



OLIVE OILS



## EXTRA VIRGIN OLIVE OIL

Olive oil has been enjoyed by the people of the Mediterranean for centuries and is a treasured part of a healthy lifestyle. Today, an increasingly health conscious world has embraced the nutritional benefits and delicious flavor of olive oil. It is widely used in all types of cooking for a delicious, balanced diet.

The most flavorful of all the grades, Extra Virgin Olive Oil enhances food with a fresh, smooth profile. It is an excellent ingredient for dressings, marinades and sauces. It also adds flavor when drizzled directly over vegetables, pasta or fish. A growing trend is to serve bread with Extra Virgin Olive Oil for dipping instead of traditional butter or spreads.

passion  
in every  
drop

## CLASSIC OLIVE OIL

To get the health benefits of olive oil without a strong flavor in your dish, savvy cooks use Classic Olive Oil. A great all-around cooking and baking oil, it can also be used for sauteing and stir-frying. The smooth texture and subtle hint of flavor also make it a good choice for dressings and sauces, and it can easily be substituted for margarine or butter in most recipes.

## OLIVE POMACE OIL

Produced from the final pressing of the original olive skin and pits, Olive Pomace Oil is an economical alternative to Extra Virgin or Classic Olive Oil. It works well for general cooking and baking and is good for high heat frying applications.

MFG CODE	UNIT UPC	CASE GTIN	ITEM DESCRIPTION	CASE QTY	UNIT SIZE	PACK TYPE	GROSS CASE WEIGHT	TI	HI	PALLET QTY
Extra Virgin Olive Oil										
300936	0 41618 50157 2	10 041618 50157 9	OLIVARI CS EXTR VN OO 4CP3L	4	3 Liter	PET	26.08	16	4	64
Classic Olive Oil (Pure)										
300949	0 41618 50165 7	10 041618 50165 4	OLIVARI CS PUREOLIVEO 4CP3L	4	3 Liter	PET	26.08	16	4	64
Olive Pomace Oil										
300942	0 41618 50162 6	10 041618 50162 3	OLIVARI CS POMACE OIL 4GP3L	4	3 Liter	PET	26.08	16	4	64







B L E N D S

# CANOLA OIL EXTRA VIRGIN OLIVE OIL

Canola Oil has the lowest saturated fat of all cooking oils and Extra Virgin Olive Oil contains a very high amount of heart-healthy monounsaturated fats. EV Olive Oil is high in anti-oxidants such as Vitamin E and polyphenols. Combined, you have a healthy cooking oil that is trans fat and cholesterol free. This combination makes for an oil that is great for frying, sauteing, dressings, marinades, sauces and more. Canola's high smoke point helps extend fry life, and the added touch of Extra Virgin Olive Oil makes this blend great for Mediterranean dishes or any recipe requiring an extra splash of flavor.

- Offers extra virgin olive oil flavor at a lower price
- Adds depth and color (Green/Yellow)



Nutrition Facts	
Serving Size 1 TBSP (15g) Amount per Serving	
Calories 120	
Total Fat 14g	
Saturated Fat 1g	
Trans Fat 0g	
Polyunsaturated Fat 5g	
Monounsaturated Fat 8g	
Cholesterol 0mg	
Sodium 0mg	
Potassium 0mg	
Total Carbohydrates 0g	
Protein 0g	

passion  
in every  
drop

# SOYBEAN/OLIVE POMACE OIL BLENDS

Soybean/Olive Pomace Blends are economical all-purpose kitchen oils. Use them for frying, sauteing, sauces, dressings, and general cooking and baking. Naturally trans fat free. Soybean/Olive Pomace blends are also high in “better” polyunsaturated fats, including omega 6 and omega 3s. With a high smoke point, these popular blends get the job done.

