ASSORTMENT
Vegetable Oils  ·  Vital Oils  ·  Spice Oils  ·  Vinegars  ·  Spreads  ·  Flours & Seeds  ·  Kernel & Nuts  ·  Natural Cosmetics

March to August 2020

ÖLMÜHLE SOLLING
We are the Ölmühle Solling, a family-run manufactory for high quality organic oils. As founders, Gudrun and Werner Baensch accompany the manufactory since 1996. Today, their children Sarah and Sebastian lead the manufactory into the next generation. Currently, more than 60 employees belong to the team.

Sustainability, social fairness and organic cultivation are values that define our entrepreneurial activity since day one. Our precious oils are always cold pressed in small batches with small screw presses. “Fresh from the mill” is one of our quality standards: The organic raw material is processed as fresh as possible, directly bottled and immediately shipped.

24 years of tradition and experience make it possible for us today to produce a great variety of organic products of the highest quality. In our assortment you will find almost 100 different organic edible oils such as finest plum kernel oil, pumpkin seed oil or hot chili spice oil. A large selection of vinegars, flours, nuts and seeds, spreads and our Solling natural cosmetics complete our offer.

We do not compromise on the development and quality of our products. Traditional manufacturing processes are supplemented by modern food technology standards in quality assurance. We attach great importance to fair and long-term cooperation with suppliers. We maintain personal contact with many suppliers in our worldwide cultivation projects. In addition, we have been a partner of the Naturland cultivation association and a supporting member of Slow Food Deutschland e. V. since the beginning of the history of our manufactory.

Convince yourself of the quality and the good taste of our products. We look forward to your visit in our mill shops in Boffzen and Cologne. At oelmuehle-solling.de/en you will find all products, information and many recipe ideas.

We hope that you have fun discovering our world of oils fresh from the mill.

Sincerely,

the team of Ölmühle Solling and

Gudrun, Werner, Sarah and Sebastian Baensch
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PURCHASING · ORDERING · SERVICE
YOU CAN BUY OUR PRODUCTS IN SELECTED SHOPS, DIRECTLY AT OUR MANUFACTORY SHOPS AND ONLINE

ORDERING AND SERVICE
Monday to Friday 8 am to 5 pm

Phone  +49 [0] 52 71 . 9 66 66-0
Webshop  oelmuehle-solling.de
E-Mail   info@oelmuehle-solling.de
Fax  +49 [0] 52 71 . 9 66 66-66

Our Service for you:
• no minimum order quantity
• bulk sizes on request
• delivery ex works
• 8 % discount for orders above the value of € 120
• fresh delivery within a few days
• pay comfortably either by advance payment or with PayPal

Information
Detailed information on all our products, product ranges, suppliers and projects can be found on our English website oelmuehle-solling.de/en

Visit and Experience
Our manufactory is located in Boffzen in the beautiful Weserbergland region, between Göttingen and Hanover, very close to Höxter and Holzminden. Visit our shop or join us at information events (only with appointments) and find out how our organic oils are pressed. We are looking forward to your visit!

For events in Boffzen, please make an appointment with us.
T +49 [0] 52 71 . 9 66 66-0 or besucher@oelmuehle-solling.de

Gift vouchers and gift sets for your loved ones
Give away the enjoyment of fine organic products from the Ölmühle Solling. Your loved ones can easily choose their favourites from our great variety of oils and other delicacies.

Discover our sets and gifts on page 30.

MANUFACTORY SHOP IN BOFFZEN
Höxtersche Straße 3
37691 Boffzen
Germany
T +49 52 71 . 9 66 66-0

MANUFACTORY SHOP IN COLOGNE
Friesenwall 29
50672 Cologne
Germany
T +49 2 21 . 29 84 88 78

Regulations for food informations
The Food Information Regulation (LMIV) 1169/2001 requires that as of immediate effect and before purchase all customers are to be provided with mandatory information such as an index of ingredients, nutritional values and allergenic information. For this reason, we are publishing all the mandatory information to each individual product on our website oelmuehle-solling.de

Jumping dispenser
Our 100, 250 and 500 ml bottles are fitted with a dispenser which makes it easy to dose. The tube jumps up when you open the bottle and is easily pressed in when the lid is screwed on.

This product list has been produced with every care. We cannot be held responsible for any mistakes and printing errors. Subject to change. Issue No. 1 as of January 2020.
EDIBLE OILS
**Almond Oil Virgin**

This mild vegetable oil is from cold pressed sweet almonds. This preserves the valuable ingredients and the typical flavour particularly well. Our almond oil has a high content of monounsaturated fatty acids. This versatile and very digestible oil is also a good alternative to butter or margarine when baking.

<table>
<thead>
<tr>
<th>Art. No.</th>
<th>Unit Price in €</th>
</tr>
</thead>
<tbody>
<tr>
<td>16511</td>
<td>100 ml bottle (4,95 € / 100 ml) 4,95</td>
</tr>
<tr>
<td>16521</td>
<td>250 ml bottle (3,36 € / 100 ml) 8,90</td>
</tr>
<tr>
<td>16551</td>
<td>500 ml bottle (2,58 € / 1 l) 12,90</td>
</tr>
</tbody>
</table>

**Apricot Kernel Oil Virgin**

Cold pressed from the aromatic kernels of ripe apricots. This preserves the valuable natural ingredients and the typical flavour particularly well. Apricot kernel oil excites with an discreet aroma and the flavour of almonds and marzipan. A delicious taste not only for sweet dishes also for salad dressing.

<table>
<thead>
<tr>
<th>Art. No.</th>
<th>Unit Price in €</th>
</tr>
</thead>
<tbody>
<tr>
<td>26711</td>
<td>100 ml bottle (7,90 € / 100 ml) 7,90</td>
</tr>
</tbody>
</table>

**Argan Oil Mildly Roasted**

Made from Moroccan argan nuts which are harvested, cracked and roasted all by hand before being cold pressed. This allows a nutty exotic taste experience to develop. Moroccos liquid gold is suitable for hot and cold dishes and ideal for the final touches in North African cuisine.

<table>
<thead>
<tr>
<th>Art. No.</th>
<th>Unit Price in €</th>
</tr>
</thead>
<tbody>
<tr>
<td>15411</td>
<td>100 ml bottle (9,50 € / 100 ml) 9,50</td>
</tr>
<tr>
<td>15421</td>
<td>250 ml bottle (7,36 € / 100 ml) 18,90</td>
</tr>
</tbody>
</table>

**Argan Oil Virgin**

Made from Moroccan argan nuts which are harvested and cracked all by hand before being cold pressed. This preserves the valuable natural ingredients and the typical flavour particularly well. Moroccos liquid gold is suitable for hot and cold dishes.

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>25411</td>
<td>100 ml bottle (9,50 € / 100 ml) 9,50</td>
</tr>
<tr>
<td>25421</td>
<td>250 ml bottle (7,36 € / 100 ml) 18,90</td>
</tr>
</tbody>
</table>

**Avocado Oil From Fruit Pulp**

This green oil is carefully obtained from the pulp of ripe avocados which preserves the valuable ingredients and the typical flavour. Avocado oil can be used at high temperatures and is suitable for frying fish, meat and poultry. It is also delicious in dips.

<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>27711</td>
<td>100 ml bottle (7,90 € / 100 ml) 7,90</td>
</tr>
</tbody>
</table>

**Canola Oil Virgin**

Cold pressed from unshelled canola. Our canola oil has a high content of monounsaturated fatty acids. It can be heated to high temperatures and is particularly versatile.

<table>
<thead>
<tr>
<th>Art. No.</th>
<th>Unit Price in €</th>
</tr>
</thead>
<tbody>
<tr>
<td>14021</td>
<td>250 ml bottle (1,58 € / 100 ml) 3,95</td>
</tr>
<tr>
<td>14051</td>
<td>500 ml bottle (0,98 € / 1 l) 5,90</td>
</tr>
<tr>
<td>14063</td>
<td>2,5 l canister (5,40 € / 1 l) 27,00</td>
</tr>
</tbody>
</table>
**CANOLA OIL FROM PEELED CANOLA**

Cold pressed from shelled canola seeds. This preserves the valuable ingredients and typical flavour particularly well. Our canola kernel oil has a high content of monounsaturated fatty acids. It is mild in flavour, can be heated to high temperatures and is particularly versatile.

**Art. No. Unit Price in €**

| 14851 | 500 ml bottle (0,38 € /1 l) | 5,90 |

**COOKING AND FRYING OIL FOR HIGH TEMPERATURES**

Our high oleic cooking oil is cold pressed from shelled sunflower seeds. Due to its high content of oleic acid, it is particularly heat-resistant and therefore ideal for baking and frying.

**Art. No. Unit Price in €**

| 19721 | 250 ml bottle (0,58 € /100 ml) | 3,95 |
| 19751 | 500 ml bottle (0,80 € /1 l) | 5,90 |

**GRAPE SEED OIL VIRGIN**

Cold pressed from grape seeds which have been freed from the grape pulp and then dried. This preserves the valuable ingredients and typical flavour particularly well. With its mildly fruity flavour grape seed oil adds that special touch in gourmet dishes.

**Art. No. Unit Price in €**

| 18811 | 100 ml bottle (9,90 € /100 ml) | 9,90 |

**HAZELNUT OIL MILDLY ROASTED**

An oil speciality gained from gently roasted hazelnuts which have been gently pressed. This preserves the valuable ingredients and typical flavour particularly well. This strong nutty oil is ideal for both sweet and savoury dishes.

**Art. No. Unit Price in €**

| 10811 | 100 ml bottle (6,90 € /100 ml) | 6,90 |
| 10821 | 250 ml bottle (5,34 € /100 ml) | 12,90 |

**HAZELNUT OIL VIRGIN**

Made from cold pressed hazelnuts. This preserves the valuable ingredients and typical flavour particularly well. This golden yellow, fine nutty oil is suitable for both sweet and savoury dishes.

**Art. No. Unit Price in €**

| 16211 | 100 ml bottle (6,90 € /100 ml) | 6,90 |

**MACADAMIA NUT OIL VIRGIN**

Cold pressed from the noble macadamia nut, also called the queen of nuts. This preserves the valuable ingredients and the typical flavour particularly well. With its unique flavour macadamia oil is something for gourmets and chefs who love something special.

**Art. No. Unit Price in €**

| 16911 | 100 ml bottle (9,90 € /100 ml) | 9,90 |
**Coconut Oil Virgin**

A virgin coconut oil, carefully pressed from ripe, dried coconuts. Coconut oil can be heated to high temperatures but is also an ideal alternative to butter and margarine.

<table>
<thead>
<tr>
<th>Art. No.</th>
<th>Unit</th>
<th>Price in €</th>
</tr>
</thead>
<tbody>
<tr>
<td>18231</td>
<td>30 ml jar (1,13 € / 100 ml)</td>
<td>1,00</td>
</tr>
<tr>
<td>18219</td>
<td>100 g jar (1,19 € / 100 g)</td>
<td>3,90</td>
</tr>
<tr>
<td>18221</td>
<td>250 ml jar (2,36 € / 100 ml)</td>
<td>5,90</td>
</tr>
<tr>
<td>18251</td>
<td>500 ml jar (9,80 € / 1 l)</td>
<td>9,90</td>
</tr>
<tr>
<td>18203</td>
<td>1 l tub (18,90 € / 1 l)</td>
<td>18,90</td>
</tr>
<tr>
<td>18271</td>
<td>1 l jar (17,90 € / 1 l)</td>
<td>17,90</td>
</tr>
<tr>
<td>18202</td>
<td>1 l jar (19,90 € / 1 l)</td>
<td>19,90</td>
</tr>
</tbody>
</table>

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**Coconut Oil Virgin Whole Kernel Naturland Fair**

A virgin coconut oil, carefully pressed from ripe, dried coconuts. This preserves the valuable ingredients and the delicate coconut flavour particularly well. Coconut oil can be heated to high temperatures but is also an ideal alternative to butter and margarine.

