sommerlad Heritage <a href="#">Wings</a></b> <i>Large and succulent, perfect for finger food. Simply season with your favourite rub and roast for a Friday night fake-away. Save the bones!</i>	1kg bags	Order by the kilogram.	\$22.49kg
<b>Sommerlad Heritage Chicken, <a href="#">Minced</a></b> <i>Premium mince with a balanced mix of dark and light meat, plus natural fat for flavour. -(Pet mince available at a discount, please ask)</i>	500g or 1kg bags	Order by the kilogram and specify your bag size.	\$31.99kg
<b>Sommerlad Heritage Chicken: <a href="#">Thigh cutlets</a> on the bone</b> <i>The ‘ribeye fillet’ of the chicken world: tender dark meat with a beautiful crispy skin. Perfect for roasting, pan-frying, or adding depth to slow-cooked dishes. Rich in flavour and quick to prepare. Save your bones!</i>	1kg bags – usually 5-6 cutlets	Order by the bag or by the kilogram.	\$56.81kg
<b>Offal and Bone:</b>			
<b>Sommerlad Heritage Chicken, <a href="#">Liver</a></b>	500g bags	Order by the pack or by the kilogram	\$29.99kg
<b>Sommerlad Heritage Chicken, <a href="#">Hearts</a></b>	500g bags	Order by the pack or by the kilogram	\$18.49kg
<b>Sommerlad Heritage Chicken, <a href="#">Giblets</a></b>	1kg bags	Order by the pack or by the kilogram	\$26.49kg
<b>Sommerlad Heritage Chicken, <a href="#">Necks</a></b>	1kg bags	Order by the pack or by the kilogram	\$14.49kg
<b>Sommerlad Heritage Chicken, <a href="#">Feet</a></b> <i>Rich and gelatinous, these chemical- and chlorine-free feet add natural body to soups, stews, and</i>	1 kg bags	Order by the pack, or by the kilogram.	\$17.49kg

