

Clearspring
ORGANIC OILS
FIRST COLD PRESSING



Clearspring



ORGANIC ITALIAN EXTRA VIRGIN OLIVE OIL

The hot, dry summers and mild, moist winters of southern Italy give great character and versatility to this superb extra virgin olive oil. Enjoy this special Italian blend of mild and fruity Dolce di Rossano olives with more pungent Coratina olives. 250ml, 500ml, 1L and 5L



ORGANIC SUNFLOWER OIL

Sunflower oil, with its golden yellow colour and distinct, nutty flavour is ideal for salads, cold dishes and steamed foods. 500ml, 1L and 5L



ORGANIC SUNFLOWER FRYING OIL

Special sunflower seeds, high in oleic acid, give this oil good stability at high temperatures. A gentle steam washing neutralises the flavour, making it suitable for all types of cuisines. 500ml, 1L and 5L



ORGANIC SESAME OIL

Sesame oil, with its light flavour and healthy balance of fatty acids, has been treasured over the centuries as the most versatile of culinary oils. It is an all-purpose oil, delicious in salad dressings and ideal for sautéing. 500ml and 1L



ORGANIC SAFFLOWER, RAPESEED AND SOYA OIL

Safflower Oil is rich in vitamin E and offers a mild, delicate taste that is ideal in dips, marinades and dressings. Rapeseed oil is renowned for its excellent nutritional properties. Its rich golden colour is matched by a full flavour which is slightly nutty and sweet. Soya oil has the highest lecithin content of any oil and its rich flavour perfectly enhances grain and pasta salads as well as soups and casseroles. 500ml



ORGANIC TOASTED SESAME OIL

Toasted sesame oil, with its rich and nutty flavour, is one of the defining flavours of East Asian cuisine. It is highly versatile and delicious in salad dressings, sauces and stir-fries. 250ml and 500ml



ORGANIC SPECIALITY OILS

OLIVE FLAX OIL 250ml - A unique 50:50 blend of Omega 3 rich flax oil, specially pressed to remove the bitterness, and a robust and peppery Italian olive oil high in antioxidant content. This blend is simply delicious!

WALNUT OIL 250ml - The distinct, nutty flavour of walnut oil is a special treat that adds a delicious flavour to salads and dips.

STYRIAN TOASTED PUMPKIN OIL 250ml - Rich, dark and full-bodied, Styrian toasted pumpkin seed oil adds a special touch to vegetable, pasta and grain dishes, as well as soups.

HAZELNUT OIL 250ml - This exquisite oil carries the rich flavour and aroma of fresh hazelnuts. It gives a gourmet touch to vegetable, pasta and grain dishes, and is ideal for use in baking.

OMEGA OIL 500ml - This unique blend of organic cold pressed vegetable oils is carefully formulated to provide the health benefits and good balance of omega 3, 6 and 9 fatty acids.

CLEARSPRING ORGANIC OILS are made from the highest quality organic seeds, which are cold pressed without chemicals and carefully filtered, to ensure they have the best nutrition and flavour.