<table>
<thead>
<tr>
<th>Art. No.</th>
<th>Unit</th>
<th>Price in €</th>
</tr>
</thead>
<tbody>
<tr>
<td>15831</td>
<td>30 ml jar (1,13 € / 100 ml)</td>
<td>1,00</td>
</tr>
<tr>
<td>15821</td>
<td>250 ml jar (2,36 € / 100 ml)</td>
<td>5,90</td>
</tr>
<tr>
<td>15855</td>
<td>500 ml jar (9,80 € / 1 l)</td>
<td>9,90</td>
</tr>
<tr>
<td>15851</td>
<td>1 l jar (19,90 € / 1 l)</td>
<td>19,90</td>
</tr>
<tr>
<td>61161</td>
<td>2 x 1 l jar (39,50 € / 2 l)</td>
<td>39,00</td>
</tr>
</tbody>
</table>

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**Coconut Flower Sugar**

Coconut flower sugar is produced from the sap of the coconut flower. When you cut into the flower of the coconut palm, a sugary sap leaks out. This sap is carefully boiled down and then crystalizes to brown sugar with a strong caramel aroma. The human body processes coconut flower sugar slower than other high glycaemic sweeteners (e.g. cane sugar) and leads to a slower energy release. As a result, you are saturated for a longer time while having a relatively stable blood sugar. This is why coconut flower sugar is perfect for diabetics.

<table>
<thead>
<tr>
<th>Art. No.</th>
<th>Unit</th>
<th>Price in €</th>
</tr>
</thead>
<tbody>
<tr>
<td>58521</td>
<td>170 g jar (2,29 € / 100 g)</td>
<td>3,90</td>
</tr>
<tr>
<td>58531</td>
<td>350 g jar (9,76 € / 1 kg)</td>
<td>6,90</td>
</tr>
</tbody>
</table>

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**Coconut Rasp**

Freshly harvested coconuts are finely rasped and then gently dried. This way, the authentic coconut aroma as well as the natural vitamins and minerals are maintained. Coconut raps are naturally free from gluten, lactose and cholesterol, are neither sulphurated, nor bleached, nor do they contain preservatives.

<table>
<thead>
<tr>
<th>Art. No.</th>
<th>Unit</th>
<th>Price in €</th>
</tr>
</thead>
<tbody>
<tr>
<td>48253</td>
<td>500 g pouch (6,50 € / 1 kg)</td>
<td>4,95</td>
</tr>
<tr>
<td>48256</td>
<td>300 g pouch (6,50 € / 1 kg)</td>
<td>4,95</td>
</tr>
</tbody>
</table>
**Mustard Oil**

Mustard oil is a culinary discovery, cold pressed from mustard seeds. Our mustard seed oil has a high content of unsaturated fatty acids. Its mild spiciness makes it particularly distinctive. Ideal for potato and sausage salads, fish and meat dishes or spicy salad dressings.

**Palm Oil Red**

This palm oil does not originate from monocultures in South East Asia or Africa but from organic plantations and farms which use intercropping. It is carefully pressed from the ripe flesh of the oil palm. This preserves the valuable ingredients and the typical flavour particularly well. Red palm oil is ideal for African and Asian cuisine.

**Passion Fruit Oil**

Passion fruit oil is extracted from the dried kernels of the passion fruit. The mild and nutty taste goes well with muesli, rice pudding and desserts. Combined with fresh lemon or lime juice, passion fruit oil can make a delicious dressing for salads.

**Peanut Oil**

Made from cold pressed peanuts. This preserves the valuable ingredients and typical flavour particularly well. Our peanut oil is rich in vitamin E. The light, slightly nutty oil is very versatile and is ideal for frying, deep fat frying and for wok dishes.

**Plum Kernel Oil**

This exceptional oil speciality is from cold pressed plum stones. This preserves the valuable ingredients and typical flavour particularly well. Plum oil naturally has a slight flavour of marzipan and is a delicious enrichment for sweet dishes and pastries.

**Poppy Seed Oil**

Cold pressed from blue poppy seeds. Thanks to the gentle pressing, valuable ingredients and the fine taste are well preserved. The light yellow oil is great in dressings, fruit salads, cereals or desserts. For sweet and hearty meals.
**OLIVE OIL/ITALY**  
**EXTRA VIRGIN**  
High grade gained directly from the olive using only mechanical processes. This preserves the valuable ingredients and the typical flavour particularly well. The light greenish oil impresses with its fruity flavour and mild acidity and is ideal for Mediterranean cuisine.

<table>
<thead>
<tr>
<th>Art. No.</th>
<th>Unit</th>
<th>Price in €</th>
</tr>
</thead>
<tbody>
<tr>
<td>13011</td>
<td>100 ml bottle</td>
<td>4,50</td>
</tr>
<tr>
<td>13021</td>
<td>250 ml bottle</td>
<td>6,90</td>
</tr>
<tr>
<td>13051</td>
<td>500 ml bottle</td>
<td>12,90</td>
</tr>
</tbody>
</table>

**OLIVE OIL/GREECE VITA VERDE**  
**EXTRA VIRGIN**  
This oil is pressed from Koroneiki olives which have ripened in ideal conditions on the Greek peninsula, Peleponnese. The Koroneiki olive is a small, firm olive and known for its fruitiness which is the basis for this tasty, fruity but not bitter olive oil.

<table>
<thead>
<tr>
<th>Art. No.</th>
<th>Unit</th>
<th>Price in €</th>
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</thead>
<tbody>
<tr>
<td>72348</td>
<td>250 ml bottle</td>
<td>7,90</td>
</tr>
<tr>
<td>13961</td>
<td>500 ml bottle</td>
<td>12,90</td>
</tr>
</tbody>
</table>

**OLIVE OIL/ITALY MEDITERRANEO**  
**EXTRA VIRGIN**  
Olive oil virgin extra Mediterraneo is pressed exclusively from sun ripened Calabrian olives. Thanks to decades of experience in organic farming our partner Mediterranea Foods has built up an intensive partnership with many farmers in their area. The result of their common harvest is this special olive oil which is only bottled after an order has been placed. Ideal for Mediterranean cuisine.

<table>
<thead>
<tr>
<th>Art. No.</th>
<th>Unit</th>
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</tr>
</thead>
<tbody>
<tr>
<td>13071</td>
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</tr>
<tr>
<td>13083</td>
<td>5 l can</td>
<td>102,40</td>
</tr>
</tbody>
</table>

**OLIVE OIL/ITALY PRINCIPE DI GERAUCE**  
**EXTRA VIRGIN**  
The extraordinary olive oil Principe di Gerace is made exclusively from selected Calabrian olives which grow on the property of the Anastasi Family. The ripe olives are harvested by hand and pressed after just a few hours. The result is a full-bodied, distinctive olive oil that impresses gourmets and friends of Mediterranean cuisine.

<table>
<thead>
<tr>
<th>Art. No.</th>
<th>Unit</th>
<th>Price in €</th>
</tr>
</thead>
<tbody>
<tr>
<td>70941</td>
<td>500 ml bottle</td>
<td>13,90</td>
</tr>
</tbody>
</table>

**OLIVE OIL/PALESTINE CANAAN**  
**EXTRA VIRGIN**  
This Palestinian olive oil is a true rarity. It is made from cold pressed, ripe olives and has a slightly sweet aroma and a touch of spice. We support Palestinian farmers in the marketing of their delicious Rumi olive oil.

<table>
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<th>Unit</th>
<th>Price in €</th>
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</thead>
<tbody>
<tr>
<td>70104</td>
<td>500 ml bottle</td>
<td>14,90</td>
</tr>
</tbody>
</table>

**OLIVE OIL/SPAIN VALDERRAMA**  
**EXTRA VIRGIN**  
A first class olive oil from the ocal variety which is distinguished by a mild but fresh and fruity flavour. Olives have been cultivated in the grounds of the Valderramas finca near Córdoba since 1853 and some of the trees are more than one hundred years old. The olives are carefully processed locally and thus retain their finely nuanced fullness of flavour. Ideal for tapas, Mediterranean salads and for flavouring hot dishes.

<table>
<thead>
<tr>
<th>Art. No.</th>
<th>Unit</th>
<th>Price in €</th>
</tr>
</thead>
<tbody>
<tr>
<td>71278</td>
<td>500 ml bottle</td>
<td>17,90</td>
</tr>
</tbody>
</table>
**PUMPKIN SEED OIL**

**Virgin**

From cold pressed Styria pumpkin seeds. Our pumpkin seed oil is rich in vitamin E. This preserves the valuable ingredients and typical flavour particularly well.

<table>
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<tr>
<th>Art. No.</th>
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<th>Price in €</th>
</tr>
</thead>
<tbody>
<tr>
<td>19811</td>
<td>100 ml bottle</td>
<td>6,50</td>
</tr>
<tr>
<td>19821</td>
<td>250 ml bottle</td>
<td>12,50</td>
</tr>
</tbody>
</table>

**Mildly Roasted**

This oil speciality from Styra is carefully pressed from gently roasted pumpkin seeds. The dark green, intensive nutty oil enhances not only salads and (pumpkin) soups but also gives sweet dishes that extra something.

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>16811</td>
<td>100 ml bottle</td>
<td>6,90</td>
</tr>
<tr>
<td>16821</td>
<td>250 ml bottle</td>
<td>12,90</td>
</tr>
</tbody>
</table>

**SAFFLOWER OIL**

**Virgin**

This classical oil for the natural kitchen is cold pressed from shelled safflower seeds. This preserves the valuable ingredients and the typical flavour particularly well. Tip: Safflower oil contains circa 80 g linoleic acid per 100 g.

<table>
<thead>
<tr>
<th>Art. No.</th>
<th>Unit</th>
<th>Price in €</th>
</tr>
</thead>
<tbody>
<tr>
<td>14251</td>
<td>500 ml bottle</td>
<td>13,80</td>
</tr>
</tbody>
</table>

**SALAD OIL HEARTY**

An aromatic composition of nutty sunflower oil, unshelled canola seeds and aromatic olive oil with that certain something. Our salad oil hearty is rich in vitamin E. Perfect not only for seedy salad dressings but also for dips, marinades and for vegan nutrition.

<table>
<thead>
<tr>
<th>Art. No.</th>
<th>Unit</th>
<th>Price in €</th>
</tr>
</thead>
<tbody>
<tr>
<td>83011</td>
<td>100 ml bottle</td>
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</tr>
<tr>
<td>83051</td>
<td>500 ml bottle</td>
<td>7,90</td>
</tr>
</tbody>
</table>

**SESAME SEED OIL**

**Mildly Roasted**

Carefully pressed from gently roasted sesame seeds. This preserves the valuable ingredients and typical flavour particularly well. Our roasted sesame seed oil has a high content of unsaturated fatty acids. It gives cold and hot dishes a warm, subtle oriental flavour.

<table>
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<tr>
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<td>100 ml bottle</td>
<td>4,50</td>
</tr>
<tr>
<td>14621</td>
<td>250 ml bottle</td>
<td>6,90</td>
</tr>
</tbody>
</table>

**Virgin**

Cold pressed from sesame seeds. This preserves the valuable ingredients and typical flavour particularly well. Our virgin sesame seed oil has a high content of unsaturated fatty acids. It is an important ingredient for Ayurvedic and macrobiotic cuisine.

<table>
<thead>
<tr>
<th>Art. No.</th>
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</thead>
<tbody>
<tr>
<td>14311</td>
<td>100 ml bottle</td>
<td>4,50</td>
</tr>
<tr>
<td>14321</td>
<td>250 ml bottle</td>
<td>6,90</td>
</tr>
<tr>
<td>14351</td>
<td>500 ml bottle</td>
<td>9,90</td>
</tr>
</tbody>
</table>
**SUNFLOWER SEED OIL VIRGIN**

Cold pressed from shelled, sunflower seeds. This preserves the valuable ingredients and typical flavour particularly well. Our sunflower oil is rich in vitamin E and has a high content of polyunsaturated fatty acids. Ideal for fresh salads, vegetable dishes or for oil swishing according to Ayurvedic therapies as a mouth wash.

<table>
<thead>
<tr>
<th>Art. No.</th>
<th>Unit</th>
<th>Price in €</th>
</tr>
</thead>
<tbody>
<tr>
<td>11051</td>
<td>500 ml bottle</td>
<td>5,50</td>
</tr>
<tr>
<td>11063</td>
<td>2,5 l can</td>
<td>22,50</td>
</tr>
</tbody>
</table>

**WALNUT OIL VIRGIN**

This fine oil speciality is from cold pressed walnuts. This preserves the valuable ingredients and typical flavour particularly well. Our walnut oil has a high content of polyunsaturated fatty acids. It has a distinctive, tangy flavour and is ideal not only for salads and vegetable dishes, but also for sweet dishes.

<table>
<thead>
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</thead>
<tbody>
<tr>
<td>16111</td>
<td>100 ml bottle</td>
<td>5,90</td>
</tr>
<tr>
<td>16121</td>
<td>250 ml bottle</td>
<td>11,90</td>
</tr>
</tbody>
</table>

**WOK OIL VIRGIN**

Wok oil is a mixture of cold pressed peanut and coconut oils and can be heated to high temperatures. It has a high content of monounsaturated fatty acids. Our wok oil is ideal for frying meat, fish or vegetables and for wok cooking. Note: Wok oil is only fluid at temperatures above 24 °C.