<i>broths. The secret to deeply flavoured, silky stock, they're ideal for slow simmering and long cooking.</i>			
<b>Sommerlad Heritage Chicken, <a href="#">Heads</a></b>	25 per bag (vac packed)	Order by the pack, or by the number of heads.	\$0.60 per head
<b>Sommerlad Heritage Chicken, <a href="#">Frames/carcasses</a></b> <b>(Standard)</b> <i>Meaty with some skin attached, frames are perfect for soups, stocks, and stews. Combine with feet and necks for maximum nutrition and a rich, deeply flavoured broth.</i>  <b>(Breeder) *when available</b> <i>Includes wings, drumsticks, and thigh bones, offering higher yield than standard frames. Perfect for stocks, broths, or slow-cooked soups.</i>	Standard: 2 per bag 1-1.5 kg bags  Breeder: Bulk packed, 5kg per liner bag (not vac packed)	Order by the pack or by the kilogram. Breeder frames only available in bulk (8-10kg).	\$15.49kg
<b>Sommerlad Heritage Chicken, <a href="#">Skin</a> (with fat)</b>	500g-1kg bags	Bag sizes vary due to the yield that is processed. Order by the 500g increment.	\$16.49kg
<b>Sommerlad Heritage Chicken, unrendered fat</b>	1 kg bags		\$16.49kg
<b><u>Packed Mixes: order by the box (or check the website link for stock)</u></b>			
<b>Sommerlad Heritage Chicken, <a href="#">Broth Box</a></b> <i>A farm-curated mix of necks, feet and frames. Perfect for soups and broths.</i>	500-1 kg bags	<i>See website for stock available. To customise, please add to a curated box and use price per kilogram above.</i>	\$15.32kg
<b>Sommerlad Heritage Chicken, <a href="#">Offal Box</a></b> <i>A pre-curated mix of hearts, liver and giblet. Perfect for offal lovers.</i>	1 kg bags	<i>See website for stock available. To customise, please add to a curated box and use price per kilogram above.</i>	
<b><u>Ready to Cook Product:</u></b>			
<b>Sommerlad Heritage chicken: Handmade meatballs (GF)</b> <i>100% Chicken, White pepper, salt, GF crumb</i>	250g or 500g trays	Order in 500g lots	\$37.80kg
<b>Sommerlad Heritage chicken: Handmade rissoles (GF)</b> <i>100% Chicken, White pepper, salt, GF crumb  Juicy and versatile, they pair beautifully with a quick garlic, sumac, lemon, and yoghurt dip for an easy, crowd-pleasing snack.</i>	250g or 500g trays	Order in 500g lots	\$37.80kg
<b>Sommerlad Heritage chicken: Meatloaf (GF)</b> <i>100% Chicken, White pepper, salt, GF crumb  These meat loaves are wonderful, gluten-free, and family friendly. One meatloaf will easily feed a family with leftovers. The flavour is great, and all the hard work is done for you.</i>	Per 500g loaf	Order per loaf	\$27.99ea
<b>Sommerlad Heritage chicken: Schnitzels (GF)</b> <i>100% Chicken, White pepper, salt, GF crumb  Keep in the freezer for one of those nights when everything is too hard. Our family favourite: top with leg ham, lots of grated cheese and Sugo and make our own fake away Parmies. All the nutrition and none of the nasties.</i>	Packed in pairs 250g p/pack	Order per 250g pack.	\$58.49kg
<b>Sommerlad Heritage chicken: Handmade sausages (GF)</b> <i>100% Chicken, White pepper, salt, GF crumb</i>	Per 500g	Order per 250g	\$37.80kg
<b>Chicken &amp; Leek Pies:</b> <i>Chicken, leek, white pepper, salt, Sommerlad bone broth, flour, cream, egg. Caramelé pastry base. Every pie made on farm by farmer Bryan.</i> <b>Pie: Family:</b>	800g avg ea	Order per pie	\$47.49 ea
<b>Pie: Single:</b>	240g avg ea	Order per pie	\$14.49 ea
<b>Sommerlad Heritage chicken: Purified Rendered fat/ Schmaltz; (Jar)</b> <i>100% chicken fat  Use this to make the crispiest roast potatoes you've ever had.</i>	500ml jar	Order per jar	\$17.49 ea
<b>Sommerlad Heritage chicken: Broth</b> <i>A very light version of chicken broth.</i>	1 litre pouch	Order per pouch	\$22.38 ea

## How to get your order to me:

You can either print and scan the order form below, or simply send me an email. Please include your order number (beginning with **W**) and let me know the contents of your preferred carton.

I'll always come back to you with suggestions to help you get the best value for your order, and I'll confirm how your quantities work out.

Don't forget to add your **Flexi item** – it's essential. Remember to fill a **7-9kg, or 15-16kg carton**. Instructions are [available here](#).

### Order Form

Customer Name:

Email Address:

Order Number (#W):

### Raw Product: Whole Birds

Product	Size per unit	Price	Order notes
Sommerlad Heritage Chicken - Whole chickens	1.5–2.7kg per bird	\$26.99/kg	
Sommerlad Heritage Roosters or Cockerels	2.5–3.8kg per bird	\$26.99/kg	
Mature Rooster Whole (when available)	2.5–3.8kg per bird	\$26.99/kg	
Whole boneless rolled (Ballotine)	1.3–1.7kg ea	\$63.49/kg	

### Raw Product: Portions

Sommerlad Heritage Breasts	Skin on pairs / Skinless 1kg bags	\$42.49/kg	
Sommerlad Heritage Marylands	Packed in pairs	\$41.99/kg	
Sommerlad Heritage Drumsticks	1kg bags	\$28.49/kg	
Sommerlad Heritage Wings	1kg bags	\$22.49/kg	
Sommerlad Heritage Chicken, Minced	500g or 1kg bags	\$31.99/kg	
Sommerlad Heritage Chicken, Thigh cutlets on bone	1kg bags	\$56.81/kg	

