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### *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.*

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### *The Olive Oil Menu*

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### *Olive oil masters since 1926*

The Galantino olive mill is located in the heart of Puglia, at the gates of Bisceglie, a town of medieval origin overlooking 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, even nowadays, obtains 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.

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## The Olive Oil Menu

Our range of high quality extra virgin olive oils can satisfy different tastes; they are suitable to be matched with different dishes.

Our extra virgin olive oils are all cold-extracted from the best olives harvested in Puglia and crushed, within a few hours, with traditional granite millstones.



### 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, shellfish, delicate dishes.

#### Gran Cru Coratina

Intense Fruity

#### Serving suggestions

Seasoning of vegetables, legumes, soups, bruschetta, grilled meats.

#### Affiorato

Light Fruity

#### Serving suggestions

Recommended raw on baked, steamed, grilled or marinated fish, seafood, white meats, salads, delicate dishes.



### The Premium

This olive oils are produced with Coratina and Ogliarola Barese olives; they offer three different intensities of taste to get the best match with the different dishes, raw or cooked.

#### 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.



### 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 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 or herbs freshly picked.

#### Serving suggestions

Perfect for adding an original touch to the most delicious dishes.



### With citrus fruit

#### Serving suggestions

#### Bergamot

Ideal for dressing salad with fennel and orange, to prepare the Dutch and Maltese sauce, to flavor the soles and the fish carpaccio.

#### Lemon

Ideal for seasoning fish, seafood, salads, vegetables, white meat, carpaccio, bresaola.

#### Mandarin

Recommended in pastry, raw on white meat, fish, shellfish, seafood salads and in the preparation of roast beef and carpaccio.

#### Orange

Recommended raw on white meat, shellfish, salads, salmon and cakes.



### With herbs and spices

#### Serving suggestions

#### Basil

Ideal to enrich fresh sauces, stir risotto and serve pizzas, pasta crudaiola, caprese salad, buffalo mozzarella, bruschetta.

#### Beltocco Herbs

Olive oil with basil, oregano, thyme, dill, tarragon. Ideal for salads, vegetables, meat, fish.

#### Chili pepper

Recommended on vegetables, soups, main dishes and arrabbiata and amatriciana sauces.

#### Garlic

Ideal to flavor soups, sauces and bruschetta, meat, vegetables, and for spaghetti with garlic, oil and hot pepper.

#### Ginger

Ideal for seasoning fish carpaccio, vegetable dips, dishes with exotic rice.

#### Leek

Ideal for soups, sauces, risottos, soups, potatoes, meat.

#### Mint

Ideal for seasoning grilled vegetables, rice salad, mint risotto, potatoes, broiled fish and to prepare preserves and pickles.

#### Oregano

Ideal for seasoning the caprese salad, mixed salads, bruschetta, for steaks or meat pizzaiola with tomato sauce, perfect for pizza and focaccia.

#### Rosemary

Ideal on meat, grilled fish, grilled vegetables and to prepare the roast chicken, baked potatoes and white pizza.

#### Truffle

Ideal for seasoning risottos, pasta, carpaccio, scrambled eggs, cheese and ham.