- Offers value to operators who wish to market olive oil as a menu ingredient
- Adds color to the product and can give olive oil appearance in a cruet

MFG CODE	UNIT UPC	CASE GTIN	ITEM DESCRIPTION	CASE QTY	UNIT SIZE	PACK TYPE	GROSS CASE WEIGHT	TI	HI	PALLET QTY
Canola/Extra Virgin OO										
640029	0 41618 50155 8	10 041618 50155 5	OLIVARI CS CANO90EV10 6NE1GAL	6	1 Gallon	HDPE	48.5	10	4	40
640028	0 41618 50154 1	10 041618 50154 8	OLIVARI CS CANO80EV20 6NE1GAL	6	1 Gallon	HDPE	48.5	10	4	40
640023	0 41618 50151 0	10 041618 50151 7	OLIVARI CS CANO75EV25 6NE1GAL	6	1 Gallon	HDPE	48.5	10	4	40
Soybean/Olive Pomace Oil										
640020	0 41618 50148 0	10 041618 50148 7	OLIVARI CS SOYA90PO10 6NE1GAL	6	1 Gallon	HDPE	48.5	10	4	40
640021	0 41618 50146 6	10 041618 50146 3	OLIVARI CS SOYA80PO20 6NE1GAL	6	1 Gallon	HDPE	48.5	10	4	40
640016	0 41618 50145 9	10 041618 50145 6	OLIVARI CS SOYA75POMA 6NE1GAL	6	1 Gallon	HDPE	48.5	10	4	40





GRAPSEED

## GRAPSEED OIL

Grapeseed Oil is extracted from the seeds of wine grapes, discarded from the wine making process. Since so little oil is obtained from pressing the seed, much of the oil is chemically extracted. However, this does not chemically alter the oil.

### Applications

Grapeseed Oil has a light, pleasant, unobtrusive taste that helps to bring out the flavors of whatever you might be cooking. However, cooking with grapeseed oil is not the only way to use it in the kitchen. You can also add grapeseed oil to give a light, tasty flavor to various sauces and dressings (including salad dressings).

- Ideal for frying and sautéing because of its high smoke point
- Works well as a base for flavored oils
- Salad Dressings
- Marinades
- Skin Care



passion  
in every  
drop



## HEALTH BENEFITS

Consuming grapeseed oil is one way to lower so-called "bad cholesterol" (LDL cholesterol), while simultaneously increasing "good cholesterol" (HDL cholesterol). Grapeseed oil is also rich in Vitamin E, one of the more potent antioxidants with many health benefits of its own, including boosting immunity, protection against the development of heart disease, and the maintenance of good cellular health.

- Cholesterol free
- No preservatives
- Gluten free
- Trans fat free
- No sodium

## WHY GRAPESEED?

- Higher smoke point (around 420 F) than olive, corn, sesame or peanut oil
- Can be safely used for frying and baking
- Delicious light nutty flavor lacking the heaviness of other oils.
- Lets food's natural flavor bloom
- No allergens and great health benefits
- Perfect for pan searing

MFG CODE	ITEM DESCRIPTION	CASE QTY	UNIT SIZE	PACK TYPE	GROSS CASE WEIGHT	TI	HI	PALLET QTY	UNIT UPC	CASE GTIN
200368	Grapeseed Oil	4	3L	PET	26.08	16	4	64	0 41618 50208 1	10 041618 50208 8

### Lemon and Rosemary Marinade

Olivari Chef's Selection Grapeseed Oil	2 1/2 cups
Lemon juice, squeezed	70 fl oz
Fresh rosemary, chopped	5 cups
Garlic, minced	4 cups



1. Cut lemons in half and squeeze out the juice into a nonreactive bowl or resealable plastic bag.
2. Throw in the lemon halves and everything else. Mix together well. Marinate for at least 4 hours.





**Get more mileage  
out of your frying oil**

**Tri-Fri** high performance frying oil offers the best of both worlds - extended fry life and a blend of heart-healthy oils. A pioneer in the zero trans fat category, Tri-Fri has no trans fat, is cholesterol free, and is high in omega 6 and vitamin E. The special blend also protects against flavor transfer and can be cold-filtered, saving food service & restaurant operators both food and labor dollars.

