

More for *Vegans*

Many of the world's population are vegetarians eating little or no meat and other animal products. 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. Vegan eating is a choice which is often connected with the idea of non-violence towards animals. Here at Oliver's we pride ourselves on being able to offer a range of vegan 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, energising fruits and vegetables.
- Organic Juices and carbonated Beverages.
- Pure Organic Coconut Water and Smoothies.
- Sensational espresso coffee and chai late made with certified organic soy milk.
- "Absolute Organic" herbal tea range, including English breakfast, earl grey, green, peppermint, chai and more...

Meals

- Vege korma curry (served with brown rice).
- Organic pumpkin and ginger Soup.
- Freshly made seasonal fruit salad.
- Freshly rolled vegetarian sushi.

Desserts

- Our new selection of award winning sorbets, including delicious flavours "raspberry", "mango", "coconut rum" and "chocolate"
- Bird and Raw bars.
- Raw organic nut mix, roasted organic nut and dried fruit Mix and organic dates.

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/>

Vegan Society

<http://www.veganaustralia.net/>

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

<http://www.vegansociety.com/>



*More Taste. More Energy. More Life.*TM