



Guide #4 - Seasoning Blends (two sides)

All are 100% natural and gluten free! Flavors in yellow are salt free!

Adobo Seasoning

In Spanish the word “Adobo” means seasoning, making the translation of this popular blend “seasoning seasoning”. **Uses:** Guacamole, beans, burritos, chicken, fish, pork and Mexican Cooking.

All Purpose Seasoning

A true “all purpose” seasoning blend. The paprika adds a nice kick. **Uses:** Almost everything including chicken, pasta, meat, eggs, steak, hamburgers, vegetables and rice.

All Around Good Grinder Blend - #1 Top Seller!

This is the one that got this place started! This is the perfect blend of Himalayan salt, peppercorns and 14 herbs and spices. **Uses:** Anything! Eggs, rice, fish, poultry, beef, veggies, cheese, salads, you name it!

Barbecue Seasoning

Hot, full flavored, with some smoke! The paprika and ground red pepper adds a nice kick to the classic BBQ flavor. **Uses:** Grilling, barbecuing, meat, steak, hamburgers, chicken and fish.

Bavarian Blend - Salt Free!

Bavarian seasoning originated in the South East region of Germany. Full flavored and aromatic with a hint of mint. **Uses:** Pork, turkey, vegetables, veal, lamb and sauerkraut.

Beef Roast

Peppery, complex, and distinct. The crock pot loves this seasoning! **Uses:** Roasts, vegetables and anything beef.

Berberé Spice

Berberé Spice is responsible for authentic Ethiopian dishes’ rich red color. Bright fiery blend is great for someone who likes a kick in their cooking! **Uses:** Meat, stews, chicken, lamb, roasting and grilling.

Blackening Seasoning

Provides a full flavored, tasty and authentic ‘blackened’ flavor. **Uses:** Fish, chicken, steak and of course, blackening!

Bloody Point Salt Marsh Grass Blend

Perfect blend for savory dishes and adds an “herby” essence. **Uses:** Chicken, Turkey, vegetables, and try it in your mashed potatoes!

Cajun Seasoning

This blend makes me want to eat crispy Cajun fries or Cajun catfish with a slight kick. **Uses:** New Orleans Cooking, chicken wings, steak, eggs, vegetables and fries.

Canadian Steak Seasoning

A Northern delight with a peppery, salty, and garlic-y mix. **Uses:** Steak, hamburgers, potatoes, vegetables, fish, chicken and beef.

Chinese 5 Spice - Salt Free!

Five spices for five flavors – Sweet, sour, hot, savory and warm. **Uses:** Chinese cooking, rice, stir fry, pork and vegetables.

Chipotle and Honey Rub

Sweet with some heat! This one is just plain good! **Uses:** Chicken, beef, potatoes, vegetables, wings, ribs, mmmmm!

Creole

Louisiana Seasoning influenced by West Indies influences. **Uses:** Creole cooking, oysters, gumbo, crab cakes, chicken, crawfish and jambalaya

Garam Masala- Salt Free!

Garam Masala literally means “warm spice blend.” This blend is pungent, warm and strong. **Uses:** Indian cooking, fish, pork, chicken, lamb and potatoes, or even add to your morning cup of coffee for a touch of warmth and spice.

Greek Seasoning

We have Greek Cuisine to thank for such cooking staples such as Olive Oil and olives. If you love garlic, then go for the Greek! **Uses:** Greek cuisine, salads, vegetables, gyros, chicken, fish and lamb.

Herbs de Provence (bags only) Salt Free!

This fragrant blend does well in marinades or as a rub. It will have your house smelling of rosemary and lavender! **Uses:** Just about anything savory, poultry, beef, pasta, vegetables, starches.

Hot Chili Powder - Salt Free!

Spicy and very hot! **Uses:** Chicken, fish, steak, hamburgers, chili and anything that needs some zing.

Jamaican Jerk Seasoning

Jamaican Jerk cooking is the practice of dry rubbing Jamaican Jerk Seasoning on whatever food you choose to grill, sauté or bake. **Uses:** Chicken, fish, sausage, beef, grilling and burgers.

Lavender Buds (bags only) - Salt Free!

Not just for potpourri, these flower buds are very much edible and are a fresh, fragrant addition to many foods. **Uses:** Salad dressings, marinades, herb blends, garnishing baked goods, and even infusing oils.

Live Oak and Lime

This blend brings the tang of real lime along with the kickback of the pepper. Definitely one of our more popular blends, inspired by the beautiful trees here in Savannah. **Uses:** Any protein of your liking!

Mediterranean Spice - Salt Free!

Sweet, minty, subtle and pleasant and Salt Free. Uses: Pasta or pasta filling, salad, meat, soups and vegetables.

Nice 'N Spicy

Just as the title states, it is spicy! We kept getting requests for a Bloody Mary rimmer, so we made something that can be a seasoning and a glass rimmer. Uses: Bloody Mary rimmer, shrimp, and anything spicy!

“No Salt” Seasoning - Salt Free!

The wonderful citrus in this makes you forget there is No Salt in it! No lacking of flavor here! Uses: Poultry, fish, and vegetables (anywhere you would add salt and citrus too.)

