Olive Oil & Food Pairing Guide

KEY:
- RED MEAT
- WHITE MEAT
- SEAFOOD
- PASTA/RICE
- HARD CHEESE
- SOFT CHEESE
- ROASTED VEGGIE
- RAW VEGGIE
- SWEETS

Colavita

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FLAVOR PROFILES OF OUR OLIVE OILS

PREMIUM SELECTION EXTRA VIRGIN OLIVE OIL
Harmoniously balanced flavor, pleasantly full-bodied and persistent but not aggressive, with herbal notes.

PREMIUM ITALIAN EXTRA VIRGIN OLIVE OIL
Bold flavor with a fruity aroma with a peppery finish. Pairs best with roasted veggies, hard cheese, serves as a finishing ingredient on most meats and seafood.

MEDITERRANEAN EXTRA VIRGIN OLIVE OIL
Smooth and full-bodied. Starts sweet, turns slightly bitter, with an almond finish.

CALIFORNIAN EXTRA VIRGIN OLIVE OIL
Fruit forward flavor profile with a subtle peppery finish. Best used as finishing ingredient on roasted veggies and white meats.

SPANISH EXTRA VIRGIN OLIVE OIL
Grassy and citrus aroma with a light flavor and slightly peppery finish. Perfect for roasting, baking, dressing, and marinades.

GREEK EXTRA VIRGIN OLIVE OIL
Pressed from Koroneiki and Kalamata olives grown in the Crete and Sparta regions of Greece. Smooth and fruity with a slightly peppery finish and a grassy aroma. Pair with salad, fish, lamb, and sheep’s milk cheeses.

PORTUGUESE EXTRA VIRGIN OLIVE OIL
Smooth olive flavor with a slightly peppery finish. Perfect for roasting, baking, dressing, and marinades.

PURE OLIVE OIL
A delicate, mild flavor with high quality and versatility. It can be used to sauté, fry, grill, or bake.