### Offal and Bone

Sommerlad Heritage Chicken, Liver	500g bags	\$29.99/kg	
Sommerlad Heritage Chicken, Hearts	500g bags	\$18.49/kg	
Sommerlad Heritage Chicken, Giblets	1kg bags	\$26.49/kg	
Sommerlad Heritage Chicken, Necks	1kg bags	\$14.49/kg	
Sommerlad Heritage Chicken, Feet	1kg bags	\$17.49/kg	
Sommerlad Heritage Chicken, Heads	25 per bag	\$0.60 /head	
Sommerlad Heritage Chicken, Frames (Standard)	2 per bag, 1–1.5kg	\$15.49/kg	
Sommerlad Heritage Chicken, Frames (Breeder, bulk)	5kg liner bag	\$15.49/kg	
Sommerlad Heritage Chicken, Skin (with fat)	500g–1kg bags	\$16.49/kg	
Sommerlad Heritage Chicken, Unrendered fat	1kg bags	\$16.49/kg	

### Packed Mixes

Sommerlad Heritage Chicken, Broth Box	500g–1kg bags	\$15.32/kg	
Sommerlad Heritage Chicken, Offal Box	1kg bags	See website	

### Ready to Cook Product

Handmade meatballs (GF)	250g or 500g trays	\$37.80/kg	
Handmade rissoles (GF)	250g or 500g trays	\$37.80/kg	
Meatloaf (GF)	500g loaf	\$27.99 ea	
Schnitzels (GF)	250g packs (pairs)	\$58.49/kg	
Handmade sausages (GF)	Per 500g	\$37.80/kg	
Chicken & Leek Pies - Family	800g avg ea	\$47.49 ea	
Chicken & Leek Pies - Single	240g avg ea	\$14.49 ea	
Purified Rendered fat / Schmaltz	500ml jar	\$17.49 ea	
Sommerlad Heritage Chicken: Broth	1 litre pouch	\$22.38 ea	





# Ordering and *deliveries*

Orders can be placed via the website [www.handsourced.com.au](http://www.handsourced.com.au)

24 hours a day, 7 days a week.

Customised orders – email me.

Metro deliveries arrive Monday-Friday 8am-6pm.

Weekend or 12.00am-07:00 am deliveries can be arranged by request.

Please read and understand the [delivery details for all home deliveries](#)

**Contact Shirley with any  
questions on how to get the best  
value on your wholesale  
purchases**

We use a logistics company for deliveries.

Delivery days may vary and can be altered to suit your needs; however,  
couriers can reroute at their own concern.

You will be sent a tracking number, please provide a mobile phone number.

**SA | VIC | NSW | ACT | QLD | WA | TAS | NT Delivery up to 2 cartons**

- Metro delivery \$37.50 + GST (\$5.00 per carton thereafter)
- Rural delivery \$55.00 + GST (\$7.5 per carton thereafter)
- Check the delivery page for information.
- *Please note some products will show additional **farm delivery** costs, these may be proportioned to your overall delivery.*

Deposits are required for all orders with all balances due before or at the time of delivery.

Item pricing in this catalogue is for public wholesale members only

Products are sold in line with our [terms and conditions](#) and [delivery terms](#).

Produce is sold by final weight unless otherwise listed.



0419714274

[orders@handsourced.com.au](mailto:orders@handsourced.com.au)

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

Facebook & Instagram  
[@handsourced](#)

Reading this online? Follow the hyperlinks to...

[Meet the producers](#)

[See how we work](#)

[Find delivery areas](#)

[Sign up for our Newsletter](#)

*We acknowledge that we meet and work with farmers, producers and harvesters on Indigenous lands across this nation and that sovereignty of the land was never ceded.*

*We pay respect to elders, past and present, and acknowledge the pivotal role that Aboriginal and Torres Strait Islander people continue to play within the Australian community.*