

Oliver's Menu - F3 Wyong

BREAKFAST

Toast: Wholemeal / Raisin / Gluten Free	\$ 3.00
Yoghurt Muesli Fruit Cup (GF)	\$ 4.90
Bircher Muesli Cup	\$ 4.90
Seasonal Fruit Salad	Reg \$ 5.90
Seasonal Fruit Salad	Large \$ 8.50
Seasonal Fruit Salad with Yoghurt	Add \$ 1.00

Muffins

Toasted Banana Bread (GF option)	\$ 4.20
Gluten Free Choc Towers	\$ 4.20
Gluten Free Blueberry Muffins	\$ 4.20
Gluten Free Raspberry Muffins	\$ 4.20
Low Fat Banana Honey Muffins	\$ 4.20
Low Fat Blueberry Muffins	\$ 4.20
Low Fat Raspberry Muffins	\$ 4.20

SUSHI

Vegetarian Sushi Roll	\$ 3.50
Tuna Sushi Roll	\$ 3.50
Teriyaki Chicken Sushi Roll	\$ 3.50

SALADS

Mini Seasonal Salad	\$ 6.90
Seasonal Salad	\$10.90
Seasonal Salad with Chicken	\$13.90

PIES & ROLLS

Organic Lean Steak Pie	\$ 4.90
Cheese & Spinach Roll	\$ 3.90
Organic Sausage Roll	\$ 3.50

SANDWICHES

Ham, Cheese & Tomato	\$ 6.90
Egg, Lettuce & Mayonnaise	\$ 6.90
Chicken, Lettuce, Avocado & Tomato	\$ 6.90

KIDS

Healthy Kids Pack	\$ 6.90
Ditzy Dipper - Mezze Plate (incl 600ml Water)	\$ 9.90

CURRIES/PASTA

Organic Lamb & Pumpkin Curry	\$ 8.90
Free Range Thai Chicken Curry	\$ 8.90
Free Range Butter Chicken Curry	\$ 8.90
Organic Vegetable Korma Curry	\$ 8.90
Organic Penne Pasta	\$ 8.90

ORGANIC SOUPS

Cup of Organic Pumpkin Soup	\$ 6.90
Bowl of Organic Pumpkin Soup	\$10.90

GOURMET PITA POCKETS

Breakfast Pita Pocket	\$12.90
1/2 Breakfast Pita Pocket	\$ 6.90
Chicken Pita Pocket	\$12.90
Beef Pita Pocket	\$12.90

COFFEES

	Med / Large
Café Latte, Flat White, Cappuccino, Long Black, Double Espresso, Long Machiatto,	\$3.90 / \$4.40
Short Espresso, Piccolo Latte, Short Machiatto	\$ 3.00

Extra Shot / Soy / Baby Chino	\$ 0.60
-------------------------------	---------

HOT CHOCOLATE

	Med / Large
	\$3.90 / \$4.40

ORGANIC TEAS

English Breakfast, Earl Grey and a Great Selection of Herbal Teas	\$ 3.20
---	---------

COLD DRINKS

Freshly Squeezed Juices, Organic Juices & Fruit Waters, Organic Cola, Lemonade, & Ginger Beer + More

SMOOTHIES Made Fresh on Request.

All Fruit	\$6.80
Banana	\$6.80
Berry Smoothie	\$6.80

DESSERTS

Choose from Sensational Yulla, All Natural Ice-cream / Sorbet, and Weis Bars

SNACKS

A Complete Range of Organic Chips, Nuts, Popcorn, Muesli Bars and Chocolates.

For Nutritional Information on any of these products, please ask one of our staff or visit our website

http://www.oliversrealfood.com.au/nutritional_info.htm



More Taste. More Energy. More Life.™