

HEALTHY U *Seasonings*

Spices

<u>Spice Mix & Ingredients</u>	<u>Price</u>
Everything Spice (125 mL) White and black sesame seeds, poppy seeds, garlic, onion, salt	\$8.00
Basil Lemon Twist (125 mL) Lemon pepper spice, garlic, basil, onion, salt	\$8.00
Onion Overload (125 mL) Green onion, red onion, onion powder, garlic, salt, chive	\$8.00
BBQ Grillin' Spice (125 mL) Paprika, chili powder, salt, pepper, smoked paprika, dry mustard, garlic, ginger, chipotle, oregano, nutmeg, coriander, thyme, onion, cumin, cinnamon	\$8.00
Za'atar (125 mL) Sesame seeds, sumac, thyme, cumin, oregano, salt	\$8.00
Secret Salad Mix (125 mL) Hemp seeds, salt, pepper, parsley, basil, paprika, marjoram, onion, red onion, chives, garlic	\$9.00
Cozy Soup Mix (250 mL) Onion, vegetable stock mix, garlic, parsley, celery seed, paprika, salt, pepper	\$12.00

Inquire / Order



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Japan, Shichimi Togarashi (125 mL) Orange peel, garlic, white and black sesame seeds, salt, pepper, poppy seeds, chilli flakes	\$9.00
Mexico, Fiesta (125 mL) Oregano, cumin, paprika, coriander, salt, pepper, garlic, onion, chili flakes	\$9.00
Italy, Ciao Bella (125 mL) Parsley, basil, oregano, onion, garlic, paprika, thyme, salt, pepper, rosemary	\$9.00
Greece, Opa (125 mL) Paprika, salt, pepper, garlic, onion, basil, oregano, basil, rosemary, thyme, nutmeg, cinnamon, mint	\$9.00
Shawarma Goodness (125 mL) All spice, salt, pepper, cumin, turmeric, paprika, ginger, cardamom, garlic, cinnamon, cloves, nutmeg	\$9.00
China, Blessing in Disguise (125 mL) Szechuan peppercorns, star anise pods, cloves, fennel seeds, garlic, salt, ginger, cinnamon	\$9.00
India, Brother-Sister (125 mL) Coriander, cumin, turmeric, cardamon, garam masala, cinnamon, salt, garlic, chili flakes, ginger	\$9.00

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Caribbean, Inner Luv (125 mL) All-spice, paprika, thyme, cayenne pepper, cloves, cinnamon, salt, pepper, nutmeg, curry powder	\$9.00
Malaysia, Sedap (125 mL) Cardamom, chili flakes, cinnamon, coriander seeds, funnel seeds, cumin seeds, whole cloves, pepper	\$9.00
Moroccan Twist (125 mL) Hungarian sweet paprika, cinnamon, cumin, salt, pepper, ginger, chili flakes	\$9.00
Spain, Salud (125 mL) Paprika, cilantro, salt, pepper, lemon, smoked paprika	\$9.00
Vanilla Pumpkin (125 mL) Ginger, nutmeg, cinnamon, cloves, cardamom, vanilla sugar	\$8.00
Vanilla Chai (125 mL) Cinnamon, cardamom, ginger, vanilla bean, vanilla sugar, nutmeg, clove, pepper	\$9.00

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