



CUSTOMER PRICE LIST

JULY 2019

Place orders by Tuesday collect from 22 Minerva Drive Thursday or Friday

If Sprout It delivers - there will be a delivery fee added.

Email Deborah sproutit@telkomsa.net (or message 0837751735) website: www.restanddigest.co.za

			Unit Price
FERMENTED FOODS- SLOW FERMENTED			
Fermented –Organic	375ml	Sauerkraut – Original with digestive spices	50.00
Fermented –Organic	375ml	Turmeric & Black pepper Sauerkraut	50.00
Fermented –Organic	375ml	Red cabbage Sauerkraut	50.00
Fermented –Organic	375ml	Cortido- A Salvadorian sauerkraut -mild garlic/ ginger and chili	50.00
Fermented –Organic	375ml	Turmeric Mixed Vegetables	50.00
Fermented –Organic	375ml	Carrot & Beans- ginger/garlic	50.00
Fermented –Organic	375ml	Beetroot & Onion- sliced	50.00
Fermented –Organic	375ml	Lemon & Ginger - Turmeric Immune Boost	50.00
Fermented –Organic	750ml	Turmeric & Black pepper Sauerkraut	90.00
Fermented –Organic	750ml	Sauerkraut - Original with digestive spices	90.00
Fermented –Organic	750ml	Cortido- A Salvadorian sauerkraut - mild garlic/ ginger and chili	90.00
Fermented –Organic	125ml	Turmeric honey mustard	40.00
KOMBUCHA VINEGAR- OAK BARREL FERMENTED			
Fermented	750ml	Kombucha Vinegar	90.00
FERMENTED VEGETABLE JUICES			
Fermented - Organic	750ml	Beet Kvass- liver, blood, digestive support	70.00
Fermented – Organic	250ml	Beet Kvass- liver, blood, digestive support	35.00

		FERMENTED DRINKS – all flavours are ORGANIC	
		Kefir Water	
Fermented	750ml	Water Kefir/ Natural	45.00
Fermented	750ml	Water Kefir / Beet Kvass infused (pink)	45.00
Fermented	750ml	Water Kefir/ Rosehip	45.00
Fermented	750ml	Water Kefir/ Hibiscus	45.00
Fermented	750ml	Water Kefir/ Ginger	45.00
Fermented	250ml	Water Kefir / Natural	20.00
Fermented	250ml	Water Kefir / Beet Kvass infused (pink)	20.00
Fermented	250ml	Water Kefir/ Rosehip	20.00
Fermented	250ml	Water Kefir/ Hibiscus	20.00
Fermented	250ml	Water Kefir/ Ginger	20.00
Fermented 5Litre Plastic			R260.00
		Kombucha Tea- Oak barrel Fermented	
Fermented	750ml	Kombucha Tea original	40.00
Fermented	750ml	Kombucha Tea - ginger	40.00
Fermented	750ml	Kombucha Tea / Rosehip	40.00
Fermented	750ml	Kombucha Tea / Green Tea & activated Charcoal	40.00
Fermented	750ml	Kombucha/ Chia	40.00
Fermented	250ml	Kombucha Tea/ Original	18.00
Fermented	250ml	Kombucha Tea/ Ginger	18.00
Fermented	250ml	Kombucha Tea/ Chia	18.00
Fermented	250ml	Kombucha Tea/ Rosehip	18.00
Fermented	250ml	Kombucha Tea/ Green tea & Activated Charcoal - detox	18.00
Fermented 5Litre Plastic			R240.00
		KEFIR YOGURT	
Fermented	375ml	Yogurt Kefir made with Raw/ unpasteurized milk	25.00
Fermented	1litre	Yogurt Kefir made with Raw/ unpasteurized milk	35.00
Fermented	2litre	Yogurt Kefir made with Raw/ unpasteurized milk	80.00
Fermented GLASS	750ml	Yogurt Kefir made with Raw/ unpasteurized milk	45.00

Fermented	Fermented sourdough (kefir Yogurt) bread		
	ingredients: Stoneground flour/ coconut oil/ salt/ water/ kefir starter - pre-sliced/frozen – 36hr ferment		40.00
Fermented	Fermented Kombucha Sourdough Bread		
	Ingredients: stoneground flour/ salt/water Kombucha starter – pre-sliced/ frozen - 48 hour ferment		45.00
Organic Vegetable Broth 1 L	Vegetable broth		50.00
Non Organic	600g Frozen prepared black-eyed beans		
	600g Frozen prepared butter beans		
Vegan/gluten free	Lentil Loaf - 10 slices		80.00
	Fermented Culture Starter Kits		
Kombucha	3 litre Jar- Starter juice- Scoby- full instructions- closure- organic tea bags- sugar-		R 200.00
Dairy Kefir	2 x 375ml Jars- Dairy Kefir culture- full instructions- closures-		R 150.00
	PLANTS		R60.00
	Baby Banana Trees		
	Hemp plants for juicing		R50.00

GLASS JAR RETURNS- Please note that jars must washed

750ml Shapely Bottle R4.00
375ml Sheer Jar R2.00
250ml Juice Bottle R 2.00

REDUCE

RE-USE

RECYCLE