



PREMIUM EXTRA VIRGIN OLIVE OIL

Country of Origin: Greece
Cretan island **Shelf life:** 18 months

Storage conditions:

- Keep in cool and dry place until date of expiration

Serving Suggestions:

- Serve Arodama premium extra virgin olive oil with the traditional Greek salad made with fresh tomatoes, cucumber, green pepper, onion and feta cheese.
- For a spicier flavour, enjoy Arodama premium extra virgin olive oil on top of "Cretan Dakos" (baked barley bread) with chopped tomatoes, Cretan farmer's or goat cheese (called "xinomizithra"), olives and fresh oregano or crushed capers and fresh basil.
- 'kaperada' recipe: Choose rustic bread, preferably made with yeast. Cut thick slices and cook for 1-2 minutes until they begin to turn golden brown on both sides. Serve the bread hot, spreading over 1-2 tablespoons of Arodama premium extra virgin olive oil. For a spicier flavour, add a pinch of salt and finely sliced fresh oregano.

Additional Attributes:

- Cretan Product, Mediterranean diet
- 100% natural no preservatives or additives
- Premium quality
- Awarded
- Tasteful and healthy
- Cold press extraction, low acidity 0,2-0,4 when bottled
- From Cretan Koroneiki olives, Kolymbari Chania origin
- Top quality, glass, dark coloured bottle to protect olive oil from light
- Silk printed label on the body of the bottle
- Wenge coloured, wooden cap with pyrography, including pourer.
- Safety thermo-capsule on the bottle-neck

Nutrition Facts		
33 servings / container Serving Size 1tbsp (15ml)		
Amount per serving	Calories (kcal) 124	Energy (kJ) 517
	%DV	Per 100ml
Total Fat 13.74g	21.1%	91.6g
Saturated Fat 1.92g	9.6%	12.8g
TransFat 0.0g	0%	0.0g
Monounsaturated Fat 10.58g		70.5g
Polyunsaturated Fat 1.25g		8.3g
Sodium 0.0mg / Salt 0.0g	0%	0.0g
Total Carb. 0.0g	0%	0.0g
Protein 0.0g	0%	0.0g
Cholesterol 0.0g	0%	0.0g

Not a significant source of dietary fiber, sugars, vitamin A, vitamin C, Calcium & Iron.

**SUPERIOR CATEGORY OLIVE OIL
OBTAINED DIRECTLY FROM OLIVES
AND SOLELY BY MECHANICAL MEANS.**

Logistics	Unit specs	Carton specs	EU Pallet specs
Item code: 30001	500 ml	24x16x25 (LXWXH)	80x120x160
Barcode: 5200394300013	Gross weight: 0.98 kg	6 items Gross weight: 6.0 kg	6 layers / 126 cartons / 756 items Gross weight: 750 kg

