

OLIVIA'S ORGANIC CAFE

SEED OIL FREE DINING GUIDE

We are continually recipe testing and developing seed-oil free recipes. If you are avoiding seed oils here is a guide to our seed oil free menu items with appropriate substitutions and omissions:

BREAKFAST

- Eggs Your Way - upgrade bread choice to avocado or berries.
- Breakfast Scramble - upgrade bread choice to avocado or berries.
- Vegan Tofu Scramble - upgrade bread choice to avocado or berries.
- Omelete - No Hollandaise
- Kids Farmhouse Breakfast

BREAKFAST SIDES

- Breakfast Potatoes
- Sautéed Collard Greens

LUNCH

- Creamy Chicken Soup (No crackers)
- Signature Chef Salad - No croutons, house made avocado oil ranch or olive oil and balsamic vinegar
- Organic Grass-Fed Olivia Burger - No burger sauce, on a collard wrap, we recommend adding avocado, bacon or your cheese of choice!
- Turkey Club or BLT - No mayo, on a collard green wrap, we recommend adding avocado!

LUNCH SIDES

- Potato Chips (made with Avocado Oil)
- Mixed greens with our house Avocado Oil Ranch or Olive Oil & Balsamic Vinegar

DESSERT

- Paleo Blondie Bar
- Keto Donuts
- Organic Berries and Whipped Cream

BEVERAGES

- For prepared coffee drinks we recommend our organic dairy milks or for non dairy our barista coconut milk