



Rihla

SEEDS

PUMPKIN SEEDS



Snacking on a healthy diet? It's totally possible with Rihla's pumpkin seeds!

Pumpkin seeds are a super-concentrated source of health benefits, their oldest evidence originating between 7, 000 and 5, 500 BC in Mexico. These crunchy, delicious seeds are full of vitamins, minerals, antioxidants and essential amino acids such as tryptophan and glutamate that are linked to numerous health-promoting properties. Their rich quantity of monounsaturated fatty acids help balancing of cholesterol in the blood while the amino acids stimulate the anti-stress neurochemical serotonin and may help reduce anxiety. A tasty yet healthy kick of energy!

NET WT. 200g

ANISE SEEDS



Ready for walking down memory lane all the way to grandma's cookie jar? Try Rihla's anise seeds and enjoy the recognizable warm fragrance and taste. Even Ancient Romans praised the aromatic power of anise, adding the seeds to festive cakes that were served as the sweet round-off at feasts in order to prevent flatulence or indigestion.

Abundant in anethole, an essential oil that provides their sweetly fragrant bouquet with a unique flavor, these seeds are also rich in B-complex, vitamin-C, vitamin-A and minerals such as iron, copper and potassium full of antioxidant and health promoting properties. Traditional medicines highlight anise seeds as antiseptic, antiinflammatory, carminative and stimulant agent.

The hidden gem of sweetly scented kitchens!

NET WT. 200g

CARAWAY SEEDS



Looking for a new relish to surprise your friends at today's brunch? Add some Rihla caraway seeds to get a warm, nutty aroma with a bittersweet tang. Caraway seeds were a part of prehistoric daily life, discovered in the southern parts of Europe. Due to their numerous health benefits, prompted by nutrients, minerals, vitamins and antioxidants, traditional medicines have long utilized as remedial items. Caraway seeds are an excellent source of essential oil, iron, calcium, potassium, selenium, zinc and magnesium as well as vitamin-A, vitamin-E, vitamin-C and a B-complex vitamins which are linked to antioxidant, carminative and antifatulent properties. Sprinkle the top of your dish and enjoy a new kind of crunchiness!

NET WT. 500g

FENUGREEK SEEDS



Rihla's fenugreek seeds are a prized spice with a hearty source of minerals, vitamins and phytonutrients. Dating far back as 6,000 years ago, these seeds were used by the Ancient Egyptians, Greeks and Romans. Due to its potent medicinal properties. Rich in dietary fiber, these seeds are linked with stimulating digestion and regulating blood sugar levels. Copper, potassium, iron, calcium, thiamin, vitamin B6, A and C, folic acid, riboflavin are the compounds that may provide a number of health benefits such as breast milk production, control of cholesterol and cough relief. These seeds can add a unique tang in dishes due to their strong aroma and bitter taste.

Add a crunchy and pungent twist in your next meal!

NET WT. 500g

BLACK SEEDS



When it comes to promising natural remedies, Rihla's black seeds stand above all. The earliest records of usage of black seeds goes all the way back to ancient Egypt when Assyrians used it orally to cure digestive ailments or externally to soothe skin and scalp inflammations. Black seeds are abundant in thymoquinone, a powerful antioxidant and anti-inflammatory agent that has been associated with promoting liver and kidney function, the reproductive system as well as treating cancer.

Add some black seeds to your favorite cookie, salad or rice recipe and enjoy this fresh healthy choice!

NET WT. 500g

FENNEL SEEDS



Rihla's fennel is a flavorful herb and plant, appraised greatly in both realms of gastronomy and medicine. The fennel has a long-remembered usage in Eastern traditional medicine since prehistoric times, especially in India, China and the Middle East. It's a powerful natural source of minerals, vitamins as well as estrogen with high levels of dietary nutrients. A cup of fennel provides a treasury of potassium, vitamin A, C and B-6 as well as magnesium, calcium, iron, copper and zinc. These nutrients are associated with bone and cardiovascular health, lowering blood pressure, improving immunity and energy metabolism while reducing inflammation. The fennel is also linked with regulation of reproductive health but also balancing body weight and appetite.