<table>
<thead>
<tr>
<th>Art. No.</th>
<th>Unit</th>
<th>Price in €</th>
</tr>
</thead>
<tbody>
<tr>
<td>83451</td>
<td>500 ml bottle</td>
<td>8,90</td>
</tr>
</tbody>
</table>
VITAL OILS
**BLACK CUMIN SEED OIL**  
**VIRGIN . EGYPTIAN**

This freshly milled, intensively aromatic oil is from cold pressed Egyptian black cumin seeds. This preserves the valuable ingredients particularly well. It contains essential oils and fatty accompanying substances. Enjoy it straight from the spoon. It can also be used for skincare. Black cumin seed oil is a natural tick remedy.

<table>
<thead>
<tr>
<th>Art. No.</th>
<th>Unit</th>
<th>Price in €</th>
</tr>
</thead>
<tbody>
<tr>
<td>14911</td>
<td>100 ml bottle</td>
<td>7,50</td>
</tr>
<tr>
<td>14921</td>
<td>250 ml bottle</td>
<td>14,90</td>
</tr>
<tr>
<td>14951</td>
<td>500 ml bottle</td>
<td>24,90</td>
</tr>
<tr>
<td>61152</td>
<td>4 x 250 ml bottles</td>
<td>56,90</td>
</tr>
</tbody>
</table>

**BLACK CUMIN SEED OIL**  
**UNFILTERED**

This unfiltered organic black cumin seed oil is cold-pressed from Egyptian black cumin seeds. It contains valuable sediments and essential oils and fat polyunsaturated fatty acids. The oil has a dark color and a strong, slightly spicy taste. Because of its strong taste, the oil should be carefully dosed. Shake well before use.

<table>
<thead>
<tr>
<th>Art. No.</th>
<th>Unit</th>
<th>Price in €</th>
</tr>
</thead>
<tbody>
<tr>
<td>15911</td>
<td>100 ml bottle</td>
<td>7,50</td>
</tr>
<tr>
<td>15921</td>
<td>250 ml bottle</td>
<td>14,90</td>
</tr>
<tr>
<td>15951</td>
<td>500 ml bottle</td>
<td>24,90</td>
</tr>
</tbody>
</table>

**BORAGE OIL**  
**VIRGIN**

This freshly milled pure oil is from cold pressed borage seeds. This preserves the valuable ingredients particularly well. Borage oil is rich in polyunsaturated fatty acids and contains approximately 21 g gamma-linolenic acid per 100 g.

<table>
<thead>
<tr>
<th>Art. No.</th>
<th>Unit</th>
<th>Price in €</th>
</tr>
</thead>
<tbody>
<tr>
<td>27811</td>
<td>100 ml bottle</td>
<td>9,90</td>
</tr>
<tr>
<td>27821</td>
<td>250 ml bottle</td>
<td>19,90</td>
</tr>
</tbody>
</table>

**CAMELINA OIL**  
**VIRGIN**

This pure camelina oil is freshly pressed cold from freshly harvested camelina seeds, to preserve the valuable ingredients. It has a fresh, vegetable-like taste and is characterized by its high content of omega-3 fatty acids, also called linolenic acid (about 40 g per 100 g).

<table>
<thead>
<tr>
<th>Art. No.</th>
<th>Unit</th>
<th>Price in €</th>
</tr>
</thead>
<tbody>
<tr>
<td>19911</td>
<td>100 ml bottle</td>
<td>4,50</td>
</tr>
<tr>
<td>19921</td>
<td>250 ml bottle</td>
<td>6,90</td>
</tr>
<tr>
<td>19951</td>
<td>500 ml bottle</td>
<td>9,90</td>
</tr>
<tr>
<td>19903</td>
<td>1 l can</td>
<td>21,50</td>
</tr>
<tr>
<td>61193</td>
<td>4 x 500 ml bottles</td>
<td>39,00</td>
</tr>
</tbody>
</table>

**CHIA OIL**  
**VIRGIN**

Chia was already valued by the Aztecs as a power food. The mild oil of chia seeds is rich in polyunsaturated fatty acids, especially omega-3 fatty acids. It resembles linseed oil. Although chia seeds have been used as food for millennia, in the EU they are only approved as Novel Food.

<table>
<thead>
<tr>
<th>Art. No.</th>
<th>Unit</th>
<th>Price in €</th>
</tr>
</thead>
<tbody>
<tr>
<td>23211</td>
<td>100 ml bottle</td>
<td>6,90</td>
</tr>
</tbody>
</table>

**EVENING PRIMROSE OIL**  
**VIRGIN**

This freshly milled oil is cold pressed from evening primrose seeds. This preserves the valuable ingredients particularly well. Evening primrose oil has a high content of polyunsaturated fatty acids and contains approximately 10 g gamma linolenic acid per 100 g.

<table>
<thead>
<tr>
<th>Art. No.</th>
<th>Unit</th>
<th>Price in €</th>
</tr>
</thead>
<tbody>
<tr>
<td>27111</td>
<td>100 ml bottle</td>
<td>9,50</td>
</tr>
<tr>
<td>27121</td>
<td>250 ml bottle</td>
<td>19,50</td>
</tr>
</tbody>
</table>
HEMP SEED OIL

**VIRGIN**

Cold pressed from freshly harvested hempseeds. This preserves the valuable ingredients and typical flavour particularly well. Our hemp seed oil is rich in vitamin E, polyunsaturated fatty acids and contains approximately 2 - 3 g gamma-linolenic acid per 100 g. The olivegreen, nutty oil is very digestible.

![Hemp Seed Oil Bottle]

Art. No. | Unit Price in €
---|---
14511 | 100 ml bottle (4,95 € / 100 ml) 4,95
14521 | 250 ml bottle (3,96 € / 100 ml) 9,90

LINSEED OIL

**VIRGIN . NATURLAND**

This linseed oil is cold pressed from organic linseeds daily in small batches. It contains 50 g per 100 g omega-3 fatty acids. Tasty with with jacket potatoes and cottage cheese.

![Linseed Oil Bottle]

Art. No. | Unit Price in €
---|---
14111 | 100 ml bottle (4,50 € / 100 ml) 4,50
14121 | 250 ml bottle (2,76 € / 100 ml) 6,90
14151 | 500 ml bottle (2,98 € / 100 ml) 9,90
14103 | 1 l canister (2,80 € / l) 21,90
61162 | 4 x 500 ml bottles (19,50 € / l) 39,00

MILK THISTLE OIL

**VIRGIN**

This pure edible oil is cold-pressed from the fruits of the milk thistle. It belongs to the group of bitter herbs and was cultivated in monastery gardens because of its bitter substances such as silymarin, which are rarely found in today’s nutrition. The milk thistle is rich in vitamin E and unsaturated fatty acids. This oil is very popular in folk medicine.

![Milk Thistle Oil Bottle]

Art. No. | Unit Price in €
---|---
83511 | 100 ml bottle (6,90 € / 100 ml) 6,90
83521 | 250 ml bottle (6,36 € / 100 ml) 13,90

OMEGA BALANCE OIL

**WITH 30 % LINSEED OIL**

A mixture of 11 high grade, cold pressed organic vegetable oils (Virgin Eleven). Our omega balance oil is rich in polyunsaturated fatty acids and contains essential omega-6 and omega-3 fatty acids at an optimum ratio of 3:2 together with numerous phytochemicals and the rare punicic acid (about 3,7 g per 100 g).

![Omega Balance Oil Bottle]

Art. No. | Unit Price in €
---|---
23611 | 100 ml bottle (8,90 € / 100 ml) 8,90
23621 | 250 ml bottle (7,36 € / 100 ml) 17,90
**OMEGA DHA OIL**
**LINSEED + CHIA**
A composition of mill-fresh linseed oil and chia seed oil enriched with docosahexaenoic acid (DHA) from marine microalgae. DHA contributes to a normal cardiac function and the maintenance of normal vision and brain function. The positive effect sets in with a daily intake of 16 g of the oil mixture.

<table>
<thead>
<tr>
<th>Art. No.</th>
<th>Unit</th>
<th>Price in €</th>
</tr>
</thead>
<tbody>
<tr>
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<td>100 ml bottle</td>
<td>8,90</td>
</tr>
<tr>
<td>20721</td>
<td>250 ml bottle</td>
<td>19,90</td>
</tr>
</tbody>
</table>

**OMEGA DHA OIL**
**LINSEED + SEA BUCKTHORN**
A combination with docosahexaenoic acid (DHA) from marine microalgae, mill fresh linseed oil and sea buckthorn fruit oil. DHA contributes to a normal cardiac function and the maintenance of normal vision and brain function. The positive effect is achieved with a daily intake of 250 mg DHA, which corresponds to 16 g of the oil mixture.

<table>
<thead>
<tr>
<th>Art. No.</th>
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<th>Price in €</th>
</tr>
</thead>
<tbody>
<tr>
<td>20911</td>
<td>100 ml bottle</td>
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</tr>
<tr>
<td>20921</td>
<td>250 ml bottle</td>
<td>21,90</td>
</tr>
</tbody>
</table>

**OMEGA DHA OIL**
**LINSEED + WALNUT**
A mixture of DHA, mill-fresh linseed, walnut and wheat germ oil. DHA (docosahexaenoic acid) belongs to the omega-3 fatty acids. This valuable fatty acid is needed for normal heart, vision and brain functions. The positive effect is achieved with a daily intake of 250 mg DHA, which corresponds to 16 g of the oil mixture.

<table>
<thead>
<tr>
<th>Art. No.</th>
<th>Unit</th>
<th>Price in €</th>
</tr>
</thead>
<tbody>
<tr>
<td>20811</td>
<td>100 ml bottle</td>
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</tr>
<tr>
<td>20821</td>
<td>250 ml bottle</td>
<td>19,90</td>
</tr>
</tbody>
</table>

**POMEGRANATE SEED OIL**
**VIRGIN**
Dried pomegranate seeds are carefully cold pressed for this pure oil. It is rich in polyunsaturated fatty acids and contains approximately 85 % punicic acid. For dressings and dips, enjoy it straight from the spoon or use it for skincare.

<table>
<thead>
<tr>
<th>Art. No.</th>
<th>Unit</th>
<th>Price in €</th>
</tr>
</thead>
<tbody>
<tr>
<td>22111</td>
<td>100 ml bottle</td>
<td>19,90</td>
</tr>
</tbody>
</table>

**SEA BUCKTHORN OIL**
**FROM FRUIT PULP**
This freshly milled oil is from cold pressed sea buckthorn pulp. This preserves the valuable ingredients particularly well. Our Sea buckthorn oil has a high content of monounsaturated fatty acids and contains at least 25 g monounsaturated palmitic acid per 100 g.

<table>
<thead>
<tr>
<th>Art. No.</th>
<th>Unit</th>
<th>Price in €</th>
</tr>
</thead>
<tbody>
<tr>
<td>25111</td>
<td>100 ml bottle</td>
<td>35,00</td>
</tr>
</tbody>
</table>

**WHEAT GERM OIL**
**CONVENTIONAL**
Cold pressed from wheatgerm and ultrafiltered. The yellowish gold oil is rich in vitamin E along with further secondary phytochemicals and is a traditional part of a healthy food diet. We offer this oil in conventional quality because organic wheat germ is not available permanently or often enough at the suitable quality levels.

<table>
<thead>
<tr>
<th>Art. No.</th>
<th>Unit</th>
<th>Price in €</th>
</tr>
</thead>
<tbody>
<tr>
<td>15011</td>
<td>100 ml bottle</td>
<td>8,90</td>
</tr>
<tr>
<td>15021</td>
<td>250 ml bottle</td>
<td>19,90</td>
</tr>
</tbody>
</table>
SPICE OILS
**ALMOND-VANILLA ALMOND SPICE OIL**

This mild spice oil is a composition of cold pressed sweet almonds with bourbon vanilla. It has a high content of monounsaturated fatty acids. Our almond-vanilla spice oil gives cakes, gateaux, biscuits, desserts and whipped cream a soft traditional taste of genuine vanilla.

<table>
<thead>
<tr>
<th>Art. No.</th>
<th>Unit</th>
<th>Price in €</th>
</tr>
</thead>
<tbody>
<tr>
<td>1661 1</td>
<td>100 ml</td>
<td>8,90</td>
</tr>
</tbody>
</table>

---

**ASPARAGUS SPICE OIL**

Asparagus is probably the epitome of spring vegetables. The subtly flavoured vegetable becomes even better with this composition of freshly milled, cold pressed canola seed and lightly roasted hazelnut oil which are rounded off with a fine bouquet of spices and herbs. Simply drizzle the oil over the cooked asparagus before serving. By the way: Asparagus Spice Oil harmonises beautifully with any fine and pale coloured vegetables such as kohlrabi, cauliflower, carrots or salsify.

