

GROVE
AVOCADO OIL

Grove Avocado Oil,
pure avocado
goodness.

Sourced right here



Our Story

The Bay of Plenty in New Zealand is considered the world's finest avocado growing region. Named by James Cook in 1769 who saw the village's plantations, warm sunshine and sandy beaches, the region produces all manner of fruit. The nutrient rich volcanic soil and high sunshine hours play an important role in producing the finest quality avocado fruit.

A small group of orchardists in 2000 gathered together to work out how they could get the goodness of the oil out of the avocado fruit.

Today we now have a unique world-class production process that ensures the avocado oil reaches you in its purest and most nutritionally beneficial form. We are very proud of our Brand 'Grove' as we now sell our Grove Avocado Oil in New Zealand and around the world.

Pure Extra Virgin Avocado oil has a naturally vibrant, grassy green colour. The oil is very mild, with a hint of fresh avocado. Many find the taste slightly buttery. Some cloudiness in the oil is normal and is 100% pure unrefined cold pressed oil.



Extra Virgin



Grove Extra Virgin Avocado Oil is the purest form of our oil from the cold-pressing of the avocado fruit. Extra virgin avocado oil has a delicate, slightly buttery flavour and exceptionally high smoke point, making it a healthy choice for baking and perfect for searing food at high temperatures.

Available in 250ml, 500ml and 1 litre carton

Lime



Grove Lime Flavoured Avocado Oil combined with mayonnaise creates the perfect dressing for fresh summer salads. Or as the basis of a sauce to accompany your favourite fresh fish or seafood. Use to pan fry or barbeque for a silky, rich citrus flavour.

Available in 250ml

Garlic



Grove Garlic Flavoured Avocado Oil is a pantry staple. Use as a marinade for beef, lamb, pork or chicken. Combine with soy or Worcestershire sauce and honey to create an easy and nutritious stir-fry sauce. Drizzle over roast vegetables, or add to mayonnaise for an easy aioli.

Available in 250ml

Chilli



Grove Chilli Flavoured Avocado Oil is ideal for those wanting to turn up the heat in the kitchen. This naturally flavoured avocado oil adds a sharp bite to your favourite salads and dressings. The perfect oil to use in stir-fry cooking; Chilli Flavoured Avocado Oil will enhance your dishes creating a flavour explosion. Also sensational simply drizzled over fresh avocado.

Available in 250ml

Lemon Pepper



Grove Lemon Pepper Flavoured Avocado Oil has a unique blend of natural lemon and pepper flavours, adding a subtle yet zesty bite to everyday dishes. Simply drizzle on freshly cooked vegetables, or eat with fresh, artisan bread.

Available in 250ml

*Trade
Products*



Available in 500ml bottle or 1L box

Avocado Oil Goodness

- ✓ 100% Pure and Natural
- ✓ Cold Pressed Extra Virgin
- ✓ No Artificial Colours or Flavours
- ✓ No Added Preservatives
- ✓ High in monounsaturated fat
- ✓ Healthy Oil for all your high temperature cooking:
Stir fry, BBQ & Roasting



the foodies' oil

Grove Extra Virgin Avocado Oil is a highly nutritional 100% natural cold pressed oil produced by Avocado Oil NZ from naturally ripened Hass avocado.



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