A zesty companion in the kitchen and a welcomed aromatic guest in dishes!

NET WT. 500g

GARDEN CRESS SEEDS



Meet one of Rihla's superfoods! Garden cress is an old cultivated plant, originating from Egypt and the Middle East, that spread far and wide through countries outside its natural habitat. Rich in calcium, iron, magnesium, phosphorus, and potassium, it also contains a variety of vitamins that promote health and wellness, such as vitamins A, C, K, and B6. Garden cress is associated with combating coughs, constipation, vitamin C deficiency, and water retention. Never enough greens in a lifetime!

NET WT. 500g

PRUNUS MAHALEB SEEDS



Rihla's Prunus Mahaleb is a tasty alternative to any dessert filling, including vegan recipes. Prunus Mahaleb is distinguished by their lightly bitter almond flavor which makes it a perfect almond substitute in recipes. The oleic and linoleic acids in mahaleb are considered favorable for the treatment of multiple health conditions and are also linked to aphrodisiac and sedative properties. The new charm to add in your after-meal treats!

NET WT. 250g

AJWAIN SEEDS



Meet Rihla's ajwain seeds! Spicy but sweet, they're framed with full fragrance and flavor. Ayurvedic practitioners praise their medicinal qualities as they're carminative, antibacterial and antifungal agents.

Boiled in water, these seeds turn into a decoction used as traditional remedy for digestive ailments in the East and as occasional medicinal ingredient in China.

What's the taste like? Well, food experts compare it to oregano and cumin or, in other words, a perfect companion to salads.

Rich in fiber, minerals, vitamins and antioxidants, ajwain seeds are linked to improving immunity and metabolism as well as protection of oxidative stress in cells.

Get creative and add some Ajwain seeds to your favorite recipes for extra flavor and crunchiness.

NET WT. 500g

BALADI WHEAT SEEDS



Looking for a new relish to surprise your friends at today's brunch? Add some Rihla caraway seeds to get a warm, nutty aroma with a bittersweet tang. Caraway seeds were a part of prehistoric daily life, discovered in the southern parts of Europe. Due to their numerous health benefits, prompted by nutrients, minerals, vitamins and antioxidants, traditional medicines have long utilized as remedial items. Caraway seeds are an excellent source of essential oil, iron, calcium, potassium, selenium, zinc and magnesium as well as vitamin-A, vitamin-E, vitamin-C and a B-complex vitamins which are linked to antioxidant, carminative and antifatulent properties. Sprinkle the top of your dish and enjoy a new kind of crunchiness!

NET WT. 500g

SPICES

ZURBIAN SPICE BLEND



Rihla's Zurbian Spice Blend will surprise your senses and excite your taste buds with its treasury full of black pepper, cumin, hot pepper, cinnamon, cardamom, coriander, bay laurel, ginger, lemon, cloves, turmeric and nutmeg. A perfectly-fragranced complement to savory dishes.

NET WT. 250g

MATHGHOD SPICE BLEND



Rihla's Mathghood Spice Blend is a special food intensifier that would enrich and invigorate the taste of a wide array of dishes, especially meat, potatoes, salads and savory pastries. Mathghood Spice Blend is a mix of black pepper, hot pepper, cumin, cardamom, cinnamon, coriander, cloves, anise, bay laurel and fennel seeds. This wide array of spices provides enrichment of a number of savory dishes.

NET WT. 250g

BROTH SPICE BLEND



Rihla knows that nothing comforts body & soul more than a bowl of hot broth! And how about infusing a bit of Arabesque taste in your favorite comfort food? Rihla's Broth Spice Blend is a unique combination that intensifies flavor and fragrance of stew and broth preparations. The warm spices mix of black pepper, cumin, ginger, cardamom, coriander and garlic is an excellent partner in savory dishes that will enhance culinary experiences.

