

Ingredients

*Organic Origin, total 97%

*White Cabbage 98%, Sea Salt 2%,
Thyme, Garlic, Basil, Oregano

Nutritional Information

Typical Values per 100g

Energy KJ	113
Energy KCal	27
Fat	0.14g
of which Saturates	0.03g
Carbohydrates	6.32g
of which Sugars	3.38g
Fibre	2.32g
Protein	1.33g
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 limited-edition favourite, our Italian Herb Sauerkraut is delicately fermented with basil, oregano, and thyme for a vibrant, savoury kraut that captures the taste of the Mediterranean.



Limited edition

Italian Herb Raw Sauerkraut

400ge

Earthy and fragrant Italian Herb Sauerkraut, crafted with thyme, oregano & basil for an authentic Mediterranean twist

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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