



WICKED GOURMET OILS & VINEGARS AND RUBS

SERVING SUGGESTIONS

For more recipe ideas go to our Recipes Album
on our Facebook page!

CITRUS OIL

A refreshing Oil -
wonderful on fish, drizzle over
veggies or mix w/Balsamic for a
great bread dipper

HOT PEPPER OIL

When you want that extra heat,
add to Stir-frys, rub it on
meat/fish, add to salad dressings
for a little heat. Amazing in Chili!

ROASTED GARLIC OIL

Light but oh so flavourful - Use this
on everything!! Bread dipping,
salads, veggies, roast potatoes,
mashed potatoes, pretty much
anything!

BALSAMIC VINEGAR

Just the sweet flavour of our
classic balsamic!
Use for salads, bread dipping, on
fish or on the BBQ, drizzle over
berries & ice cream.

WHITE BALSAMIC

When you want the sweetness &
a clear light balsamic.
Spinach salads are amazing
using this Balsamic – great on
fish, chicken – pretty much
anything!

BLACKBERRY BALSAMIC

Sweet – Sweet– Sweet
Salad dressing, bread dipping,
infused berries with Blackberry
Balsamic & serve w/ice cream. Use
it on everything!!

With our Oils and Balsamics, always use 3 parts oil to 1 part balsamic for delicious salad dressings.



EVERYTHING RUB

The name says it all - Use it on
everything!

FIERY JERK RUB

Our unique blend of herbs and spices
creates a delicious island flavour. Use in
combination with our Fiery Jerk sauce.!

LAVENDER HERB RUB

Our Lavender Herb Rub with its aromatic lavender
flower will enhance everything from
chicken to fish. Terrific on lamb or veggies as well!
Lots of fragrance & flavour.

STEAK SPICE

Our #1 best seller!!
Once you use our moist, steak spice it will become
your all-time favourite. You can use it as is or put
in a grinder & use as a seasoned pepper!



**ALL WICKED GOURMET OILS & VINEGARS AND
RUBS ARE GLUTEN FREE & VEGETARIAN**

It's all about flavour & taste!