

More for those with

Coeliac Disease and Gluten Intolerance

Gluten is a protein found in wheat, rye, oats, barley and their derivatives. Wheat derivatives include atta, emmer, farina, German wheat, graham wheat, bourghul/bulgar/bulghar/bulgur, couscous, dinkel, durum, kamat/kamut, polish wheat, semolina, spelt and triticale. Oats derivatives include pilsner and barley derivatives include malt (barley).

Coeliac disease is an auto-immune disease, which means that the body produces antibodies that attack its own tissues. For people with coeliac disease, this is triggered by gluten. Gluten sensitivity is a chronic digestive disorder that is essentially an intolerance to gluten; however some gluten intolerant people can tolerate oats.

Here at **Oliver's** we pride ourselves on having a range of Planet Organic options for you to enjoy.

Drinks

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

Meals

- Organic curries, including free range Thai red curry chicken, free range butter chicken and vegetable korma.
- Organic pumpkin and ginger soup.
- Oliver's ditzzy dippers-mezze plate.
- Freshly rolled vegetarian sushi.
- Crisp seasonal salad with or without free range chicken, includes a gluten free bun.
- Gluten free bread and toast including classic white, crunch, fruit and spice and banana bread (flavours may vary store to store).
- Oliver's organic hand-made sauces and dressings.

Desserts

- Freshly made seasonal fruit salad.
- Fruit yoghurt cups, both macadamia muesli and KiaOra flavours.
- 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 and Raw Bars.
- Delicious florentines and macaroons.
- Raw organic nut mix, roasted organic nut and dried fruit mix and organic dates.
- Byron Bay cookies.

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

Where to find more information:

Dieticians Association of Australia
<http://www.daa.asn.au>

The Coeliac Society of Australia
<http://www.coeliac.org.au/>

Gluten free kiwi
<http://www.glutenfreekiwi.com/>

The Coeliac Society of NSW
<http://www.nswcoeliac.org.au/>

The Coeliac Society of New Zealand
<http://www.coeliac.co.nz/>



More Taste. More Energy. More Life.™