

We cater for

Lacto-ovo Vegetarians

Many of the world's population are vegetarians eating little or no meat. The two types of vegetarians are lacto-ovo vegetarians and vegans. Lacto-ovo vegetarians allow dairy based products and egg based products in their diets. However, a vegan, avoids the use of any animal products in their diet.

Here at Oliver's we pride ourselves on being able to offer a range of both options for you to enjoy. If you are a Vegetarian, you can feel confident with the following menu items.

Drinks

- All Fruit Smoothie, made fresh to order using only the finest quality tropical fruits.
- Banana berry smoothie and banana smoothie, made from real banana, low fat milk, yogurt and forest berries.
- Our range of freshly squeezed fruit Juices, which combine a blend of revitalising and energising fruits and vegetables.
- Pure organic coconut water and smoothies.
- Our selection of certified organic Juices.
- Sensational espresso coffee and chai latte made on organic certified soy milk, or low fat milk.
- Teas from the fantastic "Planet Organic" herbal tea range, including English Breakfast, earl grey, green, peppermint, chai and more...

If you have any questions about Oliver's menu, please contact our Oliver's nutritionist nutrition@oliversrealfood.com.au

Where to find more information:

Vegetarian Network Victoria

<http://www.vnv.org.au/>

The vegetarian New Zealand Society

<http://www.vegetarian.org.nz/content/>

New Zealand Vegetarian Families

<http://www.vegetarianfamilies.org.nz/>

Vegetarians New Zealand

<http://www.vegetarians.co.nz/>

Meals

- Pumpkin and minestrone soups.
- Vegetarian korma curry.
- Freshly made seasonal fruit salad.
- Vegetarian sushi.
- Crisp seasonal salad and side salad
- Egg and salad sandwich.
- All of Oliver's handmade sauces and dressings.
- The vegemite sandwich Krackajak pack and Ditzzy Dippers-mezze plate.
- Vege Patch and Vege Breaky Pita Pocket.
- Bircher muesli cup and both the macadamia and KaiOra yoghurt cup.

Desserts

- Award winning sorbet and ice cream, include delicious flavours: dark chocolate, vanilla, strawberry or coconut rum ice-cream and, dark chocolate, mango or strawberry sorbet.
- Gluten free muffins in flavours: blueberry almond, raspberry almond and chocolate tower.
- Bird, Love and Raw Bars.
- Delicious Florentines and macaroons.
- Raw organic nut mix, roasted organic nut and dried fruit mix and organic dates.
- Freshly baked muffins, banana cake and carrot, orange, walnut cake.



More Taste. More Energy. More Life.™