NET WT. 250g

MILK TEA SPICE BLEND



Do you find tea not to be your cup of tea? Well, let us change your mind with a cup of milk tea embellished with a kick of Rihla's Milk Tea Spice Blend. The rich infusion of mint, cardamom, cloves and nutmeg will bring a novelty to tea drinking. The warming effect of cardamom, cloves, and nutmeg is slashed by a refreshing cool hint of mint. Milk tea is highly appreciated in India but consumed in almost every corner of the world, enjoyed by drinkers at any time of the day.

NET WT. 250g

MENDI SPICE BLEND



A dish cooked in an underground pit? Sounds far-fetched? Let us present to you Rihla's Mandi Spice Blend which brings you the best of Yemeni traditional cuisine in your kitchen. Mandi consists of meat and rice with a special blend of spices. No need to dig a pit in your backyard! Make your own Mandi at home, just add some culinary passion and use this zesty mix of black pepper, hot pepper, cumin, cardamom, cinnamon, coriander, cloves, anise, bay laurel and fennel seeds.

NET WT. 250g

KABSAH SPICE BLEND



Rihla's Kabsah Spice Blend is the perfect companion of curries, rice, poultry or meat dishes. This exciting aromatic dash full of black pepper, cumin, cinnamon, cardamom, coriander, bay laurel, hot pepper, fennel, anise and cloves will embellish your gastronomic experiences and make everyone ask for a second helping. The Kabsah Spice Blend is characterized by pungent, sweet and sharp nuances of flavor.

NET WT. 250g

WHITE RICE SPICE BLEND



Can the good old, plain white rice taste special? Yes- if you add the right spices! Rihla's White Rice Spice Blend is a savory mix of black pepper, cumin, cinnamon and cardamom that is changing your culinary game and makes white rice dishes taste exciting again!

NET WT. 250g

BIRYANI SPICE BLEND



The richly fragrant Biryani Spice Blend was inspired by the popular North Indian dish "Biryani". It was popularized by the Islamic Persians but an exciting tale of its origin takes us back to the 16th century and the queen Mumtaz Mahal who inspired the glorious Taj Mahal. When she saw how hungry her soldiers were, she ordered a nutritious, recuperating meal from the royal chef and that's how the Biryani was invented. Today, we celebrate this gastronomical invention in our kitchens with a dash of Rihla's Biryani spice blend made of black pepper, cumin, hot pepper, cinnamon, cardamom, coriander, ginger, lemon, cloves and turmeric.

NET WT. 250g

HANEETH SPICE BLEND



Rihla's Haneeth Spice Blend brings the taste and spirit of the Arabian Peninsula in your kitchen. Inspired by the traditional Yemeni dish "Haneeth", popular in many Arab countries, this dish is customizable but set up on three basic ingredients: basmati rice, lamb and spices. The Haneeth Spice Blend is a bountiful mix of black pepper, cumin, cardamom, coriander, ginger, cloves and garlic that intensify flavors and infuse an authentic fragrance that tingles your senses.

NET WT. 250g

SHAFOUT SPICE BLEND



A bountiful mix of warming and cooling spices. Yes, all that in one! Rihla's Shafout Spice Blend is a balanced fusion of hot pepper, cumin, coriander, garlic, mint and chamomile that provides cooling freshness between tingling spicy layers. The perfect complement to savory summer dishes!

NET WT. 250g

COFFEE

COFFEE HUSKS (QISHR)



Tried caffeine-free but still looking for that perfect coffee substitute?

Have a cup of Rihla's Qishr and indulge your senses in a new taste.

Qishr is a Yemeni traditional hot drink that arrived from across the Red Sea

into the Arabian Peninsula and was initially used during religious ceremonies.

This fragranced infusion made of dried husks of coffee beans, ginger and cinnamon is often used as a coffee substitute. Qishr is abundant in medicinal properties working as an antibacterial and digestive agent. Try out Rihla's Qishr and enjoy a new chapter in your morning routine.

NET WT. 200g

PREMIUM BAIDHAANI COFFEE



Rihla's coffee blend that speaks volumes! Baidhaani Coffee is a decaf coffee drink rich in flavor, composed of roasted coffee husks and sesame, ginger, cinnamon, cardamom, and roasted corn.