<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>1531 1</td>
<td>100 ml</td>
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</tr>
</tbody>
</table>

---

**BASIL CANOLA SPICE OIL**

Freshly harvested basil combined with mill fresh, cold-pressed canola oil our basil spice oil is a pledge for a full-bodied taste experience. Our basil spice oil has a high content of monounsaturated fatty acids. It gives salads, pizza and pasta a typical Italian flavour. Ideal for tomato-mozzarella salad.

<table>
<thead>
<tr>
<th>Art. No.</th>
<th>Unit</th>
<th>Price in €</th>
</tr>
</thead>
<tbody>
<tr>
<td>1321 1</td>
<td>100 ml</td>
<td>4,50</td>
</tr>
<tr>
<td>1322 1</td>
<td>250 ml</td>
<td>8,90</td>
</tr>
</tbody>
</table>

---

**CHILI CANOLA SPICE OIL**

This mill-fresh combination of cold pressed canola oil and hot chili peppers promises a fiery taste experience. Our chili spice oil has a high content of monounsaturated fatty acids. It gives any dish an intensive note. Store out of childrens reach and dose sparingly.

<table>
<thead>
<tr>
<th>Art. No.</th>
<th>Unit</th>
<th>Price in €</th>
</tr>
</thead>
<tbody>
<tr>
<td>1291 1</td>
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</tr>
<tr>
<td>1292 1</td>
<td>250 ml</td>
<td>8,90</td>
</tr>
</tbody>
</table>

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**CINNAMON-ALMOND ALMOND SPICE OIL**

This mild spice oil is a fine composition of sweet cinnamon with freshly pressed almonds. Our cinnamon-almond spice oil refines smoothies and ?golden milk?, rice pudding and muesli and gives fine cinnamon notes to desserts, ice cream and whipped cream.

<table>
<thead>
<tr>
<th>Art. No.</th>
<th>Unit</th>
<th>Price in €</th>
</tr>
</thead>
<tbody>
<tr>
<td>1751 1</td>
<td>100 ml</td>
<td>7,90</td>
</tr>
</tbody>
</table>
### Coffee Almond Spice Oil

The taste of sweet almonds and mildly roasted coffee beans characterize this aromatic spice oil. Our almond spice oil is rich in monounsaturated fatty acids. Ideal for refining fine pastries, whipped cream, sweet desserts and dips.

<table>
<thead>
<tr>
<th>Art. No.</th>
<th>Unit</th>
<th>Price in €</th>
</tr>
</thead>
<tbody>
<tr>
<td>25011</td>
<td>100 ml bottle</td>
<td>9,90</td>
</tr>
</tbody>
</table>

### Coriander Fennel Dill Canola Spice Oil

This spice oil combines cold-pressed canola oil with coriander, fennel and dill. This creates a full-bodied taste experience. This spice oil is rich in monounsaturated fatty acids. It is a perfect match for fish dishes, mixed salads, vegetable terrines, dips and sauces.

<table>
<thead>
<tr>
<th>Art. No.</th>
<th>Unit</th>
<th>Price in €</th>
</tr>
</thead>
<tbody>
<tr>
<td>17911</td>
<td>100 ml bottle</td>
<td>4,50</td>
</tr>
</tbody>
</table>

### Garam Masala Sesame Spice Oil

An aromatic composition of cold-pressed sesame oil and the typical Indian garam masala spices coriander, cumin, nutmeg, pepper, cardamom, cloves and bay leaves. Our garam masala spice oil has a high content of unsaturated fatty acids. It refines not only traditional Indian dishes but is also ideal for marinating.

<table>
<thead>
<tr>
<th>Art. No.</th>
<th>Unit</th>
<th>Price in €</th>
</tr>
</thead>
<tbody>
<tr>
<td>12711</td>
<td>100 ml bottle</td>
<td>4,50</td>
</tr>
</tbody>
</table>

### Ginger–Lemongrass Canola Spice Oil

This spice oil is a combination of mill-fresh canola oil and spicy ginger as well as refreshing lemongrass - a full-bodied taste experience. It has a high content of monounsaturated fatty acids. The aromatic, exotic spice oil is ideal for tofu, rice and wok dishes a delicious, refreshingly spicy flavour.

<table>
<thead>
<tr>
<th>Art. No.</th>
<th>Unit</th>
<th>Price in €</th>
</tr>
</thead>
<tbody>
<tr>
<td>17111</td>
<td>100 ml bottle</td>
<td>4,50</td>
</tr>
<tr>
<td>17121</td>
<td>250 ml bottle</td>
<td>8,90</td>
</tr>
</tbody>
</table>

### Green Pepper Canola Spice Oil

Cold-pressed rapeseed oil, fresh from the mill, meets green pepper and thus becomes a full-bodied and spicy taste experience. It has a high content of monounsaturated fatty acids. This very versatile spice oil is good with all savoury dishes. A clever twist is to add to fresh strawberries!

<table>
<thead>
<tr>
<th>Art. No.</th>
<th>Unit</th>
<th>Price in €</th>
</tr>
</thead>
<tbody>
<tr>
<td>26611</td>
<td>100 ml bottle</td>
<td>5,95</td>
</tr>
</tbody>
</table>

### Herb and Garlic Spice Oil

Our popular Herb-Garlic Oil captivates through its intense yet not overwhelming garlic note. Herbs typical of the German cuisine like pepper, caraway, mustard seed, rosemary and bay give this delicious oil its characteristic taste. This composition of fresh from the mill, cold-pressed canola, sunflower and thistle oil can be moderately heated. It is also perfect for marinades and seasoning.

<table>
<thead>
<tr>
<th>Art. No.</th>
<th>Unit</th>
<th>Price in €</th>
</tr>
</thead>
<tbody>
<tr>
<td>12311</td>
<td>100 ml bottle</td>
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</tr>
<tr>
<td>12351</td>
<td>500 ml bottle</td>
<td>7,90</td>
</tr>
</tbody>
</table>
**HERB SPICE OIL**

This hearty spice oil is a composition of cold pressed canola, sunflower and safflower oils with aromatic spices and herbs. It can be heated to moderate temperatures and is also ideal for marinating and seasoning.

<table>
<thead>
<tr>
<th>Art. No.</th>
<th>Unit</th>
<th>Price in €</th>
</tr>
</thead>
<tbody>
<tr>
<td>11351</td>
<td>500 ml bottle (15,80 € / 1 l)</td>
<td>7,90</td>
</tr>
</tbody>
</table>

**HERBES DE PROVENCE CANOLA SPICE OIL**

Native rapeseed is cold pressed for this spice oil and refined with marjoram, parsley, thyme, and tarragon. This is how the freshly-harvested herbs de Provence create a full-bodied taste experience with authentic spices. This aromatic spice oil is rich in monounsaturated fatty acids. It adds a finishing touch to the Mediterranean in meat, fish and vegetable dishes, e.g. ratatouille.

<table>
<thead>
<tr>
<th>Art. No.</th>
<th>Unit</th>
<th>Price in €</th>
</tr>
</thead>
<tbody>
<tr>
<td>12611</td>
<td>100 ml bottle (4,50 € / 100 ml)</td>
<td>4,50</td>
</tr>
<tr>
<td>12621</td>
<td>250 ml bottle (3,56 € / 100 ml)</td>
<td>8,90</td>
</tr>
</tbody>
</table>

**HORSE-ADDISH SESAME SPICE OIL**

Unshelled sesame is carefully cold pressed and enhanced with spicy horse radish extract for this oil. Our horseraddish spice oil is rich in unsaturated fatty acids. With its strong aromatic spiciness it enhances sushi and sashimi, mayonnaises and strong dips, delicious also with smoked fish.

<table>
<thead>
<tr>
<th>Art. No.</th>
<th>Unit</th>
<th>Price in €</th>
</tr>
</thead>
<tbody>
<tr>
<td>26311</td>
<td>100 ml bottle (7,50 € / 100 ml)</td>
<td>7,50</td>
</tr>
</tbody>
</table>

**MEDITERRANEAN CANOLA SPICE OIL**

This tasty spice oil contains cold-pressed canola oil combined with the natural aroma of paprika, oregano, pepper, basil, coriander, rosemary, mustard seeds, thyme, onions and marjoram. It has a high content of monounsaturated fatty acids. Our Mediterranean spice oil is well suited to recipes from the Mediterranean, e.g. pizza and pasta.

<table>
<thead>
<tr>
<th>Art. No.</th>
<th>Unit</th>
<th>Price in €</th>
</tr>
</thead>
<tbody>
<tr>
<td>19311</td>
<td>100 ml bottle (4,50 € / 100 ml)</td>
<td>4,50</td>
</tr>
<tr>
<td>19321</td>
<td>250 ml bottle (3,56 € / 100 ml)</td>
<td>8,90</td>
</tr>
</tbody>
</table>

**NANA-MINT CANOLA SPICE OIL**

A convincing combination of fragrant nana mint (Mentha spicata) and cold pressed canola oil. Our nana-mint spice oil has a high content of monounsaturated fatty acids. It gives sweet dishes, vegetables or lamb an exotic fresh minty flavour.

<table>
<thead>
<tr>
<th>Art. No.</th>
<th>Unit</th>
<th>Price in €</th>
</tr>
</thead>
<tbody>
<tr>
<td>13311</td>
<td>100 ml bottle (4,95 € / 100 ml)</td>
<td>4,95</td>
</tr>
</tbody>
</table>

**OLIVE-LEMON SPICE OIL**

This spice oil combines extra virgin olive oil and a fine fruity lemon and orange note. A freshness to fish dishes and salads - as well as anywhere a lemon flavour is required.

<table>
<thead>
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<th>Price in €</th>
</tr>
</thead>
<tbody>
<tr>
<td>13111</td>
<td>100 ml bottle (4,50 € / 100 ml)</td>
<td>4,50</td>
</tr>
<tr>
<td>13121</td>
<td>250 ml bottle (3,16 € / 100 ml)</td>
<td>7,90</td>
</tr>
<tr>
<td>13151</td>
<td>500 ml bottle (25,80 € / 1 l)</td>
<td>12,90</td>
</tr>
</tbody>
</table>
**ONION-GARLIC CANOLA SPICE OIL**

A hearty, strong taste experience is provided by the pungent flavour of fresh onions and garlic in cold pressed canola oil. Our onion-garlic spice oil is rich in monounsaturated fatty acids. It gives any dish a fine but also strong onion and garlic flavour.

<table>
<thead>
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</tr>
</thead>
<tbody>
<tr>
<td>23011</td>
<td>100 ml bottle</td>
<td>4,50</td>
</tr>
</tbody>
</table>

**SALAD OIL FRUITY**

A culinary option to our hearty salad oil. The exquisite combination of nutty sunflower oil, unshelled canola and aromatic olive oil is enrich by a freshfruity aroma of orange, lemon and lime. Our fruity salad oil is rich in vitamin E. A delicious extra for salads, dips, marinades or smoothies.

<table>
<thead>
<tr>
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<th>Price in €</th>
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</thead>
<tbody>
<tr>
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</tr>
<tr>
<td>83151</td>
<td>500 ml bottle</td>
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</tr>
</tbody>
</table>

**SALAD OIL SPICY**

A fine spicy mixture of cold pressed sunflower seed and canola oil with extracts of dill, basil and tarragon. Our spicy salad oil is rich in unsaturated fatty acids. It is not only good in salads, dressings and dips of all kinds but also enhances fish dishes, quark dishes or vegetable soups.

<table>
<thead>
<tr>
<th>Art. No.</th>
<th>Unit</th>
<th>Price in €</th>
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</thead>
<tbody>
<tr>
<td>12511</td>
<td>100 ml bottle</td>
<td>4,50</td>
</tr>
<tr>
<td>12551</td>
<td>500 ml bottle</td>
<td>8,90</td>
</tr>
</tbody>
</table>

**SMOKED PEPPER CANOLA SPICE OIL**

Savoury red paprika, a hint of spiciness and fine smoke aroma: The smoked red pepper spice oil gives every dish a touch of bonfire. The delicious combination of roasted-smoked spicy pods and fresh from the mill rapeseed oil convinces not only lovers of classic smoked pepper but everyone who likes a savoury flavour. It is rich in monounsaturated fatty acids. Perfect for fish and meat, vegetarian or vegan dishes.

