

LIV EAT'S NUTRITION GUIDE

Please note: All menu items may contain gluten, wheat, milk, tree nuts and egg. Removing an ingredient may not eliminate its presence and cross contamination may occur. Please speak to our friendly team if you have any allergies or dietary concerns.

V28.8.23

Nutritional and Allergen Information

Nutritional & Allergen information all up to date as of the 9th August 2023

At Liv Eat Healthy Eating, we take pride in providing our customers with delicious and high-quality food. We strive to accommodate a variety of dietary preferences and needs. However, we want to make you aware of the following nutritional and allergen information.

Nutritional Information:

The nutritional values of our products may vary slightly due to factors such as portion size, preparation methods, and variations in ingredients. We make every effort to provide accurate and up-to-date nutritional information, but please note that these values are approximate and should be used as a general guideline.

Allergens:

Our products are prepared in a kitchen where allergens such as nuts, wheat, dairy, eggs, soy, fish, and shellfish are present. Despite our best efforts to prevent cross-contamination, there is a possibility of trace amounts of allergens being present in any of our dishes. We strongly recommend individuals with severe allergies to exercise caution and inform our staff about their

~~specific dietary requirements.~~

Ingredient Substitutions:

We occasionally make ingredient substitutions or modifications to our recipes to enhance the quality and taste of our food. While we strive to keep our customers informed about any significant changes, please be aware that the ingredients listed on our menu may not always reflect the exact composition of the dish you receive.

Special Dietary Needs:

If you have specific dietary needs or restrictions, such as vegetarian, vegan, gluten-free, or any other special dietary requirements, please inform our staff before placing your order. We will do our best to accommodate your needs, but we cannot guarantee the absence of cross-contamination or the availability of specific ingredients.

Medical Advice:

Our nutritional information is provided for general educational purposes and should not be considered medical advice. If you have specific health concerns or dietary requirements, we recommend consulting with a qualified healthcare professional or registered dietitian.

Changes to Menus and Ingredients:

We reserve the right to make changes to our menus, recipes, ingredients, and suppliers without prior notice. These changes may impact the allergen content or nutritional composition of our menu items. We recommend reviewing the Allergen and Nutritional Information regularly and contacting our staff for any questions or concerns.

By utilising the information provided in our Allergen and Nutritional Information table, you acknowledge and accept the limitations and disclaimers outlined above. If you have any further questions or concerns regarding our nutritional information or allergen policy, please don't hesitate to reach out to our team at <https://www.liveat.com.au/contact/>.

Liv Eat Healthy Eating Nutritional Information

V28.8.23

Breakfast

Product	Energy (kJ/per serve)	Energy (kcal/per serve)	Protein (g/per serve)	Carbohydrate (g/per serve)	Sugars (g/per serve)	Fat (g/per serve)	Saturated Fat (g/per serve)
Egg & Bacon Wrap	2027	484	21	40	9	27	9
Egg Benedict Pide	2504	597	24	61	3	29	8
Mushroom Wrap	2356	566	17	32	3	41	11
Brekky Burrito	2693	646	25	42	4	42	14

Toasted

Product	Energy (kJ/per serve)	Energy (kcal/per serve)	Protein (g/per serve)	Carbohydrate (g/per serve)	Sugars (g/per serve)	Fat (g/per serve)	Saturated Fat (g/per serve)
Chicken & Avocado Pide	2730	653	25	60	3	33	7
Chicken & Cheese Toastie	2060	494	25	31	2	29	10
Ham, & Cheese Toastie	2070	494	23	34	2	29	10
Ham, Cheese & Tomato Toastie	2080	499	23	35	3	29	10
Ham & Cheese Croissant	1927	462	14	39	8	28	16
Grilled Chicken BLT - Panini	2750	659	25	67	2	30	3
BBQ Chicken Panini	2250	538	27	84	18	8	4
Tandoori Chicken Panini	2470	590	19	67	2.4	26	6
Pumpkin & Fetta Panini	2820	676	17	72	9	33	5

Crab n Go

Product	Energy (kJ/per serve)	Energy (kcal/per serve)	Protein (g/per serve)	Carbohydrate (g/per serve)	Sugars (g/per serve)	Fat (g/per serve)	Saturated Fat (g/per serve)
Cacao Choc Mousse	926	222	10	27	24	8	7
Fruit Salad	235	56	1	12	12	0	0
Cinnamon Granola & Yoghurt	1321	315	10	37	30	13	7
Edamame, Salmon & Egg Tub	900	215	20	2	1	14	4
Protein Egg Tub	657	157	14	1	0	11	3
Chicken Salad Wrap	1994	478	20	34	4	29	3
Chicken & Avocado Pide	2730	653	25	60	3	33	7
Ham & Salad Roll	2072	492	20	67	8	16	2
Roast Pumpkin Roll	2047	486	14	76	16	14	2
Chicken Caesar Baguette	1593	379	17	47	2	13	3
Ham & Onion Baguette	1879	448	17	53	6	18	6
Chicken Caesar Sandwich	1932	461	23	46	1	21	3
Curried Egg Sandwich	2260	540	20	47	2	30	4
Ham & Cheese Sandwich	2288	547	23	48	2	30	11
Herb Chicken Sandwich	2115	507	19	38	2	31	3
Chicken Salad Sandwich	2480	593	29.1	50.1	5.2	29.6	10.7
Classic Ham Salad Sandwich	2460	589	26.6	52	5.7	29.4	10.7
Tandoori Chicken Sandwich	1790	428	20.2	46.6	2	16.7	1.6
Chicken Caesar Salad	2475	595	30	21	2	43	8
Japanese Salmon Salad	2742	660	18	33	8	50	6
Pumpkin & Beetroot Salad	2154	515	13	46	11	30	4
Chilli Lime & Quinoa	1870	447	13	53	15	19	5
Pumpkin Kale Cous Cous	1900	456	10	50	19	22	4
Carbonara Pasta	2660	636	20	56	6	36	21
Pesto Rocket Pasta	2500	599	16	47	7	37	6

