



FERMENTINA

BESTSELLER  
 NEW ITEM

# OUR MENU

as of December 2025

POWERED BY **REAL** FERMENTATION.

## THE GUT GARDEN

**Fermented** Vegetables

## GUT REFRESHMENTS

**Fermented** Drinks | 1 liter

- CLASSIC GERMAN SAUERKRAUT
- WHITE *KIMCHI* (not spicy)
- RED KOREAN *KIMCHI* (spicy)
- GIARDINIERA* (Italian fermented vegetables)
- FERMENTED RED CHILI PASTE
- FERMENTED CUCUMBERS (1kg) (spicy OR not spicy)

SAR

40

45

55

45

40

60

- COW'S MILK *KEFIR*
- KOMBUCHA* (ginger lemon)
- FERMENTED GINGERALE
- WATER *KEFIR* (apple)

SAR

40

50

40

40



## THE DIPTique



**Fermented** Dips | 500 grams

## THE GUT SHOTS



**Fermented** Wellness Potions

- HUMMUS
- MEXICAN BLACK BEAN DIP
- KEFIR LABNEH

SAR

40

45

50

- FERMENTED GARLIC HONEY (130 grams)
- FIRE CIDER (150 mL)

SAR

50

50



# SOURDOUGH FOR THE SOUL

Healthy **Sourdough** Bakes Made  
with All-Natural Ingredients

## SOURDOUGH LOAF | 800g



CLASSIC

**SAR**

**35**

RYE

**45**

WHOLE WHEAT

**40**



SANDWICH LOAF (family size  
~1.2 kg)

**60**

CLASSIC (with olive filling)

**45**



CLASSIC (with English cheddar  
cheese)

**60**

**SAR**

 BRIOCHE BURGER BUNS (6 pieces)

**50**

 AMERICAN FLUFFY PANCAKES (6 pieces)

**40**

 CROISSANT (8 pcs)

**200**

### *Naturally-Sweetened Bakes (No Sugar Added)*

 SOURDOUGH BANANA BREAD

**SAR**

**80**

 SOURDOUGH BANANA BREAD  
(with sugar-free chocolate chips)

**110**

 SOURDOUGH PUMPKIN PECAN CAKE LOAF  
(with fresh cheese filling)

**200**

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## THE BLISSFUL BITE

**Sugar-Free, Gluten-Free** Treats

## THE CONSCIOUS MUNCH

**Gluten-Free** Salted Treats | 250 grams

	SAR		SAR
BROWNIES (6 pieces)	55	SEED CRUNCH CRACKERS	50
 KEFIR FERMENTED GRANOLA (oats-free, 250 grams)	50	PLAIN SALTED CRACKERS	40

## THE GASTRO GUARDIANS

Functional Food Selection for **Gut Support** | 500mL

 FULL SPECTRUM SEAMOSS GEL (lemon ginger flavor) Perfected blend of <i>Golden, Rare Green, and Purple varieties</i>	SAR 140
 TYPE I & III NATURAL POULTRY COLLAGEN GEL Slow-extracted using gentle traditional methods	55
 FRESH CITRUS PECTIN Made naturally from <i>lemon and orange inner peels and seeds</i> , no powders, no synthetics	55

## DR. WILLIAM DAVIS' SPECIALTY YOGURTS

Carefully-made yogurts fermented continuously for 36 hours  
loaded with **high doses of healing bacterial strains** | 2 liters

 SUPER GUT SIBO YOGURT Made from different bacterial strains: <i>Lactobacillus reuteri, Lactobacillus grassri, Bacillus coagulans</i>	SAR 400
 <i>L. REUTERI</i> – GUT REGULATION YOGURT Made from <i>Lactobacillus reuteri</i> strain	350