



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**



## 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<br>(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)<br>Perfected blend of <i>Golden, Rare Green, and Purple varieties</i> | SAR<br>140 |
| ★ TYPE I & III NATURAL POULTRY COLLAGEN GEL<br>Slow-extracted using gentle traditional methods                          | 55         |
| ★ FRESH CITRUS PECTIN<br>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   | SAR<br>400 |
| ★ Made from different bacterial strains: Lactobacillus reuteri, Lactobacillus grassri, Bacillus coagulans |            |
| ★ L. REUTERI – GUT REGULATION YOGURT  | 350        |
| Made from Lactobacillus reuteri strain  |            |