## **Fry More**

***High performance frying oil, independently tested  
and proven to outlast the competition***

*"Tri-Fri maintained quality during repeated frying for 13 days and the food was not practically impacted in flavor, taste, texture or appearance."*  
- Food Protein Research & Development Center at Texas A&M University

## **Top Off Less**

***Tri-Fri's low absorption rate means less top-offs for  
your fryer, saving oil and money.***

A study at the Food Protein Research & Development Center at Texas A&M University confirmed that there is a very high food-to-oil ratio for Tri-Fri, which indicates a very low oil absorption by the food, allowing for less topping off in the fryer while also giving the food a user-preferred crispier taste and texture.

## **No Flavor Transfer**

***Cook all your foods in the same oil and have all your  
dishes taste great!***

Moreover, it was verified that Tri-Fri does not transfer flavors, enabling use of one oil for all foods, saving time and money.





**Get more mileage  
out of your frying oil**

MFG Code	Item Description	Case Pack	Unit Size	Gross Case Weight	Ti	Hi	Pallet Qty	Unit UPC	Case GTIN
640014	Tri-Fri (Canola/Safflower/Grapeseed or Sunflower)	1	35#	36.5 lb	20	3	60	070853200346	N/A

### Frying Tips

- Dry food before frying to avoid oil spills and splashes.
- Drain food thoroughly after frying, this will produce a better crunch.
- Use only the recommended amount of oil as indicated on your fryer.
- Do not overfill the fryer with food. Excessive amounts of food in the fryer will result in a sudden drop of oil temperature and consequently more oil absorption.
- Regularly calibrate the thermostat of your fryer.
- Leave the fryer covered when not in use.
- Do not season food while in the fryer. This will help increase the life of your oil.
- Always drain the fryer after use to remove impurities.

### Suggested Fry Times from Tri-Fri

-Food-	-Time-	-Temp°F-
French Fries	5 to 7 mins.	325-340
Fried Fish or Shell Fish	5 to 7 mins.	350-360
Chicken Fingers	8 to 11 mins.	350-360
Fried Chicken (on the bone)	12 to 18 mins.	350-360
Fried Dough/Batter	3 to 5 mins.	360-370
Breaded Cheese	2 to 3 mins.	340-350
Breaded Vegetables	3 to 5 mins.	350-360
Eggrolls	5 to 7 mins.	350-360



**Quality  
Ingredients**



**Fry  
More**



**Delicious  
Results**

3-20





# COOKING, FRYING AND SPECIALTY OILS

## Canola Oil

Light in color and taste, Canola Oil blends well with many different flavors, spices and herbs. Canola's high smoke point is good for searing, frying, high-heat cooking and baking. Also, very low in saturated fat – one of the healthiest cooking oils.

## Vegetable (Soybean) Oil

An inexpensive, all-purpose oil made from plant sources and soybeans. Light flavor, slightly nutty. Very versatile and economical. Great for sautéing, frying, etc. Excellent for flavoring vegetables.

## Canola Fry

Canola Frying Oil boasts one of the highest smoke points. It also provides even coloring and a high crisp factor. Inexpensive all-around cooking oil with a high cooking temperature that is naturally trans fat free.

## Clear Fry

Inexpensive all-around cooking oil with a high cooking temperature. Naturally trans fat free.

## Non-GMO Canola Oil

Canola Oil produced without genetic engineering and has been extracted with a press rather than solvents. Offers the same benefits as Canola Oil.



