



### IT'S ALIVE!

Bursting with beneficial bacteria. Some gas will build up naturally.

Keep refrigerated below 5°C. Once opened consume within 14 days by the use-by date shown.

# eaten ALIVE



## FRESH, BRIGHT & BOLD.

CRISP CHINESE LEAF AND CRUNCHY SHREDDED VEG WITH A GINGER AND GARLIC KICK.

#### SUITABLE FOR VEGANS

**ALLERGENS:** Contains Soy. May contain traces of Celery and Mustard.

Made in the UK by Eaten Alive Ltd, Unit 18 London Stone Business Estate, London, SW8 3QR

## 375g

Mild Kimchi

USE BY:

#### INGREDIENTS:

Chinese Leaf, Carrot, Daikon, Spring onion, Salt, Apple, Chilli Powder, Red Chilli, Tamari Soy Sauce (Soybeans, Water and Salt), Ginger, Garlic and Starter Cultures.

#### Nutritional information

(Per 100g):  
Energy: 22Kcal/95Kj  
Fat: 0.3g, Saturated: 0.1g  
Carbohydrate: 3.8g  
Of which Sugars: 0.1g  
Fibre: 1.1g  
Protein: 1.6g  
Salt: 2.44g

✓ High Fibre ✓ Low Calorie

# MILD KIMCHI

RAW + VEGAN + BIO LIVE

HANDMADE BY CHEFS IN SOUTH LONDON

Chefs Pat and Glyn are obsessed with the complex flavours of fermented veg, and discovering their benefits was an epic bonus! A healthier choice that is genuinely more delicious just had to be shared.

#fermentationforthenation

GLUTEN FREE

UNPASTEURISED

100%  
NATURAL

eatenalive.co.uk @eatenalivedn

#### TRY ME...

- With eggs in the morning
- Atop avo on toast
- Fried with rice
- Entangled in noodles

#### PERFECT FOR:

