The olive oil menu

is a must for people who love good olive oils and good food.

It illustrates the characteristics of each olive oil and suggests the pairing of oils with particular dishes.

With the olive oil menu you can easily choose the best olive oil for each dish, following advice from the Oil Master.

Olive oil masters since 1926

The Galantino olive mill is located in the heart of Puglia, at the gates of Apulia. The mill is nestled between the Adriatic Sea 35 kilometers north of Bari, among trulli, churches, castles and vast expanses of olive trees.

Here in 1926, Vito Galantino, with great will and determination, acquired a nineteenth century grain mill and transformed it into an olive oil mill. In 1960 the Galantino family purchased 47 hectares of olive groves belonging to the estate “La Fenice” from which, ever onwards, obtain the most valuable productions.

The production chain was completed in 1985, when Michele Galantino started to bottle his own olive oil in high value packaging.

Nowadays the company led by Gianvito Galantino continues to establish itself on the national and international market for the excellence of its products.

Visit us

The doors of Galantino olive mill are always open. Whether alone or in groups, we’ll be pleased to offer you a guided visit to our ancient olive mill dating back to 1860, with the traditional stone grinders.

You will see all the phases of the production process and taste a selection of our oils. You can also order our products and receive them at home.

You can also have lunch or dinner in our wonderful restaurant in the middle of our fruit orchard. Every dish will be dressed with a different olive oil.

We organize also private events and parties.
**The Olive Oil Menu**

**The Cru**

Extra Virgin Olive Oils of excellence, produced in limited quantities with the olives harvested in the estates of the Galantino family.

- **Gran Cru Affiorato**
  - Light Fruity
  - Serving suggestions: Fish, salads, white meats, dishes with a delicate taste.

- **Gran Cru Coratina**
  - Intense Fruity
  - Serving suggestions: Seasoning of vegetables, legumes, soups, bruschetta, grilled meats.

**Organic**

Top quality extra virgin olive oil, cold-extracted following the rigorous discipline of organic farming and certified by an independent authority.

- **Organic - Medium Fruity**
  - Serving suggestions: Seasoning of salads, pasta, soups, also suitable for baking and frying.

- **PDO - Terra di Bari - Castel del Monte Intense Fruity**
  - Serving suggestions: Seasoning of vegetables, legumes, soups, bruschetta, grilled meats.

**The Premium**

This olive oils are produced on prestigious Galantino and Orsutta estates; they offer three different intensities of taste to get the best match with the different dishes, one is extra.

- **Light Fruity**
  - Serving suggestions: Fish, salads, white meats, dishes with a delicate taste.

- **Medium Fruity**
  - Serving suggestions: Seasoning of vegetables, legumes, soups, bruschetta, grilled meats. Recommended also for cooking and frying.

- **PDO - Terra di Bari - Castel del Monte Intense Fruity**
  - Serving suggestions: Seasoning of vegetables, legumes, soups, bruschetta, grilled meats.

**The flavoured olive oils**

A wide choice of dressings based on extra virgin olive oil and produced in a completely natural way, using only fresh citrus and herbs freshly picked.

- **Basil**
  - Serving suggestions: Ideal to enrich fresh sauces, stir risotto and serve pizzas, pasta cruda, bruschetta.

- **Bellicante Herba**
  - Serving suggestions: Olive oil with basil, oregano, thyme and tarragon.

- **Chili pepper**
  - Serving suggestions: Recommended on vegetables, soups, main dishes and antipasti sauces.

- **Garlic**
  - Serving suggestions: Ideal to flavor soups, sauces and bruschetta, meat, vegetables, and for spaghetti with garlic, oil and hot pepper.

- **Ginger**
  - Serving suggestions: Ideal for seasoning fish carpaccio, vegetable dips, salads with rice, and meat.

- **Lemon**
  - Serving suggestions: Ideal for seasoning fish, seafood, salads, vegetables, white meats, carpaccio, bresaola.

- **Mandarin**
  - Serving suggestions: Recommended in pastry, raw on white meats, fish, shellfish, salads and in the preparation of roast beef and carpaccio.

- **Orange**
  - Serving suggestions: Recommended raw on white meat, shellfish, salads, salmon and cakes.

- **Bergamot**
  - Serving suggestions: Ideal for dressing salad with fennel and orange, to prepare the Dutch and Maltese sauce, to flavor the soles and the fish carpaccio.

- **Lemon**
  - Serving suggestions: Ideal for seasoning fish, seafood, salads, vegetables, white meats, carpaccio, bresaola.

- **Mandarin**
  - Serving suggestions: Recommended in pastry, raw on white meats, fish, shellfish, salads and in the preparation of roast beef and carpaccio.

- **Orange**
  - Serving suggestions: Recommended raw on white meat, shellfish, salads, salmon and cakes.

- **With herbs and spices**
  - Serving suggestions: Basil, Bellicante Herba, chili pepper, garlic, ginger, lemon, mandarin, orange.

- **Basil**
  - Serving suggestions: Ideal to enrich fresh sauces, stir risotto and serve pizzas, pasta cruda, bruschetta.

- **Bellicante Herba**
  - Serving suggestions: Olive oil with basil, oregano, thyme and tarragon.

- **Chili pepper**
  - Serving suggestions: Recommended on vegetables, soups, main dishes and antipasti sauces.

- **Garlic**
  - Serving suggestions: Ideal to flavor soups, sauces and bruschetta, meat, vegetables, and for spaghetti with garlic, oil and hot pepper.

- **Ginger**
  - Serving suggestions: Ideal for seasoning fish carpaccio, vegetable dips, salads with rice, and meat.

- **Lemon**
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