

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, 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
- Our selection of certified organic Juices
- Sensational Espresso coffee made on organic certified soy milk, or low fat milk
- Teas from the fantastic "Tea Tonic" herbal tea range

Meals

- Our home made pumpkin and minestrone Soups
- Freshly made seasonal Fruit Salad
- Our freshly rolled vegetarian Sushi
- Fresh Seasonal Salad
- Egg and Salad Roll
- All of Oliver's hand made sauces and dressings
- The vegemite sandwich Kracka pack
- Roast Vegetable Pita Pocket
- Yogurt fruit cup and Bircher Muesli

Desserts

- Our new selection of award winning sorbets and ice creams including delicious flavours: "Raspberry", "Mango", "Lemon", "Honey Almond Nougat", "Espresso" and "Vanilla Bean"
- Our all natural selection of "Wallaby Bars"
- Our fresh selection "Freshness" gluten free and low fat muffins.

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

Where to find more information:

Vegetarian Network Victoria

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

Australian Vegetarian Society

<http://www.veg-soc.org/html/about.html>

Vegetarians

<http://www.veg-soc.org/html/about.html>



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