



live fermented foods

Reviving the
ancient tradition
of hand crafted live
fermented foods



Fermented for several months all our sauerkrauts
are naturally rich in probiotics and live enzymes

Why Choose our products

100% Natural

- ✓ Organic
- ✓ Traditionally hand crafted
- ✓ Barrel Aged
- ✓ Free from preservatives or additives
- ✓ Raw

Health Benefits

- ✓ Supports digestion
- ✓ Immune Boosting
- ✓ Detoxifying
- ✓ Nutrient Rich
- ✓ Gluten Free

Variety of Flavours

Natural
Carrot & Fennel
Juniper Berry
Ruby Red
Chilli & Dill
Kimchi



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