COOK WITH  CONFIDENCE

# GEM

MFG CODE	ITEM DESCRIPTION	CASE QTY	UNIT SIZE	PACK TYPE	GROSS CASE WEIGHT	TI	HI	PALLET QTY	UNIT UPC	CASE GTIN
640010	CLEAR FRY	1	35#	Box	36.5	20	3	60	0 41618 50001 8	10 041618 50001 5
640009	CANOLA FRY	1	35#	Box	36.5	20	3	60	0 41618 50002 5	10 041618 50002 2
200290	CANOLA OIL	1	35#	Box	36.5	20	3	60	0 41618 50015 5	10 041618 50015 2
200292	CANOLA OIL	6	Gallon	HDPE	48.5	10	4	40	0 41618 50016 2	10 041618 50016 9
200298	EXPELLER PRESS CANOLA	1	35#	Box	36.5	20	3	60	0 41618 50054 4	10 041618 50054 1
200305	SOYBEAN OIL	1	35#	Box	36.5	20	3	60	0 41618 50011 7	10 041618 50011 4
200303	SOYBEAN OIL	6	Gallon	HDPE	48.5	10	4	40	0 41618 50012 4	10 041618 50012 1





SAP No.	UPC	GTIN	Product Description	PK	SIZE	PK TYPE	WEIGHT	TI	HI	PALLET
Olive Oils										
Extra Virgin Olive Oil										
300936	0 41618 50157 2	10 041618 50157 9	OLIVARI CS EXTR VN OO 4CP3L	4	3 Liter	PET	26.08	16	4	64
311924	0 18166 00002 4	20 018166 00002 8	PUGLIA EXTRA VIRGIN OLIVE OIL	3	1 Gallon	Tin	26.46	18	5	90
Classic Olive Oil (Pure)										
300949	0 41618 50165 7	10 041618 50165 4	OLIVARI CS PUREOLIVEO 4CP3L	4	3 Liter	PET	26.08	16	4	64
Olive Pomace Oil										
300942	0 41618 50162 6	10 041618 50162 3	OLIVARI CS POMACE OIL 4GP3L	4	3 Liter	PET	26.08	16	4	64
Blended Oils										
Canola/Extra Virgin OO										
640029	0 41618 50155 8	10 041618 50155 5	OLIVARI CS CANO90EV10 6NE1GAL	6	1 Gallon	HDPE	48.5	10	4	40
640023	0 41618 50151 0	10 041618 50151 7	OLIVARI CS CANO75EV25 6NE1GAL	6	1 Gallon	HDPE	48.5	10	4	40
Soybean/Olive Pomace Oil										
640020	0 41618 50148 0	10 041618 50148 7	OLIVARI CS SOYA90PO10 6NE1GAL	6	1 Gallon	HDPE	48.5	10	4	40
640021	0 41618 50146 6	10 041618 50146 3	OLIVARI CS SOYA80PO20 6NE1GAL	6	1 Gallon	HDPE	48.5	10	4	40
640016	0 41618 50145 9	10 041618 50145 6	OLIVARI CS SOYA75 POMA 6NE1GAL	6	1 Gallon	HDPE	48.5	10	4	40
640013	0 41618 500172 5	10 041618 50017 6	PARADISE - BELLEZZA BTSO80PO20 6YE1	6	1 Gallon	HDPE	36.5	20	3	60
Frying Oils										
Tri-Fri High Performance Frying Oils										
640014	0 70853 20034 6	10 070853 20034 3	TRI-FRI (CANOLA/SAFFLOWER/GRAPESEED)	1	35#	Jug in Box	36.5	20	3	60
GEM Frying Oils										
640009	0 41618 50002 5	10 041618 50002 2	GEM CANOLA FRY	1	35#	Jug in Box	36.5	20	3	60
640010	0 41618 50001 8	10 041618 50001 5	GEM CLEAR FRY	1	35#	Jug in Box	36.5	20	3	60
Cooking & Seed Oils										
Canola Oil										
200292	0 41618 50016 2	10 041618 50016 9	GEM CANOLA OIL	6	1 Gallon	HDPE	48.5	10	4	40
200290	0 41618 50015 5	10 041618 50015 2	GEM CANOLA OIL	1	35#	Jug in Box	36.5	20	3	60
200298	0 41618 50054 4	10 041618 50054 1	GEM EXPPELLER PRESSED CANOLA OIL	1	35#	Jug in Box	36.5	20	3	60
Grapeseed Oil										
200368	0 41618 50208 1	10 041618 50208 8	OLIVARI CS GRAPESEED OIL	4	3 Liter	PET	26.08	16	4	64
Soybean Oil										
200303	0 41618 50012 4	10 041618 50012 1	GEM SOYBEAN OIL 6NE1GAL	6	1 Gallon	HDPE	48.5	10	4	40
200305	0 41618 50011 7	10 041618 50011 4	GEM SOYBEAN OIL 35LB	1	35#	Jug in Box	36.5	20	3	60