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<tr>
<th>Art. No.</th>
<th>Unit</th>
<th>Price in €</th>
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<tbody>
<tr>
<td>82911</td>
<td>100 ml bottle</td>
<td>6,90</td>
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</table>

**SOUP GREENS CANOLA SPICE OIL**

Popular soup herbs give this cold-pressed canola oil, fresh from the mill, a strong, aromatic taste. Our green spice oil has a high content of monounsaturated fatty acids. It is not only ideal for a traditional minestrone soup, but also for various vegetable soups and stews together with potato dishes.

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<thead>
<tr>
<th>Art. No.</th>
<th>Unit</th>
<th>Price in €</th>
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</thead>
<tbody>
<tr>
<td>25211</td>
<td>100 ml bottle</td>
<td>4,95</td>
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</table>

**TANDOORI SESAME SPICE OIL**

Unpeeled sesame seeds are gently cold-pressed for this seasoning oil and refined with an Indian spice mixture of cumin, turmeric, ginger, garlic and chilli. It has a high content of unsaturated fatty acids. With a fine spiciness and mild flavour of garlic our Tandoori spice oil gives roast or grilled poultry, meat, fish or tofu dishes a typical Indian flair in no time at all.

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<tr>
<th>Art. No.</th>
<th>Unit</th>
<th>Price in €</th>
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</thead>
<tbody>
<tr>
<td>13811</td>
<td>100 ml bottle</td>
<td>4,95</td>
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</tbody>
</table>
**THYME-SAGE CANOLA SPICE OIL**

Mill fresh cold-pressed rapeseed oil is refined with thyme and sage. Our thyme-sage spice oil is rich in monounsaturated fatty acids. With its warm, spicy herbal note it is ideal for Greek dishes, e.g. with lamb or fish, for marinating sheep’s cheese, drizzling over Greek salad or white bread.

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<th>Art. No.</th>
<th>Unit</th>
<th>Price in €</th>
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<tbody>
<tr>
<td>17711</td>
<td>100 ml bottle</td>
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**TRUFFLE OLIVE SPICE OIL**

This truffle spice oil is a balanced combination of organic extra virgin olive oil from Italy with the unmistakable aroma of organic white truffles. Truffles are a rare specialty. The fine truffle spice oil is ideally suited for risotto, pasta as well as meat and fish dishes.

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<tr>
<th>Art. No.</th>
<th>Unit</th>
<th>Price in €</th>
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<tbody>
<tr>
<td>83811</td>
<td>100 ml bottle</td>
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**VENISON CANOLA SPICE OIL**

Our wild spice oil is a hearty and spicy composition of mill-fresh rapeseed oil and a mix of green pepper, juniper, coriander, rosemary, fennel and lemon. It has a high content of monounsaturated fatty acids. This spice oil is not only ideal for deer, venison, hare or wild boar dishes but also for roasts and mushrooms dishes.

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<td>20411</td>
<td>100 ml bottle</td>
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**WILD GARLIC CANOLA SPICE OIL**

This seasoning oil is a spicy composition of cold-pressed canola oil, fresh from the mill, and spring-fresh wild garlic, that promises a full-bodied flavor. It is rich in monounsaturated fatty acids. Wild garlic oil enhances quark, salads and vegetables as well as soups, sauces and dips.

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<th>Art. No.</th>
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<tr>
<td>19111</td>
<td>100 ml bottle</td>
<td>4,50</td>
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</table>
**CHINESE FIVE SPICES**
**COCONUT SPICE OIL**
Our native coconut oil, enriched with spicy cayenne pepper, ginger, turmeric and blends into a composition for the South Asian cuisine. With its sharpness and the typical Chinese spices, it gives spring rolls and wontons fillings a Chinese flair in an instant.

**Ginger-Lemon**
**COCONUT SPICE OIL**
In this coconut spice oil the intensive aroma of ginger and lemon myrtle combines with the fine, typical coconut flavour to give a rounded composition for a tangy, citrus touch.

**Ras El Hanout**
**COCONUT SPICE OIL**
This coconut spice oil is an Oriental creation. The fine coconut flavor goes well with spices such as turmeric, nutmeg, cinnamon, anise, ginger and cardamom. The perfect composition for the North African cuisine.

**Curry**
**COCONUT SPICE OIL**
The spice composition in our coconut oil is characterized by the balance of Indian flavors, which harmonize perfectly with the typical coconut taste. This spice oil can be used wherever Asian flair is required. Especially delicious with meat and rice dishes.

**Harissa**
**COCONUT SPICE OIL**
The characteristic spices of a Moroccan Harissa mixture combine with the fine, typical coconut flavour to give a perfect mixture for North African cuisine.

**Tandoori**
**COCONUT SPICE OIL**
In this coconut spice oil fragrant spices, mild spiciness and a hint of garlic combine with the fine, typical coconut flavour to give a rounded composition for Indian cuisine.
VINEGARS
**ACETO BALSAMICO**

Made from freshly pressed grape juice in the style of a true traditional Aceto. The grape juice is first fermented to wine and then to vinegar. A sweet grape must is added, giving the vinegar its lovely touch. The vinegar matures in oak barrels.

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<th>Art. No.</th>
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<td>34021</td>
<td>3,95</td>
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</table>

**APPLE VINEGAR NATURALLY CLOUDY**

Our apple cider vinegar is made from freshly pressed, naturally cloudy apple juice without the addition of sweeteners. After it has been fermented with cider vine to cider, it is converted by vinegar bacteria into an apple cider vinegar with at least 5% acid. The vinegar is neither filtered nor pasteurized and contains the vitamins and minerals of the apple. For salads and with mineral water.

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**APPLE-ORANGE BALSAMIC VINEGAR**

For this vinegar, naturally cloudy apple juice is stored together with orange pieces in small oak barrels after completion of the fermentation steps until it has adopted the natural, refreshing aroma of citrus fruits. The delicious apple-orange balsamic vinegar is an enrichment for salads of all kinds, dips, sauces and vegetable dishes.

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<td>32221</td>
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</table>

**APPLE-QUINCE BALSAMIC VINEGAR**

Two local fruits meet each other: The freshly pressed juice of apples and quince is fermented first to wine and then to vinegar. The vinegar is free of sweeteners, is not filtered and unpasteurized. This keeps the natural ingredients and the typical, fragrant aroma particularly well preserved. A real find for fruity-tasting dips and dressings.

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**APPLE BALSAMIC VINEGAR**

The vinegar is produced in the way of the Aceto Tradizionale from pure apple juice, which is first pressed into cider and then fermented to vinegar. Our apple balsamic vinegar receives its sweet and mild taste by the addition of carefully simmered apple syrup. In small oak barrels it slowly turns into a fine balsamic vinegar. The mild acidity gives dressings a fruity note.

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**BLACK CURRANT VINEGAR**

Produced from the pure premium juice of black currants (Cassia). Once fermented using acetobacter (up to an acidity of approx. 5%), the vinegar matures in small oak barrels producing a unique fruity vinegar with the strong and unmistakable aroma of ripe black currants. For spicy dressings, ideal in combination with nutoils, rapeseed, sunflower or olive oil.

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<td>31211</td>
<td>3,95</td>
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<td>31221</td>
<td>6,50</td>
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</table>
**CONDIMENTO BIANCO**
Made from freshly pressed white wine, in the style of a true traditional Aceto. The grape juice is first fermented to white wine and then to vinegar. The young vinegar is added to a gently squeezed grape must. It is then stored in small oak barrels and matured to a harmonious balsamic vinegar. A classic for cold and hot dishes.

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<th>Art. No.</th>
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<tbody>
<tr>
<td>36021</td>
<td>250 ml bottle</td>
<td>3,95</td>
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**CREMA DEL BORGO**
ACETO BALSAMICO
This sweet and creamy Aceto Balsamico is made from freshly pressed grape juice of the Pinot Noir variety, in the style of a true Aceto Traditional. It is stored in small oak barrels and matured to a mildly harmonious and sweet balsamic vinegar. The ideal ingredient for tomato mozzarella, salads and strawberries.

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<tbody>
<tr>
<td>38121</td>
<td>250 ml bottle</td>
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</table>

**DILL VINEGAR**
Freshly harvested, hand-picked dill blossoms from local organic farming give this white wine vinegar its typical and fresh note and make it a classic for cucumber salad. Even a small amount refines a vinaigrette, mayonnaise or marinade. Ideal for pickling cucumbers.

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<td>31521</td>
<td>250 ml bottle</td>
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**ELDERFLOWER BALSAMIC VINEGAR**
This vinegar has the subtle, fruity aroma and flavour of elderflower which is popular in Germany. Elderflower syrup is fermented naturally and then enriched with Riesling vinegar and lemon.

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<tr>
<td>32311</td>
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<tr>
<td>32321</td>
<td>250 ml bottle</td>
<td>7,90</td>
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**HERB VINEGAR**
A bunch of Mediterranean herbs comprising marjoram, thyme, tarragon and chervil forms the basis for the harmonious flavour of this spicy wine vinegar to which each and every herb contributes its own authentic flavour. Ideal in Mediterranean cuisine, for example in Mediterranean dishes, meat and fish marinades, soups, sauces and salad dressings.

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<tbody>
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</table>

**MORELLO CHERRY VINEGAR**
This particular vinegar speciality is produced from the pure premium juice of the Morello cherry. It has an intensive fruity character and sparkling sourness (approx. 5 % acidity). Morello Cherry Vinegar is not only ideal in salads or with game dishes but also with hot cherries with ice-cream. Just a few drops add a definite fruity flavour.

<table>
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<tbody>
<tr>
<td>31621</td>
<td>250 ml bottle</td>
<td>6,50</td>
</tr>
</tbody>
</table>
PRINCIPE DE GERACE
ACETO BALSAMICO DI
MODENA
SUPERIORE

This balsamic vinegar from Modena is made according to traditional methods from organically grown, ripe grapes and is matured for at least three years.

Art. No.  Unit Price in €
70946  250 ml bottle (3,16 € / 100 ml) 7,90

RASPBERRY VINEGAR

Our Raspberry Vinegar is produced from the pure premium juice of freshly picked organic raspberries. It has an intense fruity aroma and an acidity level of approximately 5%. A culinary classic for salads and to flavour sauces. It harmonizes particularly well with roasted hazelnut, poppy seed or walnut oil.

Art. No.  Unit Price in €
31121  250 ml bottle (3,16 € / 100 ml) 7,90

RED WINE VINEGAR

This classical wine vinegar develops from a cuvée of various dark red varieties of grape. In the first step the grape juice is fermented to red wine and in the second step acetobacter ferments it to a subtle, aromatic vinegar (acidity approx. 6%). By the way, the sugar which occurs naturally in the grape juice is completely converted into vinegar. Our Red Wine Vinegar is not pasteurized (heated). An all-rounder in the kitchen ideal for all dishes which require a subtle splash of sourness.

Art. No.  Unit Price in €
32021  250 ml bottle (1,40 € / 100 ml) 3,50

TOMATO VINEGAR

A culinary rarity produced from pure tomato juice. Ideal naturally for everything with tomatoes but also delicious in meat or fish marinades or on mozzarella. In spicy dressings this reddish vinegar speciality marries exceptionally well with nut, rapeseed, sunflower or olive oils.

Art. No.  Unit Price in €
31921  250 ml bottle (3,00 € / 100 ml) 7,50

WHITE WINE VINEGAR

A traditional vinegar with the mild, natural aroma of a choice white wine. This sugar-free wine vinegar is produced from a grape juice cuvée of various white wine grapes which are light in colour. In the first step the grape juice is fermented to white wine and in the second step acetobacter ferment the wine to an acidity of 6%. The vinegar is neither filtered nor pasteurised (heated). An all-rounder in the kitchen ideal for all dishes which require a subtle splash of sourness.

Art. No.  Unit Price in €
31021  250 ml bottle (1,40 € / 100 ml) 3,50
HERB AND SPICE OILS
This selection of cold pressed spice oils in decorative mini bottles opens up a variety of culinary possibilities. Coffee almond oil, ginger lemongrass canola spice oil, mediterranean rapeseed spice oil, basil canola spice oil and fruity salad oil.

Art. No. Unit Price in €
61150 5 x 20 ml Set (11,90 € / 100 ml) 11,90

SEED AND NUT OILS
This selection of seed and nut oils in decorative mini bottles offers a variety of culinary possibilities.
Contains: Argan oil mildly roasted, Pumpkin seed oil mildly roasted, Plum kernel oil, Mustard oil, Walnut oil.

Art. No. Unit Price in €
61151 5 x 20 ml Set (13,90 € / 100 ml) 13,90

VINEGAR SELECTION
This set is a selection of fine vinegars in mini bottles. Contains: apple-and-orange balsamic vinegar, condimento bianco, Crema del Borgo, raspberry vinegar and elderflower balsamic vinegar.

