

# The Good Oil

Extra Virgin High Oleic Rapeseed & Sunflower Oils

## Cold Pressed Oils For Commerical Kitchens

The Good Oil range of oils are now available in a larger pack size to the New Zealand hospitality sector and to food manufacturers. The lack of quality extra virgin olive oils and the increasing price has forced chefs and restaurant managers to look for alternative oils and The Good Oil range is meeting this demand.

The Good Oils are premium cold pressed culinary oils that are grown right here in New Zealand. The oils are highly versatile extra virgin oils with vibrant colours and unique flavour profiles. We cold press the seeds without the use of heat or any chemicals and our oils are always fresh.

We have a growing number of high-profile chefs using The Good Oil for its attributes as a finishing oil, splash frying, dips and salad dressings.

## Local, traceable & sustainable

Pure Oil NZ work directly with New Zealand arable farmers to grow 100% GE free high oleic sunflower seeds and oilseed rape, that provides highly nutritious and versatile extra virgin oils. This collaboration ensures the highest quality seed is grown and harvested before being cold pressed at our facility in Rolleston, Canterbury. Our crush plant utilises all parts of the seed with zero wastage and our products are sold locally to minimise food miles.

## Key points of difference

- Vibrant golden yellow colour
- Unique flavour profile that enhances the flavour of food
- New Zealand grown and cold pressed
- Supplied freshly cold pressed while the oil is at its best
- 50% less saturated fat than olive oil
- High smoke point from stable monounsaturated fats content



Supplied in 20L bag in box for commercial use  
Available in 1000L for food manufacturers

Nutritional Data (per 100ml)	Rapeseed	Sunflower
Energy	3400kj	3400kj
Protein	0.0g	0.0g
Fat - Total	91.5g	91.5g
Fat - Saturated	6.2g	6.4g
Fat - Polyunsaturated	15.2g	6.1g
- Omega 6	12.4g	6.0g
- Omega 3	2.8g	0.1g
Fat - Monounsaturated	70.1g	78.2g
Fat - Trans	0.0g	0.0g
Cholesterol	0.0g	0.0g
Carbohydrate - Total	0.0g	0.0g
- Sugar	0.0g	0.0g
Sodium	0.0mg	0.0mg
Vitamin E	25mg	44.3mg



Deane Cosgrove  
SALES MANAGER  
deane.cosgrove@pureoilnz.co.nz  
027 347 0926



Brent Miller  
TERRITORY SALES MANAGER  
brent.miller@pureoilnz.co.nz  
027 703 9572



Ryan Turner  
SALES & COLLECTIONS  
ryan.turner@pureoilnz.co.nz  
027 432 3259