

Why Oliver's Call It REAL Food

At **Oliver's** we believe you are what you eat, that we should *"Let food be thy medicine and medicine thy food"*. So we have decided to make a few good decisions about the food we serve you.



Organic Eggs

At **Oliver's** we have made a conscious decision to use only organic eggs, because

we believe that happy hens lay happy eggs. Organic eggs come from organic chickens. These chickens are happy, eat organic food and are not treated with vaccinations, hormones or antibiotics.



Free Range Chicken

"Free Range" chickens are able to roam free in an outdoor area during the day, with access to a barn in the evening. The title

"free range" is regulated by the Free Range Egg and Poultry Association, which works to make sure standards are continually met. At Oliver's we only use "FREE RANGE" chicken.

Wholemeal Pita Bread

The wholemeal flour used to make our wholemeal pita bread, is made from ground whole grains.

Whole grains are grains

that still have their outside hull, which is the nutrient powerhouse of the grain; the "hull" contains a host of nutrients required for energy production. Refined white grains are missing this and therefore are stripped of their nutrients. Whole grains are an important part of a healthy diet; they are a good source fibre. Whole grains are known to help maintain a healthy heart; regulate blood glucose levels; keep you fuller for longer; whilst promoting bowel health.



ALLPRESS Coffee

ALLPRESS source coffee that is high grade Arabica beans; these are high in

flavour, body and aroma. All press sources their beans from shippers who directly source sustainably produced, equitably traded coffee. All press pay premium prices (above the fair trade price), in an effort to support coffee communities in a sustainable way.



Dairy Farmers 'New' milk

Oliver's use only Dairy Farmers 'New' milk, this milk has all the taste of full cream milk and the goodness and calcium and protein found in full cream milk but it only contains 2% fat.



Organic Potatoes

Potatoes are a staple of many people's diets; they are a rich source of potassium, vitamin C and a number of other nutrients. At **Oliver's** we decided

to supply our customers with Organic potatoes. Organic potatoes are free from the use of synthetic chemicals, fertilizers, pesticides, growth regulators, or genetically modified varieties.



More Taste. More Energy. More Life.™



Himalayan Salt

Oliver's use and sell Himalayan salt because we believe it is the King of

Salts. Himalayan salt is in fact more than "just salt"; it contains 84 minerals, with NO impurities from environmental pollution. It is pure, unpolluted and without environmental impact.



Baby Spinach

Most famously known as the source for Popeye's strength, this low calorie leafy green is packed full of goodness, including Folic acid, manganese, magnesium,

iron, vitamin B2, B6, E, B1, C, and vitamin K. Spinach is said to increase energy and vitality, alkalise blood and due to its high chlorophyll content act as a protector against degenerative diseases such as cancer.



Brown Rice

Oliver's use brown rice because it is by far the most nutritious rice form available, because it still contains the outer husk, which is the storage unit

for all the vitamins and minerals.



Fresh Fruit – Never Canned

Fresh fruit; it's a nutritious, colourful, sweet, refreshing and a flavoursome essential part of our diets. Fresh fruit is a concentrated

natural source of many important nutrients including antioxidants, phytonutrients and enzymes. At **Oliver's** we make our fruit salad, yoghurt cups and Bircher cups out of the freshest fruit possible.



Oliver's Organic Water

Sourced 1000 feet above sea level at Kulnara (Aboriginal for 'up there in the clouds') on the NSW Central Coast Mountain Ranges. This water is naturally

filtered through layers of sandstone on a property that is certified organic to give you premium quality product.



Proud to be Additive Free

Oliver's strive to be an additive free business, using organic foods where

possible. We do not add flavour enhancers; preservatives or artificial colours, flavours or sweeteners. Our quality **REAL** food makes both your taste buds and your body happy.



Garlic

Garlic is a flavoursome and nutritious herb that has been used in foods for thousands of years. The healthful properties of garlic are

well documented, that is why **Oliver's** include garlic in a number of our foods items.



Rice Bran Oil

Oliver's think rice bran oil is the best choice and here are a few reasons why. Rice bran oil is one of the richest plant oil sources of

antioxidant vitamin E, a powerful protecting nutrient. The oil is also a source of monounsaturated fatty acids and polyunsaturated fatty acids. These are both essential fatty acids; they must be included in the diet for the body to function optimally.





Fresh Juices

Our fruit and vegetable juices are all freshly squeezed from fresh fruit. They aren't heat treated, made from concentrate and then don't have any added ingredients, just 100% freshly squeezed juice, rich

in natural nutrients and full of delicious flavour.



Organic where possible

Currently **Oliver's** has a number of Organic ingredients in our food and on our menu, with continual efforts to increase this. Currently our soups and curries, eggs, butter, potatoes, water and soy milk are all organic. When you choose organic you not only look after the health of yourself and family, but also the health of our soil and the health of our planet. So everyone wins.



Bonsoy Soy Milk

Oliver's choose to use Bonsoy Soy Milk because this quality soy milk was created by Japanese soy masters to be the "original and the best" and we at **Oliver's** believe it's the best soy available. Bonsoy is always made from premium organic soy beans.



Reduced fat yoghurt

The health of our customers is just as important to us as the flavour of our quality food, so **Oliver's** has decided to use reduced fat

yoghurt in our yoghurt cups, Bircher cups and a side with your fresh fruit salad. Our thick and creamy yoghurt does not contain any thickeners or gelatine, preservatives, flavours or colours, its pure natural goodness. Our **REAL** yoghurt does contain the beneficial Acidophilus and bifidus live cultures, which are well known for their health benefits, including improving digestive health and immunity.



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