Art. No. Unit Price in €
61181 5 x 20 ml Set (12,90 € / 100 ml) 12,90

ASIAN CUISINE
With the coconut spice oils Chinese Five Spice, Curry, Ginger-Lemon and Tandoori, we have put together a small and fine selection of the most popular spices of the Asian cuisine. With just one teaspoon you can add a touch of magic to Asian meat, fish or vegetable dishes, for example in the pan or wok.

Art. No. Unit Price in €
61140 4 x 30 ml Set (8,25 € / 100 ml) 9,90

ECHT!
REGIONAL CLASSICS
We recommend our spice oils made from regional traditional herbs when cooking local cuisine: basil, greens and wild garlic spice oil. Just a few drops transform e.g. salads, vegetables, sauces, soups, stews, potato dishes and dips into local delicacies. High-quality, cold-pressed rapeseed oils with the authentic flavour of fresh herbs and the necessary splash of essential omega-3 fatty acids.

Art. No. Unit Price in €
61147 3 x 100 ml Set (13,95 € / l) 13,95

FRENCH CUISINE
French cuisine is known for its diversity in aromatic herb marinades. This set is a selection of the three spice oils of the most popular creations of French cuisine Herbes de Provence, Mediterranean and Herb-Garlic.

Art. No. Unit Price in €
60411 3 x 100 ml Set (13,50 € / l) 13,50
FRUITY VINEGARS
You can get to know the wide range of our vinegars made of fruits, blossoms and berries from local gardens with this vinegars set. Perfect for everyone who loves culinary sensations and an exceptional intensity.

Art. No. Unit Price in €
61148 3 x 100 ml Set (43,17 € / 1 l) 12,95

MEDITERRANEAN CUISINE
These three spice oils Basil, Herbes de Provence and Mediterranean enhance your Mediterranean dishes with a fine, spicy, typical herb aroma just like a small herb garden. Ideal for salads and soups, fish, meat and vegetable dishes. Just a few drops suffice also ideal as seasoning on the table.

Art. No. Unit Price in €
60111 3 x 100 ml Set (45,00 € / 1 l) 13,50

OIL & VINEGAR
This set consisting of two oils and one vinegar creates endless culinary dressing possibilities. For salads and where a fresh citrus touch is wished, olive lemon spice oil sets accents. The fruity elderflower balsamic vinegar combined with the golden roasted hazelnut oil makes every salad dressing a fine and nutty taste experience.

Art. No. Unit Price in €
61149 3 x 100 ml Set (53,00 € / 1 l) 15,90

ORIENTAL CUISINE
These three authentic spice oils Chili, Garam Masala and Tandoori are ideally suited for the Indian and Asian cuisine and enhance fish, meat, vegetable and wok dishes.

Art. No. Unit Price in €
60311 3 x 100 ml Set (46,50 € / 1 l) 13,95

SALAD OILS
This set of three salad oils offers a variety of delicious dressing options. The fruity salad oil with orange, lime and lemon oils sets fresh accents to salads, smoothies and dips. Mill-fresh sunflower oil, canola and olive oil give the hearty salad oil its certain something. The spicy salad oil is a fine mixture of cold pressed sunflower and canola oil with extracts of dill, basil and tarragon.

Art. No. Unit Price in €
61171 3 x 100 ml Set (45,00 € / 1 l) 13,50

GIFT BOX
Our high quality oils are a great present for anyone who loves to cook. At oelmuehle-solling.de/en/set you can create your own idividual gift set. Just order three 100 ml bottles from our range together with this gift box.

Art. No. Unit Price in €
93002 3 x 100 ml Set (0,00 € / 1 l) 0,00
PESTOS AND SPREADS

Our three pesto variants are true favorites:
A blend of chopped walnuts, walnut oil, Parmesan cheese and herbs give our walnut pesto its strong and nutty taste. The spicy cherry tomato Pesto convinces with its Mediterranean note. Our cashew pumpkin seed pesto convinces with a touch of apple.

Additionally, on the basis of our delicious coconut oil, we produce delicious spread compositions. They bring along a variety of fatty acids, vitamins, minerals and secondary plant compounds and are made with natural ingredients.

CHERRY TOMATO PESTO
A savoury and spicy pesto with cherry tomatoes, Parmesan cheese and cashew nuts. Topped with a fine note of Italian herbs and spices with a touch of our own mediterranean and chili spice oils.

WALNUT PESTO
A delicious variation on pesto with chopped walnuts, walnut oil and parmesan, perfectly rounded off with Mediterranean herbs and a mild garlic flavour.

COCOLINO SPREAD
WITH 33 % LINSEED OIL
Pure vegetable spread made from virgin coconut oil, seabuckthorn pulp oil and mill-fresh, cold-pressed linseed oil. With a content of about 15 g omega-3 fatty acids.

COCONUT BUTTER
„The whole coconut in a jar“: This is the best description for this fine, mildly sweet spread. This exotic coconut butter is made by grinding the flesh of freshly dried coconuts and lightly deoiling it. Coconut butter is free from sweeteners or other additives and offers pure enjoyment with all the valuable ingredients of the coconut.

COCONUT FRIED ONION
WITH 29 % LINSEED OIL
Hearty, vegan organic spread with coconut oil and mill-fresh, cold-pressed linseed oil, refined with spicy roasted onions and apple chips.

COCONUT PUMPKIN SEED
This purely vegetable based spread is made from virgin coconut oil and original Steiermark pumpkin seed oil. According to folklore pumpkin seeds are particularly recommended for the prostate and this spread makes it possible to take it easily. It contains vitamin E. A good alternative to butter or margarine and particularly popular with men.
Cashew Pumpkin Pesto
A hearty pesto variation with fine cashew nuts and pumpkin seeds, seasoned with parmesan cheese, roasted onions, a fruity touch of apples and our own roasted pumpkin seed oil. This extraordinary pesto tastes great with pasta, as a spread, and with hearty courts from the German kitchen such as mashed potatoes.

Art. No. Unit Price in €
71802 110 g jar (7,18 € / 100 g) 7,90

Cherry tomato pesto
A savoury and spicy pesto with cherry tomatoes, Parmesan cheese and cashew nuts. Topped with a fine note of Italian herbs and spices with a touch of our own mediterranean and chili spice oils.

Art. No. Unit Price in €
70619 110 g jar (7,18 € / 100 g) 7,90

Walnut pesto
A delicious variation on pesto with chopped walnuts, walnut oil and parmesan, perfectly rounded off with Mediterranean herbs and a mild garlic flavour.

Art. No. Unit Price in €
70564 110 g jar (7,18 € / 100 g) 7,90

Cocolino spread with 33 % linseed oil
Pure vegetable spread made from virgin coconut oil, sea buckthorn pulp oil and mill-fresh, cold-pressed linseed oil. With a content of about 15 g omega-3 fatty acids.

Art. No. Unit Price in €
18411 160 g jar (3,09 € / 100 g) 4,95

Coconut butter
“The whole coconut in a jar”: This is the best description for this fine, mildly sweet spread. This exotic coconut butter is made by grinding the flesh of freshly dried coconuts and lightly deoiling it. Coconut butter is free from sweeteners or other additives and offers pure enjoyment with all the valuable ingredients of the coconut.

Art. No. Unit Price in €
18211 160 g jar (3,09 € / 100 g) 4,95

Coconut fried onion with 29 % linseed oil
Hearty, vegan organic spread with coconut oil and mill-fresh, cold-pressed linseed oil, refined with spicy roasted onions and apple chips.

Art. No. Unit Price in €
18711 150 g jar (3,30 € / 100 g) 4,95

Coconut pumpkin seed
This purely vegetable based spread is made from virgin coconut oil and original Steiermark pumpkin seed oil. According to folklore pumpkin seeds are particularly recommended for the prostate and this spread makes it possible to take it easily. It contains vitamin E. A good alternative to butter or margarine and particularly popular with men.

Art. No. Unit Price in €
18911 160 g jar (3,09 € / 100 g) 4,95
**ALMOND FLOUR**
*Partly deoiled*

Almond flour is made from almonds which are gently deoiled and finely ground. For our flour we use only sweet almonds. It still contains approximately 10 g almond oil per 100 g and is rich in vegetable protein as well as in dietary fibre (approximately 18 g per 100 g). This flour has a high content of monounsaturated fatty acids. Gluten free.

**CHIA FLOUR**
*Partly deoiled*

The flour from the South and Central American chia seeds is a source of vital substances and contains about 7 g of chia oil per 100 g. It is rich in vegetable protein and fiber. Ideal for binding soups and sauces and as a baking ingredient. A daily intake of 15 g should not be exceeded.

**COCONUT FLOUR**
*Partly deoiled*

Coconut flour is produced from fresh coconut flesh which is gently dried, deoiled and finely ground. It still contains approximately 10 g coconut oil per 100 g, is rich of vegetable protein and has a high content of approximately 34 g dietary fibre per 100 g. The coconuts which are used for this exotically aromatic flour originate from plantations in Sri Lanka and the Philippines. Ideal for muesli and for thickening shakes. Gluten free.

**HAZELNUT FLOUR**
*Partly deoiled*

Hazelnut flour is made from fresh, hazelnuts which are gently deoiled and finely ground. It still contains approximately 17 g hazelnut oil per 100 g and is rich in vegetable protein and dietary fibre (23 g per 100 g). The nuts for this aromatic flour are bought from organically run plantations in the sun-spoilt regions along the coast of the Black Sea.

**Hemp seed flour**
*Partly deoiled*

Hemp flour is produced from fresh edible hemp seeds which is carefully deoiled and finely ground. It contains approximately 10 g hemp oil per 100 g and has a high content of vegetable protein and fiber (20 g per 100 g). Farming this ancient type of hemp with low THC levels has only been permitted with a special licence in Germany since the 1980s. For our hemp flour we favour hemp seed from France Ideal for thickening soups and sauces.

**Linseed flour**
*Partly deoiled*

Linseed flour is made from brown linseed which is gently deoiled and finely ground. It still contains approximately 10 g linseed oil per 100 g and is rich in vegetable protein as well as in dietary fibre (approximately 40 g per 100 g). This flour has a high content of polyunsaturated fatty acids. The fresh linseed used for this flour speciality comes from Naturland producers. Ideal in muesli, for bread and rolls.
**MUSTARD FLOUR**
**PARTLY DEOILED**
Mustard flour is made from yellow mustard seeds, which are gently deoiled and finely ground. It still contains about 8 - 10 g of mustard oil per 100 g. The mustard flour develops its sharpness only in contact with water. It gives a variety of food an oriental flavor. Ideal as an ingredient for homemade mustard, marinades, sauces and soups as well as for meat and fish dishes.

**Art. No. Unit**
43053 500 g pouch (6,90 € / 1 kg)

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**PUMPKIN SEED FLOUR**
**PARTLY DEOILED**
Pumpkin seed flour is made from pumpkin seeds which are gently deoiled and finely ground. It still contains approximately 12 g pumpkin seed oil per 100 g and has a high content of vegetable protein (approximately 45 g per 100 g) and dietary fibre (approximately 15 g per 100 g). Just like pumpkin seed oil, pumpkin seed flour is naturally greenish and a culinary rarity. Ideal as an ingredient for bread or rolls. Gluten free.

**Art. No. Unit**
49853 500 g pouch (4,95 € / 1 kg)

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**SESAME SEED FLOUR**
**PARTLY DEOILED**
Sesame seed flour is made from sesame seed which is gently deoiled and finely ground. It still contains approximately 10 - 12 g sesame seed oil per 100 g and is rich in vegetable protein as well as in dietary fibre (approximately 21 g per 100 g). Sesame seed flour gives a pleasant nutty flavour and a hint of oriental flair. Ideal for musli and desserts! Gluten free.

**Art. No. Unit**
44353 500 g pouch (3,95 € / 1 kg)

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**WALNUT FLOUR**
**PARTLY DEOILED**
Walnut flour is made from walnuts which are gently deoiled and finely ground. It contains still approximately 15 g walnut oil per 100 g and is rich in vegetable protein (approximately 45 g per 100 g) as well as in dietary fibre (approximately 13 g per 100 g). Ideal for fine pastries and biscuits. Gluten free.

**Art. No. Unit**
46153 500 g pouch (5,95 € / 1 kg)

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**ROSEHIP POWDER**
**FINELY GROUND**
Raw rosehip powder is made from valuable rosehips that are gently milled. It contains about 63 g per 100 g fiber and is rich in vitamin C. The rose hips are organically grown in Patagonia. The rosehip powder is ideal as an ingredient for muesli, smoothies, as a baking ingredient and can be infused as a tea.

