

# Oliver's Allergen Information

Current as at 29 JANUARY 2019

AVG QTY PER SERVING	Wheat	Gluten	Dairy	Egg	Soy	Fish	Shellfish	Tree Nuts	Peanuts	Sesame Seeds	AVG QTY PER SERVING	Wheat	Gluten	Dairy	Egg	Soy	Fish	Shellfish	Tree Nuts	Peanuts	Sesame Seeds
Bacon & Egg Roll	●	●	●	●	●			○		○	Protein Bar, Goji Superfruit			●					●		●
Banana Bread, gluten free				●						○	Protein Bar, Blueberry Antioxidant			●					●		●
Banana Bread	●	●	●	●							Pulled Pork & Appleslaw Roll	●	●	○	●	●			○		○
Bliss Ball, Cacao & Mint								●	○		Raw Nut Mix								●		○
Bliss Ball, Cranberry								●	○		Rosemary Baked Potatoes										
Carrot Bread	●	●	●	●				●	○		Sago Pudding, Orange & Lemon										
Chia Cup, Apple & Almond								●			Sago Pudding, Cacao & Cocoa										
Chia Cup, Coconut											Sandwich, Egg Salad	●	●	●	●	●			○	○	○
Chocolate Brownie, gluten free			●	●	●			●	○		Sandwich, Free Range Chicken & Avocado	●	●	●	●	●			○	○	○
Coconut Yoghurt Cup, Berry											Sandwich, Ham Cheese & Tomato	●	●	●	○	●			○		○
Coconut Yoghurt Cup, Kai-Ora								○	●		Sandwich, Turkey & Cranberry Relish	●	●	○	●	●			○	○	○
Coconut Yoghurt Cup, Macadamia								●	○		Sauce, Basil Aioli				●						
Cookie, Date & Walnut								●	○		Sauce, Chipotle										
Cookie, Cranberry & Almond								●	○		Sauce, Mustard Aioli				●						
Cookie, Chocolate Chip								●	○		Sauce, Parsley & Tahini										●
Cookie, Chocolate & Macadamia								●	○		Sauce, Soy	●	●			●					
Curry, Vegetable Korma + Organic Brown Rice					●						Sauce, Tomato Relish										
Curry, Butter Chicken + Organic Brown Rice			●		●						Salad, Seasonal Garden			●		●			○		●
Ditzy Dipper Pack, without toasted pita				●				●	○	●	Salad, Potato with organic eggs				●					○	
Dressing, Italian											Salad, Raw Crunch Buddha Bowl	●	●							○	●
Dressing, French											Salad, Falafel Foodie Buddha Bowl					○			○	○	
Dressing, Creamy Caesar						●					Salad, Chickpea Bazaar Buddha Bowl					●			●		○
Egg Pot				●							Smoothie, Choconana	○	○	●		○			○	○	○
Energy Ball, Very Berry								●	○		Smoothie, Banana			●					○	○	
Energy Ball, Macadamia								●	○		Smoothie, Banana Berry			●					○	○	
Fruit Salad											Smoothie, Breakfast	○	○	●		○			○	○	●
Golden Rice Nuggets					●					●	Smoothie, Choconana - Vegan/Dairy Free	○	○			○			●	○	○
Krackajack Pack, Sandwich	●	●	●	○	●			○	○	○	Smoothie, Banana - Vegan/Dairy Free								●		
Krackajack Pack, Sushi	●	●	●	○	●			○	○	○	Smoothie, Banana Berry - Vegan/Dairy Free								●		
Muffin, Spinach & Cheese	●	●	●	●							Smoothie, Breakfast - Vegan/Dairy Free	○	○			○			●	○	●
Muffin, Blueberry	●	●	●	●							Soup, Minestrone, without toasted pita	●	●								
Muffin, Date & Walnut	●	●			●			●	○		Soup, Pumpkin, without toasted pita										
Muffin, Raspberry & Pear	●	●	●	●						○	Steamed Organic Edamame Beans				●						
Muffin, Gluten Free Orange & Poppyseed				●				●	○		Steamed Mixed Greens										
Omelette, without Sourdough			●	●							Steamed Green Beans										
Pita, Plain	●	●									Steamed Corn Cob										
Pita, Garlic	●	●	●								Super Smoothie, Protein Punch				○						
Pita, Gluten-free Plain					●						Super Smoothie, Antioxidant Red	○	○	○							
Pita, Gluten-free Garlic			●		●						Super Smoothie, Alkalisising Green	○	○	○							
Pocket, All Day Breakfast Classic	●	●	●	●					○		Sushi, Vegetarian	○	○								
Pocket, All Day Breakfast Maxx	●	●	●	●					○		Sushi, Teriyaki Chicken	●	●			●					
Pocket, Burrito Maxx	●	●						●	○		Sushi, Salmon & Avocado	○	○				●				
Pocket, Burrito Classic	●	●						●	○		Sweet Potato Strips										
Pocket, Free Range Chicken Maxx	●	●	●	●							Toast, Organic Sourdough	●	●								
Pocket, Free Range Chicken Classic	●	●	●	●							Toast, Organic Multifruit Sourdough	●	●								
Pocket, Lamb Roast Maxx	●	●	●	●					○		Toast, Gluten-free Classic Crunch										●
Pocket, Lamb Roast Classic	●	●	●	●					○		Toast, Gluten-free Fruit & Spice										○
Pocket, Tender Beef Maxx	●	●	●	●							Yoghurt Cup, Berry			●					○	○	
Pocket, Tender Beef Classic	●	●	●	●							Yoghurt Cup, Bircher Muesli	○	●	●					●	○	
Pocket, Veggie Patch Classic	●	●			●				●		Yoghurt Cup, Kai-Ora			●					○	○	●
Pocket, Veggie Patch Maxx	●	●			●				●		Yoghurt Cup, Macadamia			●					●	○	○
											Yoghurt, Side			●					○	○	

● Present in this product ○ Traces may be evident in this product

**PLEASE NOTE:** The allergen information is based on our supplier's ingredients list as at 29 JANUARY 2019. The allergen details in our guide reflect the allergen contained in the product only. Wheat, gluten, dairy, egg, fish, shellfish, tree nuts, peanuts and sesame seeds are all present in the facilities where we produce, prepare and sell food. Although we take precautions to prevent cross contamination we cannot guarantee that these products are free from allergens. Please be aware that there is always a risk that traces of allergens may be transferred to ingredients during storage or preparation of items in our kitchen. If you have any questions or require further information, please enquire in-store or contact Oliver's Managing Dietitian via email at [nutrition@oliversrealfood.com.au](mailto:nutrition@oliversrealfood.com.au)

