

Ingredients

*Organic Origin, total 95%

*White Cabbage 95%, Sea Salt 2%,
Pineapple, Habanero, Chilli Flakes

Nutritional Information

Typical Values per 100g

Energy KJ	88
Energy KCal	21
Fat	0.10g
of which Saturates	0.03g
Carbohydrates	4.1g
of which Sugars	2.5g
Fibre	2.3g
Protein	1.1g
Salt	1.48g

Once opened refrigerate and consume within 14 days. Taste and Texture may vary slightly from batch to batch due to nature of wild fermentation.

Made in factory which handles fish sauce.

IE-ORG-02

A special release, our Pineapple & Habanero Sauerkraut is small-batch crafted with juicy pineapple and warm habanero, full of vibrant, fiery flavour.



Pineapple & Habanero Raw Sauerkraut

400g e

A refined sauerkraut infused with sun-ripened pineapple and aromatic habanero, balancing natural sweetness with a warm, elegant heat.

Handmade



Gluten & Dairy Free



Unpasteurised



Live Bacteria



Vegan



CREATED IN WEST CORK BY

Hayley Milthorpe

A mother and nutritionist with
a passion for fermented foods
... the foods of our ancestors.



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