**Art. No. Unit**
48453 500 g pouch (9,90 € / 1 kg)

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**TURMERIC POWDER**
**FINELY GROUND**
Our turmeric powder is gently produced in raw food quality from controlled organic turmeric roots. The yellow roots are peeled after harvest, dried at a maximum of 40 C and ground to a fine powder.

**Art. No. Unit**
72432 500 g pouch (9,90 € / 1 kg)
HEMP PROTEIN
FINELY GROUND, PARTLY DEOILED
Our hemp protein is produced gently from controlled organic hemp seeds in raw food quality. Its high protein content of about 50 g per 100 g makes it an ideal supplement to the daily diet for bodybuilders and athletes.

Art. No. Unit Price in €
44558 500 g pouch (0,19 / 1 kg) 9,90

BLACK CUMIN SEEDS
NIGELLA SATIVA
Fully matures Egyptian black cumin seeds from organic farming. The small, black seeds of the black cumin (Nigella sativa) are characterized by their intense, spicy and peppery taste. They contain bitter substances and tannins. Its high content of essential oils is remarkable. Black cumin is highly valued in both folk and oriental cuisines.

Art. No. Unit Price in €
44956 500 g pouch (0,16 / 1 kg) 7,90

CHIA SEEDS
SALVIA HISPANICA
Chia seeds have been appreciated by the Aztecs, Mayas and Incas as a source of nutrients. The chia oil is rich in omega-3 fatty acids (19 g per 100 g). Chia seeds swell with water to a gel-like mass. According to the EU Regulation on Novel Foods EC 258/97, a maximum of 15 g chia seeds per day is recommended.

Art. No. Unit Price in €
43256 500 g pouch (0,14 / 1 kg) 6,90

HEMP SEEDS
UNPEELED
These unpeeled hemp seeds come from certified organic cultivation in Europe and they are rich in fibre. The seeds also have a high content of polyunsaturated fatty acids. Food hemp has no intoxicating effect. The seeds should not be used for sowing. Keep well closed, cool and dark.

Art. No. Unit Price in €
44556 500 g pouch (0,14 / 1 kg) 6,90
**ALMONDS**
The natural fresh almond kernels from certified organic farming contain 21 g of valuable protein per 100 g. Because of their mild, nutty taste they are particularly suitable for refining desserts, yoghurt and muesli or can be used as a baking ingredient for bread, rolls and cakes.

**Art. No. Unit Price in €**
72412 500 g pouch (29,80 € / 1 kg) 14,90

**BRAZIL NUTS**
Our Brazil nuts come from certified organic farming and contain monounsaturated and polyunsaturated fatty acids. Because they have vegetable protein, they are ideal for vegetarians and vegans. Their sweetish taste makes them suitable for desserts, cakes and pastries. Even salads and vegetables can be refined with Brazil nuts.

**Art. No. Unit Price in €**
72406 500 g pouch (31,80 € / 1 kg) 15,90

**CASHEW NUTS**
Our natural cashew nuts in raw food quality come from certified organic cultivation and contain valuable fiber and vegetable protein. They are neither roasted nor salted. Cashew nuts are ideal as a snack in between and to refine cereals, salads and Asian dishes.

**Art. No. Unit Price in €**
72408 300 g pouch (39,67 € / 1 kg) 11,90

**NUT AND FRUIT MIX**
A colorful mix of different nuts and fruits from organic farming for the perfect snack in between. The blend includes a variation of nuts, grape berries, cashews, hazelnut kernels, almonds, dried cranberries, bananas, goji berries, physalis and sour cherries. Also to refine muesli and yogurt or cakes and pastries.

**Art. No. Unit Price in €**
72410 200 g pouch (3,45 € / 100 g) 6,90

**PUMPKIN SEEDS**
Our organic pumpkin seeds contain valuable fiber. They are ideal for muesli, to refine salads and vegetable dishes. They also give soups, especially an autumnal pumpkin soup, that certain something. Pumpkin seeds are an ideal baking ingredient for bread and rolls.

**Art. No. Unit Price in €**
72409 500 g pouch (19,80 € / 1 kg) 9,90

**WALNUT KERNELS**
The natural walnut kernels in raw food quality come from certified organic cultivation and contain valuable fiber. Walnuts can be enjoyed both as a pure snack, as well as in bread and pastries. Especially delicious for salad, vegetable dishes and for garnishing ice cream.

**Art. No. Unit Price in €**
72405 500 g pouch (25,80 € / 1 kg) 12,90
**ALMOND SKIN CARE OIL**
Our organic almond oil is a moisturizing skin care oil for face and body with a skin-protecting effect. The oil is considered as one of the most precious skin care oils. It penetrates deep into the skin and soothes dry skin. In addition, it convinces by its good compatibility. Almond oil is suitable for daily care and as a gentle massage oil and is also suitable for baby care.

**Art. No.** 16559  
**Unit Price in €** 9,90

**APRICOT KERNEL SKIN CARE OIL**
Cold pressed from the kernels of fresh organic apricots. A mild oil which naturally exudes a fine note of marzipan and is particularly well tolerated by the skin. Ideal for sensitive skin, as a baby oil and make-up remover.

**Art. No.** 26759  
**Unit Price in €** 9,90

**ARGAN SKIN CARE OIL**
Our organic argan oil is a nourishing oil for face and body. It convives with its natural content of vitamin E and valuable phytonutrients. The oil prevents dehydration of the skin and promotes its suppleness. It is also suitable for the gentle removal of make-up and regenerates dry and mature skin overnight. Also suitable for hair care.

**Art. No.** 25459  
**Unit Price in €** 10,90

**BABY SKIN CARE OIL**
The soft baby oil from organic almond and organic apricot kernel oil is free of fragrances and additives. It convinces with a good compatibility and its skin-protecting and calming characteristics. The fine oil mixture leaves a tender feeling on the skin. For daily care, suitable as a massage and bath oil for babies.

**Art. No.** 27359  
**Unit Price in €** 8,90

**EVENING PRIMROSE SKIN CARE OIL**
Our organic evening primrose oil is a care for very dry skin and has a soothing effect, especially on irritated skin. It is one of the few vegetable oils that contains a combination of essential linoleic acid and gamma-linolenic acid (10 g per 100 g). It protects sensitive skin and regulates the moisture balance. It is recommended especially for irritated skin.

**Art. No.** 27159  
**Unit Price in €** 9,90

**JOJOBA SEA BUCKTHORN BODY OIL**
This valuable organic jojoba sea buckthorn oil maintains the natural elasticity of the skin. With its waxy texture jojoba oil forms a delicate and protective lipid film that binds the moisture of the skin. Sea buckthorn fruit oil contains natural carotenoids, vitamins A and E as well as palmitoleic acid. Due to the carotenoid content, the oil has a slightly toning effect on the skin.

**Art. No.** 28959  
**Unit Price in €** 10,90
JOJOBA SKIN CARE OIL

The organic jojoba oil moisturizes and protects all skin types from drying out. With its waxy, light texture, it forms a delicate, non-sealing lipid film that binds the moisture of the skin leaving it breathable. Jojoba oil absorbs quickly into the skin and provides long-lasting moisture.

Art. No. Unit Price in €
28859 50 ml bottle (19,80 € / 100 ml) 9,90

ROSEHIP SKIN CARE OIL

A particularly precious oil from the seeds of the wild rose Rosa mosqueta, refined with genuine essential rose oil. Wild rose oil is ideal for the care of dry and very dry skin and for use on pigmentation marks and scars. Essential fatty acids support the regeneration of the skin and help the skin to retain moisture. In this way, natural resistance is maintained. For a bath, mix the oil with cream or milk. Do not apply before sunbathing.

Art. No. Unit Price in €
28259 50 ml bottle (35,80 € / 100 ml) 17,90

ALMOND BATH OIL

Our bath oil with organic almond and apricot kernel oil is a soothing care for the skin and at the same time pampers the senses with a delicate scent of amber. Aweet, slightly woody notes characterize this fragrance. Tip: mix with cream or milk and stir in the warm water.

Art. No. Unit Price in €
28759 50 ml bottle (19,80 € / 100 ml) 9,90

ARGAN HAIR CARE OIL

Our organic hair oil with argan and broccoli seed oil is an intensive and moisturizing care for healthy and shiny hair. A composition of natural, essential oils gives the hair oil a sensual scent of amber. With its light texture, it is suitable for all hair types and can be used as a hair conditioner or daily leave-in care.

Art. No. Unit Price in €
26459 50 ml bottle (25,80 € / 100 ml) 12,90

LAVENDER SKIN CARE OIL

The relaxing organic lavender oil pampers the skin and senses. Fine-tuned essential oils give the body oil a soothing lavender scent. The oil leaves a soft feeling on the skin. It provides the skin with essential vitamins, essential fatty acids and phytochemicals. For daily skin care, suitable as bath and massage oil.

Art. No. Unit Price in €
26959 50 ml bottle (19,80 € / 100 ml) 9,90

LIME SKIN CARE OIL

Essential oils give our lime body oil a fruity and invigorating fragrance. The oil unites with the skin’s own lipid film and provides the skin with essential vitamins, essential fatty acids and phytochemicals. The oil leaves a tender skin feeling and has a revitalizing effect.

Art. No. Unit Price in €
23559 50 ml bottle (21,80 € / 100 ml) 10,90
MASSAGE OIL BERGAMOT

Our organic massage oil Bergamot consists of a composition of cold-pressed almond, macadamia, jojoba and argan oil. A blend of fruity-fresh essential oils gives a refreshing scent of bergamot. As a massage oil, it leaves a long-lasting, smooth feeling on the skin and prevents it from drying out.

Art. No. Unit Price in €
23559 50 ml bottle (23,80 € / 100 ml) 11,90

COCONUT COCOA BUTTER LIP BALM

The organic lip care with coconut oil, cocoa butter, pomegranate seed oil, broccoli seed oil and natural beeswax is a rich care for the lips. With its soft texture it creates a delicate protective film and leaves a soft feeling. Cocoa butter gives the lip balm a natural scent.

Art. No. Unit Price in €
24329 5 g stick (138,00 € / 100 g) 6,90

APRICOT COCONUT SKIN BALM

24-hour protection for face and lips. For day or night nurture. Naturally fragrant. Rich in regenerating vital substances like vitamin A and E as well as secondary plant substances. In the cold season, the breathable Coconut apricot skin balm protects your skin from cold and drying out, in the summer it improves the skin's own UV protection and is soothing in case your skin was exposed to too much sun.

Art. No. Unit Price in €
82259 50 ml pot (19,80 € / 100 ml) 9,90

SACHA INCHI COCONUT SKIN BALM

Sacha Inchi oil is a botanical treasure from the jungle of the Amazon. The content of omega-3 fatty acids protect the skin from free radicals. Virgin, unrefined shea butter, virgin coconut oil and mango butter provide the necessary nourishment. The skin stays soft. Jojoba oil and beeswax stop the skin from drying out. Red palm oil provides it with antioxidants (vitamins A and E). Perfume free.

Art. No. Unit Price in €
80759 50 ml pot (21,80 € / 100 ml) 10,90

AMBER COCONUT SKIN BALM

Our organic skin balm with coconut oil, shea butter and natural beeswax is a rich care for face and body. The fine composition of natural essential oils gives the skin balm a sweet scent. With its soft-melting texture it is suitable for daily care and protects the skin day by day.

Art. No. Unit Price in €
80259 50 ml pot (19,80 € / 100 ml) 9,90

LIME COCONUT SKIN BALM

The organic skin balm with coconut oil, almond oil, beeswax and a fine composition of natural essential oils with the fruity scent of lime and bergamot is a rich care for the body. The balm with a soft melting texture is suitable for daily care and provides the skin with long-lasting moisture and elasticity.

Art. No. Unit Price in €
80259 50 ml pot (19,80 € / 100 ml) 9,90
COCONUT OIL SOAP
PURE
COLD-STIRRED
The addition of natural pure silk makes this soap to a particular care for the skin. Used as a natural hair shampoo the soap makes smooth and shiny hair.

Art. No.  Unit          Price in €
29119  100 g piece  (5,90 € / 100 g)  5,90

COCONUT OIL SOAP
ALMOND
COLD-STIRRED
The moisturizing soap made of organic Virgin Coconut Oil nourishes the skin and convinces with its sensual fragrance of almond paste and blossoms. It is worth a temptation!