All these super-flavorous ingredients are full of nutrients linked to a variety of benefits such as mental alertness, prompted blood circulation, and antioxidant boost.

A new chapter in your morning routine!

NET WT. 250g

ARABIC CARDAMOM COFFEE



Treat yourself with a new, luxurious morning ritual!

Rihla's Coffee with Cardamom provides an aromatic coffee experience that invigorates the spirit and clarifies the mind. Characterized by stark bitterness infused with spicy and herbal notes, this beverage is also a potent energizer with many health benefits. Its antioxidant capacity is associated with treating water retention, bacterial and inflammatory conditions as well as low energy levels on a daily basis.

NET WT. 500g

PALM COFFEE



A day without coffee is a day wasted, but ever thought about trying coffee made of date kernels? Rihla's palm coffee is a healthy alternative for your daily caffeine intake but also a beverage with a strong capacity of antioxidants and minerals. We strongly recommend the use of palm coffee if you're ditching caffeine or you're just looking for a new twist in your coffee ritual.

NET WT. 500g

DRIED ROOTS

RAW INDIAN COSTUS



Indian costus is a plant wonder that has been cultivated since ancient times, used by traditional Chinese pharmacists as well as Ayurvedic practitioners whose medical records note it simply as “costus” meaning “coming from the East” in Greek. This herb is associated with treating low immunity, intestinal parasites as well as menstrual and digestive ailments. Indian Costus contains beneficial natural chemicals including oils and potassium which prompt its diuretic, stimulant, analgesic and carminative properties.

NET WT. 250g

PREMIUM LIQUORICE



If you're a liquorice candy lover, you'll enjoy Rihla's liquorice and the fact that it's full of health benefits. Liquorice root was used in Europe since prehistoric times and was documented in the medicinal records of the ancient Greeks. Despite being used for making candies and beverages, it contains medicinal properties that result from the fair amount of glycyrrhizic acid that soothes digestive problems and reduces inflammation. The liquorice also contains antibacterial properties that may fight bacteria.

Treat your superior flavor-seeking palate with a taste of pungness!

NET WT. 250g

COSTUS POWDER



An ancient gem among natural plant wonders that captivated traditional Chinese pharmacists as well as Ayurvedic practitioners. Cultivated as a medicinal plant since ancient times, this product is associated with treating low immunity, intestinal parasites as well as menstrual and digestive ailments. We highly recommend to try out Rihla's Indian Costus and experience the effect of its natural benefits.

NET WT. 400g



YEMENI SESAME OIL



Rihla's Sesame Oil is a liquid treasure that spoils the senses and makes skin satiny! Known since Vedic times, sesame oil was recognized and revered in Ayurveda for its healing properties, especially in the daily ayurvedic self-massage (Abhyanga).

The pleasant nutty, warmish aroma of this product is accompanied by valuable medicinal benefits that may treat skin conditions, dandruff, oral health and cellulite.

NET WT. 250g

BLACK SEED OIL



When it comes to precious oils that nurture skin and hair but also treat various health conditions, black seed oil comes first. In ancient times, black seed oil was described as a healing oil that treats "every ailment but death".

Rihla's Black Seed Oil is abundant in antioxidants and anti-inflammatory compounds that promote its medicinal properties. This oil is associated with treating allergies (hay fever and rhinitis), hair loss, scars, and wounds as well as fungal diseases (Candida albicans).

NET WT. 250g

Rihla
Yemeni Date M
NET WT: 285g

HONEY

BLACK SEEDS HONEY



Rihla's honey is harvested from hives that collect nectar directly from the black seeds plants. This gives our raw black seed honey a unique taste while maintaining the natural characteristics and benefits of both honey and black seed. Rihla's Black Seeds Honey is a superfood with a wide range of health benefits due to its rich antioxidant capacity that improves bodily functions and fights free radicals that intensify aging.

