

Ingredients

*Organic Origin, total 95%

*White Cabbage 98%, Sea Salt 2%, Green Jalapeno, Smoked Paprika, Chipotle, Garlic, Corriander, Lime Zest

Nutritional Information

Typical Values per 100g

Energy KJ	86
Energy KCal	21
Fat	0.10g
of which Saturates	0.03g
Carbohydrates	3.9g
of which Sugars	2.2g
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 the nature of wild fermentation. Made in factory which handles fish sauce.

IE-ORG-02

A new addition to the range, our Mexican-Inspired Sauerkraut is delicately fermented with bright citrus lift and gentle smoky warmth, creating a bold, lively kraut that celebrates the vibrant spirit of Mexican cuisine."



Mexican Raw Sauerkraut

A bright, aromatic Mexican-inspired sauerkraut balancing citrus lift with smooth, smoky warmth for a bold, refined flavour.

400g e

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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