

More for those who are

Dairy Free

Lactose intolerance is the most common form of carbohydrate intolerance. Lactose intolerance is caused by the body having a deficiency of the enzyme lactase, which is used to digest the sugar found in milk. Dairy allergy is an adverse immune reaction to one or more of the proteins in dairy products including cow's milk and/or the milk of other animal, these proteins that are normally harmless to the non-allergic individuals. Here at Oliver's we pride ourselves on having a range of dairy free options for you to enjoy.

Drinks

- All fruit Smoothie, made fresh to order using only the finest quality tropical fruits.
- Our range of freshly squeezed fruit Juices, which combine a blend of revitalising and energising fruits and vegetables.
- Our selection of certified organic Juices.
- Pure organic coconut water and smoothies.
- Sensational espresso coffee or chai late made with organic certified soy milk.
- Teas from the fantastic "Planet Organic" herbal tea range, including English breakfast, earl grey, green, peppermint, chai and more...

Meals

- Vege Patch Pita Pocket.
- Tasty seasonal fruit salad.
- Freshly rolled sushi.
- Pumpkin soup and minestrone soup.
- Thai chicken curry and vegetable Korma curry.

Desserts

- Our new selections of award winning sorbets are dairy free and include delicious flavours: Coconut rum, chocolate, mango and strawberry.
- Raw organic nut mix, roasted organic nut and dried fruit mix and organic dates.
- Bird bar and Raw bar.

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

Where to find more information:

Lactose

<http://www.lactose.com.au>

Dairy Australia

<http://www.dairyaustralia.com.au>

Go Dairy Free Organisation

<http://www.godairyfree.org/>



More Taste. More Energy. More Life.™