Raw honey is rich in nutrients that replenish physical energy and treat a number of conditions such as respiratory or digestive ailments. The black seed oil is an ancient antioxidant treatment for illnesses in Eastern traditional medicine and the perfect companion of raw honey in this exclusive product!

Black Seed Honey tastes like no other honey you have tried before! The flavor of this delicious compound ranges from mildly sweet to slightly bitter with a smoky, nutty relish. Consume daily to boost immunity and indulge in its unique flavor!

NET WT. 500g

YEMENI DATE MOLASSES



Yemeni Date Molasses is a gourmet superfood that tastes delicious and contains a number of health benefits. Despite its fantastic taste, this product is high in magnesium and calcium which makes it a close ally for bones and blood. Also, it contains a lot of minerals that may replenish bodily functions with just a spoon per day. Yemeni date Molasses is an excellent source of energy for pregnant women and athletes. Containing a high percentage of natural sugars, it is a great natural sweetener and a unique substitute of refined sugar.

Use it in dessert recipes, breakfast meals and healthy smoothies.

NET WT. 285g/ 500g

HERBS

PREMIUM RUE LEAVES



Ever heard of the “herb of grace”? Meet Rihla’s rue - an ancient herb known with a long history of medicinal as well as culinary uses. Rue was a common cooking herb for the Romans and was even mentioned in the Bible under its Greek name “paganon”. Rich in rutin, a flavonoid, this herb is linked to improving eye care and relieving inflammation. Its citrus flavor provides a unique, refreshing tang in dishes from a variety of cuisines.

NET WT. 250g

PREMIUM SAGE SALVIA



Rihla’s sage salvia translates flavors in luxurious indulgence. A herb with distinctive taste and fragrance used by the ancient Roman who employed it in their religious rituals and referred to it as the “holy herb”. Rich in medicinal properties, sage salvia is recognized for its healthy essential oils accompanied by a full stack of minerals and vitamins. Despite its wide culinary usage, its potency is linked to anti-inflammatory, anti-allergic, antiseptic, counter-irritant and rubefacient properties. Use sage to intensify freshness and aroma in your culinary favorites!

NET WT. 100g

PREMIUM ROSEMARY



Rihla's must-have culinary herb! Rosemary is a wondrously aromatic spice, native to the Mediterranean region and regarded as a symbol of psychic, spiritual and physical purification since ancient times. Its treasury of essential oils, antioxidants and phytonutrients highlight the medicinal benefits of this plant linked to anti-inflammatory, anti-fungal, anti-allergic and antiseptic properties. Rich in vitamin B, A, C, iron, folic acid, riboflavin as well as potassium, calcium, magnesium and copper, this herb is associated with immunity boost and improving blood circulation. A dash of Mediterranean gusto!

NET WT. 100g

GROUND

PREMIUM TURMERIC



You've just chosen Rihla's pot of gold! Our turmeric is appraised for its healthy benefits and indulging aroma. Its use dates back to Vedic culture in India, around 4,000 years ago, where it was used as a principal spice in religious ceremonies and a component in Ayurvedic medicine. Turmeric is a golden source of precious nutrients, containing an array of medicinal properties. Rich in curcumin, which contains bioactive compounds full of antioxidant capacity, it is linked to soothing inflammatory conditions and improving digestion and mental functions. Enhance and intensify your regular nutrients with a dash of golden!

NET WT. 500g

SENNA GROUND LEAVES



A healthy herbal tea with a sweet flavor and a slightly bitter finish? Have some of Rihla's Senna ground leaves and enjoy your new detox experience. The first medicinal use of Senna leaves was recorded by Arabian and European physicians as early as 9th century AD. The strong medicinal capacity of this plant is associated with laxative, anti-inflammatory, and detoxifying properties. Consume moderately (1-day x up to 2 weeks) in order to avoid low electrolyte levels, dependency for proper gut function, and weakened bowels.