Art. No.  Unit          Price in €
29319  100 g piece  (5,90 € / 100 g)  5,90

COCONUT OIL SOAP
LAVENDER
COLD-STIRRED
The mild and smooth foam of this moisturizing coconut soap nourishes the skin, gives softness and a lovely scent of lavender.

Art. No.  Unit          Price in €
29719  100 g piece  (5,90 € / 100 g)  5,90

COCONUT OIL SOAP
LEMON BALM
COLD-STIRRED
The mild and smooth foam of this moisturizing coconut soap nourishes the skin with the invigorating lemony fragrance of fresh lemon balm.

Art. No.  Unit          Price in €
29219  100 g piece  (5,90 € / 100 g)  5,90

COCONUT OIL SOAP
ROSE
COLD-STIRRED
Coconut soap with a fine fragrance of blooming roses from natural essential oils. The cold-stirred coconut soap cleanses the skin mildly and has a moisturizing effect.

Art. No.  Unit          Price in €
29519  100 g piece  (5,90 € / 100 g)  5,90

COCONUT OIL SOAP
SANDALWOOD
COLD-STIRRED
The tempting scent of natural essential oils awakens memories of the adventures of the Arabian nights. A foaming bath experience with pleasure and good skin care properties.

Art. No.  Unit          Price in €
29619  100 g piece  (5,90 € / 100 g)  5,90

BLACK CUMIN CAKE
Our organic black cumin cake for horses is made from Egyptian black cumin seeds. It is free of additives and contains valuable unsaturated fatty acids and bitter substances. The essential oils can have a positive effect on the immune system.

Art. No.  Unit          Price in €
44981  5 kg bucket  (3,18 € / 1 kg)  15,90

EVENING PRIMROSE CAKE
Organic evening primrose cake for horses is obtained by gentle cold pressing. The fatty acids of the evening primrose cake can have a positive effect on skin elasticity and strengthen the immune system of the horse. In addition, the coat change can be supported with a regular feeding.

Art. No.  Unit          Price in €
47281  5 kg bucket  (3,78 € / 1 kg)  18,90

LINSEED CAKE
Our organic linseed cake is obtained from Naturland linseeds by gentle cold pressing. It is free of additives and contains lignans and unsaturated fatty acids, especially alpha-linolenic acid, an omega-3 fatty acid. Supports metabolic processes of the horse and ensures a shiny coat.

Art. No.  Unit          Price in €
44181  5 kg bucket  (3,18 € / 1 kg)  15,90

MILK THISTLE PRESS CAKE
The organic milk thistle seed cake contains bitter substances and supports the liver and bile as well as the growth of the hooves. It is free of additives and contains valuable unsaturated fatty acids and vegetable protein.

Art. No.  Unit          Price in €
40281  4,5 kg bucket  (3,18 € / 1 kg)  15,90
ORGANIC PRESS CAKE FOR HORSES
In our manufactory we process organic seeds, such as linseeds and black cumin seeds, by gentle cold pressing into press cake. Press cake is a valuable feed for ponies and horses.

BLACK CUMIN CAKE
Our organic black cumin cake for horses is made from Egyptian black cumin seeds. It is free of additives and contains valuable unsaturated fatty acids and bitter substances. The essential oils can have a positive effect on the immune system.

Art. No. Unit Price in €
44981 5 kg bucket (3,18 € /kg) 15,90

EVENING PRIMROSE CAKE
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Art. No. Unit Price in €
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LINSEED CAKE
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Art. No. Unit Price in €
44181 5 kg bucket (3,18 € /kg) 15,90

MILK THISTLE PRESS CAKE
The organic milk thistle seed cake contains bitter substances and supports the liver and bile as well as the growth of the hooves. It is free of additives and contains valuable unsaturated fatty acids and vegetable protein.

Art. No. Unit Price in €
40281 4,5 kg bucket (3,18 € /kg) 15,90
CONTACTS
MONDAY TO FRIDAY 8 AM – 5 PM

MARCEL REHAGE
Head of Customer Service
T 0 52 71.9 66 66-20
marcel.rehage@oelmuehle-solling.de

MAIKE BEISMANN
Customer Service
T 0 52 71.9 66 66-21
maike.beismann@oelmuehle-solling.de

TOBIAS SCHULT
Customer Service
T 0 52 71.9 66 66-30
tobias.schult@oelmuehle-solling.de

SABINE JAHN
Customer Service
T 0 52 71.9 66 66-10
sabine.jahn@oelmuehle-solling.de

SIMONE MÖHLEKE
Customer Service
T 0 52 71.9 66 66-27
simone.moehleke@oelmuehle-solling.de

MARGARETE WAGNER
Customer Service
T 0 52 71.9 66 66-19
margarete.wagner@oelmuehle-solling.de

TRISTAN WINTER
Customer Service Key Account
T 0 52 71.9 66 66-52
tristan.winter@oelmuehle-solling.de

ANDREA JANZEN
Manufactory Shop Boffzen
T 0 52 71.9 66 66-0
andrea.janzen@oelmuehle-solling.de

FLOYD
Feel Good Management
T 0 52 71.9 66 66-0
info@oelmuehle-solling.de
Please read these General Terms and Conditions carefully before submitting your order.

1.) Scope of these General Terms and Conditions
These General Terms and Conditions shall only apply to customers within the meaning of Section 13 of the German Civil Code (Bürgerliches Gesetzbuch - BGB). A customer is any natural person who enters into a legal transaction for purposes that are predominantly outside his trade, business or profession. The business relationship between Ölmühle Solling and you as a customer shall be subject to these General Terms and Conditions exclusively even where the order is placed from outside of the Federal Republic of Germany. Ölmühle Solling does not accept or acknowledge general terms and conditions that are contrary to or deviate from these General Terms and Conditions and hereby expressly rejects them. Conflicting terms and conditions of the customer are only valid if Ölmühle Solling agrees to them explicitly and in text form.

2.) Payment
We offer our customers a variety of payment options, e.g. by invoice, PayPal and direct debit. In individual cases and for initial orders, we reserve the right to exclude certain payment methods. Our prices include the value added tax currently applicable in the Federal Republic of Germany. Additional charges such as packaging, transport and insurance charges are not included in the prices. Our offers are subject to change without notice. Insofar as not otherwise agreed the purchase price shall be due within ten days of delivery. If the customer grants us a SEPA Core Direct Debit Mandate, payment shall be by direct debit four banking days after the invoice date. The customer shall ensure they have sufficient funds on their account. Costs which arise from payment failure or return of the debit note shall be borne by the customer, provided the payment failure or return was not caused by Ölmühle Solling. The customer shall be charged a bank fee of € 5.00 for each returned debit note or failure to honour a direct debit. The customer has the possibility to furnish proof that less damage was incurred or that no damage was suffered. Interest on late payments shall be calculated at 5 percentage points above the prevailing basic interest rate per annum. Ölmühle Solling reserves the right to claim compensation for any greater damage or loss. Where we assert any higher damage or loss due to late payment, the customer shall have the right to provide us with proof that the asserted damage or loss due to late payment was not incurred or at least to a significantly lower extent.

3.) Retention of title
We retain title to the delivered goods until all receivables arising from the delivery contract have been paid in full.

4.) Shipping charges for the customer
We detail all shipping charges on our homepage. Packages up to a merchandise value of € 500.00 are insured for transport. On receipt, the shipment must be checked for transport damage and the courier must be informed of any transport damage. Hidden damage must be reported to Ölmühle Solling in text form within three working days. Damaged packages and damaged delivered items must be retained as proof of transport damage.

5.) Terms of delivery
Unless a different delivery address is specified, goods ordered will be sent to the invoice address provided. Typically, deliveries are handled by a parcel service. If an alternative method of dispatch is desired, we shall inform you of any additional costs on request.

6.) Delivery period
The commencement of the delivery period stated by us presupposes the timely and proper fulfilment of the obligations of the customer. We reserve the right of defence of non-performance of contract.

7.) Offsetting and retention
The customer only has the right of offset if his counter-claims have been ascertained as legally valid or if they are undisputed. Furthermore, the customer is only entitled to exercise a right to offset against our claims insofar as his notices of defects or counter-claims are based on the same contract. The customer is entitled to exercise a right of retention only insofar as his counter-claim is based on the same contractual relationship.

8.) Warranty and notice of defects
Insofar as the goods supplied are not of the quality agreed between us and the customer or are not suitable for the use provided for in our contract or generally or do not have the properties which the customer could expect based on our public statements, we are obliged to subsequent performance. This shall not apply if we are entitled by law to refuse subsequent performance. The customer shall first decide whether subsequent performance shall be by means of repair or replacement. However, we are entitled to refuse the type of subsequent performance selected by the customer if it is only possible with disproportionate costs and the other type of remedy does not inflict significant disadvantages on the customer. A reduction in the purchase price or the withdrawal from the contract by the customer is excluded during subsequent performance. A repair shall be deemed to have failed on the second unsuccessful attempt, if nothing to the contrary results, in particular, from the nature of the item or the defect or other circumstances. If subsequent performance has failed or we have altogether refused subsequent performance, the customer can, at his discretion,
Consequences of revocation
If you revoke this contract, we shall refund to you all payments we have received from you, including delivery charges (other than additional charges resulting from your choosing a different method of delivery from the cheapest standard delivery offered by us), immediately and no later than fourteen days from the date on which we receive notice of your revocation of this contract. For this refund, we shall use the same means of payment that you used for the original transaction, unless expressly agreed otherwise with you; in no event will you be charged for this refund. We may refuse to make this refund until we have received the goods back or until you have proved that you have sent the goods, whichever is earlier. You must send back or hand over the goods to us (Ölmühle Solling GmbH, Höxtersche Str. 3, 37691 Boffzen, Germany) immediately and no later than fourteen days from the date on which you inform us of the revocation of this contract. The deadline is met if you dispatch the goods before the expiry of the fourteen-day period. You shall bear the direct costs of returning the goods. You only have to pay for any loss in value of the goods if this loss in value is attributable to their being handled in a way that is not necessary for their condition, properties and functionality to be checked.

Reasons for exclusion or expiration

Revocation is not possible for contracts for
- the delivery of goods which are not non-prefabricated and which are manufactured predominantly on the basis of the consumer’s individual choice or decision and which are clearly tailored to the consumer’s personal needs;
- the delivery of goods which can perish quickly or whose „best before“ date has been exceeded;
- the delivery of newspapers, periodicals and magazines with the exception of subscription contracts. The right of revocation expires early for contracts for
- the delivery of insured goods which, for reasons to do with the protection of public health or hygiene, are not suitable for return when their seal has been removed subsequent to delivery;
- the delivery of goods where, subsequent to delivery, these have by reason of their nature been inseparably mixed with other goods;
- the delivery of sound or video recordings or computer software in a sealed package where the seal has been removed subsequent to delivery.

10.) Revocation policy

Right to revoke
You have the right to withdraw from this contract within fourteen days without stating reasons. The revocation period is fourteen days from the date on which you or a third party other than the carrier designated by you took possession of the goods. To exercise your right to revoke, you must inform us (Ölmühle Solling GmbH, Höxtersche Str. 3, 37691 Boffzen, Germany, phone: +49 (0)5271/9 66 66-0, fax: +49 5271/9 66 66-66, e-mail: info@olmuehle-solling.de) of your decision to revoke this contract, by means of a clear declaration (e.g. by post, fax or e-mail). To do so, you can use the attached model revocation form, but this is not mandatory. In order to comply with the revocation period, it is sufficient that you send the notification of the exercise of the right of revocation before the expiry of the revocation period.

9.) Partial deliveries
If the customer requests partial deliveries, the amount of the shipping costs is calculated according to the number of partial deliveries and their respective value. If, for technical or logistical reasons and not at your express request, a shipment is made in a number of partial deliveries, we will charge the shipping cost share only once.
ORDERING UND SERVICE
T +49 [0] 52 71 . 9 66 66-0 · info@oelmuehle-solling.de · Monday to Friday 8:00 am – 5:00 pm
Ölmühle Solling GmbH · Höxtersche Straße 3 · 37691 Boffzen

MANUFACTORY SHOP BOFFZEN
Höxtersche Straße 3 · 37691 Boffzen
Opening hours: Monday to Friday 9:00 am – 5:30 pm and Saturday 9:30 am – 2:30 pm
T +49 [0] 52 71 . 9 66 66-0 · info@oelmuehle-solling.de

MANUFACTORY SHOP COLOGNE
Friesenwall 29 · 50672 Cologne
Opening hours: Monday to Friday 11:00 am – 7:00 pm and Saturday 11:00 am – 6:00 pm
T +49 [0] 2 21 . 29 84 88 78 · koeln@oelmuehle-solling.de

oelmuehle-solling.de