



# Real Premium Spices

REAL SPICES FOR REAL PEOPLE

[www.realpremiumspices.co.za](http://www.realpremiumspices.co.za)

[www.realpremiumspices.co.zw](http://www.realpremiumspices.co.zw)

## SPICES AND HERBS LIST

GARLIC & LEMON  
GINGER & GARLIC  
GINGER GROUND  
ITALIAN HERB  
KAROO LAMB  
LEMON & HERB  
LEMON FISH  
LEMON GARLIC & BBQ  
LEMON GARLIC & HERB  
LEMON PEPPER  
LINSEEDS  
MASALA MIX  
MEAT TENDERISER  
MEXICAN CHICKEN  
MINT  
MIXED SPICES  
MIXED HERBS  
MORINGA  
MOTHER IN LAW  
MUSTARD POWDER  
MUSTARD SEEDS  
MSG  
NUTMEG  
ONION POWDER  
ONION SALT  
ORIGANUM  
PAPRIKA  
PARSLEY  
PEPPER CORNS  
PERI PERI  
PINK SALT COURSE  
PINK SALT FINE  
POP SEED (BLUE)  
PORK SPICES  
PORTUGUESE STEAK  
PORTUGUESE CHICKEN  
POTATOE MATE  
POTJIEKOS

PUMPKIN SEEDS  
RICE  
ROSEMARY  
SAGE  
ALMONDS  
AROMATIC  
BASIL  
BAY LEAVES  
BBQ  
BEEF GRAVY  
BLACK MUSTARD SEEDS  
BLACK PEPPER  
BLACK SESAME SEEDS  
BRAAI  
CAJUN  
CAYENNE PEPPER  
CELERY  
CHAI SEEDS  
CHAKALAKA  
CHEESE  
CHEESE & ONION  
CHICKEN  
CHICKEN GRAVY  
CHILLI COURSE  
CHIP  
CHISANYAMA  
CINNAMON  
CORIANDER COURSE  
CORIANDER GROUND  
CUMIN GROUND  
CUMIN SEED  
CURRY POWDER HOT  
CURRY POWDER MILD  
DURBAN CURRY  
EXTRA HOT CHILLI  
FENNEL

EXTRA HOT CHILLI  
FENNEL  
FENUGREEK  
FINE CLOVES  
FISH  
GARLIC FLAKES  
GARLIC GROUND  
GARLIC SALT  
SALT & VINEGAR  
SISTER IN LAW  
SIX GUN BBQ  
SOUR CREAM & CHIVES  
STEAK & CHOPS  
TANDOORI  
THYME  
TURMERIC  
WHITE PEPPER  
WHITE SESAME SEEDS  
WHOLE BLACK PEPPER  
WHOLE CLOVES  
WHOLE FENNEL  
ZEAL  
ZIM CURRY

### PACK SIZES

- ✓ Sachets : 40 - 80g
- ✓ Bottles: 200ml
- ✓ Grinders: 200ml
- ✓ Bulk Packs: From 1kgs



SHOP ONLINE 

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