Old Man River (ROW) Salt Free! (\$2 goes to ROW)

Inspired by Ben (founder of ROW), who wanted a blend for folks who wanted less salt in their diet. If you like onion and garlic, then you'll enjoy this blend, plus, it is Salt Free! Uses: For just about any dish you would want extra garlic and onions.

Peppercorn Rub

Great alternative for pepper. Uses: Any red meat, grilling, barbecuing, poultry, fish.

Peppy Southern

This one is great for adding to flour to fry something up Southern style! Uses: Fried chicken, hushpuppies, French fries, or to use as any dry rub.

Pizza Seasoning - Salt Free!

All of the traditional “pizza” flavors blended into one wonderful taste sensation! Uses: Pizza, but also goes well with other Italian cooking. Substitute any Italian blend with this one and you've got a great meal.

Pork Rub

Starts off with garlic and onion and finishes with some pepper. Uses: Pork ribs, pork chops, pork tenderloin, pork roast, pork steak, pork loin, pork taco, ground pork, BBQ pork and anything pork!

Prime Rib Rub

If you like garlic and onion on your prime rib, or anything for that matter, then this is for you! Uses: Not just prime rib. It's versatile!

Pumpkin - Salt Free!

Don't let this “usually for the holiday's spice” fool you. It has many great talents! Uses: Pies, cookies, coffee cake, sweet potatoes, waffle and pancake batter or sprinkled on hot buttery French toast.

Frito Pie Chili Mix - Salt Free!

This chili mix will bring back memories of walking around at the fair with a basket of fritos smothered in a spicy, meaty, saucy yummy goodness. Makes you want some tonight, doesn't it? Uses: Chili!

Raging River 5 Pepper Blend (\$2 goes to ROW)

Part of the ROW family of seasonings, this is definitely hot! Uses: Use wherever you want to turn up the heat! Let your imagination run.

Ras El Hanout Spices - Salt Free!

In Arabic Ras El Hanout means “top of the shop”, indicating the status level this famous high quality blend has attained in the vast spice world. Uses: All purpose, Ras El Hanout is good in almost everything including: Rice, meat, lamb, chicken, vegetables, grilling and couscous.

River Street Cobblestone

Inspired by centuries of herbs being shipped to the old warehouses on River St. Uses: Eggs, pasta, meats, vegetables.

Rocking River Grinder Blend (\$2 goes to ROW)

Ask us about ROW! Coarse blend with Mediterranean notes. Uses: Mediterranean dishes, rice, starches, poultry, lamb, couscous.

River Street Rib Rub

Warm, peppery, powerful and fingerlickin' good! Try Me! Uses: Meat, ribs, steak, chicken, more meat, and of course, barbecuing.

Savannah Grillin' Blend

This is a great addition to BBQ chicken. It has the perfect balance of salt and heat, try it and you will see! Uses: Grilling, BBQ, chicken, steaks, burgers, grilled potatoes and vegetables.

Savannah Sizzle Seasoning Blend

If you spend your weekends grilling or want a kick to your BBQ and fried foods, look no further! Add this to marinades or use as a dry rub for a mouth watering good time. Uses: Vegetables, any BBQ, or on the grill.

Savannah Summer Salt

One of the most popular blends, it is good on just about everything, and especially great for grilling. Uses: Ball parks, burgers, chicken, fries, vegetables and even popcorn.

Savannah Sunshine

Citrus lovers take note! We've added whole black peppercorns, basil and put it in a grinder. As you grind, it releases fresh aromatic citrus flavors, just as if you squeezed a fresh lemon! Uses: Pesto, poultry, fish, squash, zucchini and other yummy vegetables

Savannah Tybee Island Coastal Blend

This savory Southern favorite was a finalist in the 'Flavor of Georgia' contest. Uses: Steamed/boiled seafood dishes, and the cole slaw to go with it.

Southern Herb Grinder Blend

Developed for our herb and salt lovers, this is a perfect blend of the two. No pepper, onion, or garlic in this! Uses: Especially good for chicken and vegetables; I like it ground up on fresh sliced tomatoes.

Spanish Moss

Inspired by the Spanish moss draped from the branches of the majestic live oaks that grace the streets of Savannah. Uses: Eggs, poultry, anything in need of salty herby yummy goodness.

Taco

This one needs no explanation, when I taste it, I want tacos! Uses: tacos, chili con carne, beef, fries, and sauces.

Tandoori (bags only) - Salt Free!

Who hasn't heard of tandoori chicken? Yum! If you haven't, then you haven't had the pleasure of enjoying the warmth and Indian spice of this Tandoori blend. Uses: Kabobs, yogurt marinades, Indian cuisine, chicken, grilling and lamb.

Thai Spice (bags only) - Salt Free!

A mixture a hot of sweet, authentic Thai cooking flavor. Uses: Soup, salad, fish, chicken and Thai cuisine.

Tuscan - Salt Free!

An inspired blend that is rich, sweet, fresh and peppery and Salt Free. Uses: Chicken, vegetables, fish, salad and bread.

Za'atar

You will want olives, olive oil and bread when you use this. This is a wonderful herb forward, tangy Middle Eastern blend. Uses: Olive oil paste, yogurt dip, baking bread, and of course anything Middle Eastern.