Oil	Flavor Attributes	Characteristics	Hot Uses	Cold Uses	Smoke Point	Why Me?
Olive Oils						
Extra Virgin	Peppery and fruity, this is the most flavorful of olive oils	Pale straw to bright green color; < 0.8 % acidity	Slow roasting & oil poaching	Finishing oil, bread dipping, salad oil	190°C (375°F)	Clean & robust, true olive flavor. Highest levels of polyphenols and antioxidants; healthiest olive oil type!
Pure	Mildly fruity-refined; filtered flavor and color	Straw yellow in color; < 1% acidity	Sautéing, stir frying, roasting, searing	Salad oil, pesto, herb oils	225°C (438°F)	A higher smoke point means higher cooking temperature while still preserving an olive flavor
Olive Pomace Oil	Slightly bitter taste, not for cold applications	Golden yellow, cloudy color; < 1% acidity	Frying, high heat searing, and grilling	Not recommended	238°C (460°F)	Extra high smoke point allows for searing and caramelizing
Blended Oils						
Canola/ Extra Virgin	Slightly fruity and peppery (increases with % EV)	Pale green to yellow	Sautéing, searing, pan frying, oil poaching	Salad dressing, finishing oil	215°C (419°F)	Use for healthy cooking and adding a premium olive flavor
Soybean/ Olive Pomace	Flavorless, great for blending. Pomace imparts little olive flavor	Light golden yellow	Sautéing, searing, caramelizing, roasting	Salad dressing, mayonnaise	241°C (466°F)	Economical choice for all-around cooking needs and also uses olive oil
Specialty Oils						
Grapeseed	Light neutral flavor, described as nutty	Pale yellow to green	Stir frying, sautéing, pan searing, fondue	Salad dressings, marinades, flavored oils	204°C (400°F)	Pleasant, unobtrusive taste that helps to bring out the flavors of whatever you might be cooking.
Avocado	Light neutral flavor	Pale green	Sautéing, searing, frying, grilling high heat cooking	Baking, dips, vinaigrettes	270°C (520°F)	Light flavor will not mask the natural flavor of what you are cooking. Great for high heat cooking and for baking.



# Cooking Oil Matrix

Oil	Flavor Attributes	Characteristics	Hot Uses	Cold Uses	Smoke Point	Why Me?
Cooking and Seed Oils						
Soybean (Vegetable)	Little to no noticeable flavor	Pale green to yellow	Searing, deep frying, high heat cooking, baking	Emulsions: Salad dressings, mayonnaise	241°C (466°F)	Very versatile, can be used universally and economically.
Canola	Little to no noticeable flavor	Yellow	Searing, deep frying, high heat cooking, baking	Emulsions: Salad dressings, mayonnaise	242°C (468°F)	Very low in saturated fat; This is your healthy choice!
Frying Oils						
Clear Fry	Little to no noticeable flavor	Pale green to yellow	Deep frying, high heat cooking	N/A	241°C (466°F)	An inexpensive, well rounded oil, with a high cooking temperature and some known health attributes
Canola Fry	Little to no noticeable flavor	Yellow	Deep frying, high heat cooking	N/A	242°C (468°F)	Has the highest smoke point and is great for deep frying at very high temperatures, even coloring and a high crisp-factor
Expeller Pressed Canola	Little to no noticeable flavor	Yellow	Deep frying, high heat cooking	N/A	232°C (450°F)	Very low in saturated fat. This is your healthy choice of deep-frying oil.