NET WT. 250g

Ground

PREMIUM GROUND GINGER



Rihla's powerhouse of health, warmth and spice! The history of ginger goes back over 5,000 years when the Indians and the ancient Chinese praised its omni-cure and tonic for various ailments. Today, it's a staple among herbs and roots of medicinal and gastronomic significance. Rich in benefiting essential oils such as gingerols and shogaols, the ginger has a pungent and spicy flavor but it's also widely known for its anti-inflammatory, antimicrobial and carminative properties. Composing various essential vitamins and minerals, such as vitamin B-6, pantothenic acid, as well as magnesium, calcium and phosphorus, this root is linked to soothing respiratory ailments and relieving nausea and migraine.

When something tastes different but just right, it's ginger!

NET WT. 250g

FENUGREEK POWDER



Add richness to your favorite dishes with our Fenugreek Powder that have just arrived from Yemen and go by the Latin name of *Trigonella foenumgraecum*. Despite adding a real kick to dishes, fenugreek powder is known to help controlling blood sugar levels in diabetic patients and lowering cholesterol levels. Try it in a seasoning for meats, a sauce for side dishes, or any other food.

NET WT. 250g/ 500g

PREMIUM CINNAMON POWDER



A dash of Rihla's cinnamon brings a treasury of health and wellness! This natural benefactor has been used as far as back to Ancient Egypt and was highly regarded even in medieval times when it was used to treat respiratory ailments. A powerful antioxidant, antidiabetic and carminative with a great source of eugenol, a health benefiting essential oil linked to anesthetic and antiseptic properties. Cinnamon is also rich in iron, zinc, calcium, potassium and magnesium as well as vitamin-A, flavonoid and pantothenic acid. Irresistibly fragrant, it is a real seducer among spices!

NET WT. 500g

SPECIALTY

PREMIUM YEMENI HENNA



Bouncy, luminous locks never go out of fashion! Our beauty experts know that natural ingredients are irreplaceable when it comes to hair-care, so they present you Rihla's henna!

A well known ancient hair beautifier and replenisher of weary hair, henna has been used since antiquity, mostly in the Arabian Peninsula, Carthage, India and Near and Middle East. Its rich source of antioxidants promotes anti-aging effects while reducing wrinkles and various blemishes when applied on skin. These benefits are complemented by antiviral and antibacterial properties that may protect the skin and support wound treatment. Add henna to your beauty rituals and feel the difference!

NET WT. 250g

SOCCATRA FRANKINCENSE GUM



Rihla's Frankincense is made from the resin of Boswellia trees uniquely found in Yemen, in Soccatra Island, and has been used in Ayurvedic medicine for hundreds of years as a mighty health benefactor. The leaking, then hardened and dried resin is an edible that can be chewed like gum. Distinguished by its aromatic potency, frankincense is also linked to reducing inflammation and anxiety and to promoting detoxification. Fragranced enjoyment with a natural taste!

NET WT. 100g

PREMIUM HAIMI CHILLIES



Spicy, fresh, uplifting? Yes, Rihla's haimi chillies have it all! The history of the chili pepper is one of power and complexity since its popularity began with the trade routes between colonies of the Portugese empire in the 15th century.

A bountiful source of vitamin C, biotin, lycopene, alkaloids and fiber, haimi chillies are spicy agents associated with boosting the immune system and soothing inflammatory conditions. The stimulative property of haimi chillies may also increase blood circulation and improve digestion. A spicy gourmet treat for the exquisite food connoisseurs!

NET WT. 250g

YEMENI STONE SKILLET BOWL



Premium Yemeni Sa'adi stone bowl made from the rocky mountains of Razih District in Sa'ada. The stones are extracted from among rock in mines spreading in the deeps mountains. The stones perfectly distribute and keep heat while and after cooking

Come in variety sizes

PREMIUM YEMENI ALMONDS



The almonds in this bag are going to be the most delicious almonds you ever had in your life. Rihla's almonds are grown in the highest mountains of Yemen near Sana'a. And despite their exotic taste that you can enjoy by either consuming them alone or within dishes, Yemeni almonds are associated with providing energy boost and various important nutrients such as healthy monounsaturated fats, fiber and protein and vitamin E.

NET WT. 250g

CUSTOMER NOTES