Grill Range							
Product	Energy (kJ/per serve)	Energy (kcal/per serve)	Protein (g/per serve)	Carbohydrate (g/per serve)	Sugars (g/per serve)	Fat (g/per serve)	Saturated Fat (g/per serve)
Burrito Bowl with Chicken	3624	869	26	85	8	47	9
Chicken Caesar Bowl	2858	686	30	35	6	47	7
Chilli Con Carne Bowl	3550	850	26	92	8	40	18
Japanese Schnitzel Bowl	1824	438	16	29	8	28	3
Nachos	3612	866	22	68	11	56	26
Satay Chicken Bowl	2699	645	23	78	29	27	12
Tandoori Chicken Bowl	2577	619	21	53	4	35	6
Spicy BBQ Chicken Bowl	3260	780	22	85	22	37	7
Vegan Falafel Bowl	3596	862	18	95	10	45	8
Falafel Burrito	3452	828	20	92	11	41	8
Mex Burrito with Chicken	3483	835	28	83	9	43	9
Chilli Con Carne Burrito	2897	694	22	74	6	35	6
Grill Extras							
Product	Energy (kJ/per serve)	Energy (kcal/per serve)	Protein (g/per serve)	Carbohydrate (g/per serve)	Sugars (g/per serve)	Fat (g/per serve)	Saturated Fat (g/per serve)
Chilli Con Carne Beef Mince	580	139	9	9	3	8	3
Chicken Schnitzel	576	136	13	19	4	1	0
Pulled Pork	778	187	18	2	1	12	4
Grilled Chicken	566	135	13	2	1	8	2
Falafel	567	136	5	11	2	8	1
Brown rice mix	516	123	2	22	0	2	1
White Rice	534	128	3	23	0	3	1
Shredded Lettuce Mix	30	7	0	1	1	0	0
Coleslaw Mix	41	10	1	2	2	0	0
Black Beans	343	82	4	13	1	2	0
Pico de Galo	31	7	0	1	1	0	0
Cheese - shredded	332	80	5	0	0	7	4
Corn kernels	68	16	1	3	1	0	0
Cucumber	10	2	0	0	0	0	0
Guacamole	331	79	1	0	0	8	2
Roasted diced bacon	92	22	3	2	0	1	0
Sliced chicken breast	153	36	8	0	0	1	0
Mild Salsa	97	23	1	4	4	0	0
Parmesan Cheese	151	36	3	0	0	3	2
Sour Cream Dairy Farmers	439	107	1	1	1	11	7
Corn chips	319	76	1	9	0	4	1
Kids Range							
Product	Energy (kJ/per serve)	Energy (kcal/per serve)	Protein (g/per serve)	Carbohydrate (g/per serve)	Sugars (g/per serve)	Fat (g/per serve)	Saturated Fat (g/per serve)
Kids Chicken & Cheese Sandwich	2215	530	22	46	1	29	6
Kids Ham & Cheese Sandwich	2197	525	19	48	2	29	6
Kids Cheese Sandwich	2057	492	18	46	1	27	10
Kids Rice & Chicken Bowl	1428	342	11	52	1	9	2
Kids Wrap	985	234	12	30	0	8	4

Soup							
Product	Energy (kJ/per serve)	Energy (kcal/per serve)	Protein (g/per serve)	Carbohydrate (g/per serve)	Sugars (g/per serve)	Fat (g/per serve)	Saturated Fat (g/per serve)
Regular Spiced Moroccan Chickpea Soup	1240	294	17	41	3	7	1
Regular Chicken & Bacon Chowder	1717	412	14	30	10	26	15
Regular Potato & Leek	780	187	3.9	20.3	2.9	9.3	4.7
Regular Pumpkin Soup	818	196	3.4	17.3	6.9	11.9	6.2
Regular Chicken & Corn Soup	1240	297	8.7	19.2	7.7	20.6	11.6
Large Chicken & Corn Soup	1650	395	11.6	25.6	10.3	27.5	15.5
Large Pumpkin Soup	1090	261	4.5	23.1	9.2	15.8	8.3
Large Potato & Leek Soup	1040	249	5.2	27.1	3.9	12.4	6.3
Large Spiced Moroccan Chickpea Soup	1638	388	23	54	3	9	1
Large Chicken & Bacon Chowder	2168	521	18	36	13	34	20
Sweets							
Product	Energy (kJ/per serve)	Energy (kcal/per serve)	Protein (g/per serve)	Carbohydrate (g/per serve)	Sugars (g/per serve)	Fat (g/per serve)	Saturated Fat (g/per serve)
Hazelnut Cacao Ball	710	169	4	22	19	7	1
Choc Brownie Ball	694	165	5	22	19	6	1
Caramel Slice	542	130	1	15	13	7	5
Cacao & Coconut Bliss Ball	581	139	3	16	14	6	1
Lemon & Poppyseed Muffin	2466	587	9	85	39	23	3
Apple & Cinnamon Muffin	2800	667	11	91	27	27	8
Double Chocolate Muffin	2500	595	11	80	26	25	7
Smoothies							
Product	Energy (kJ/per serve)	Energy (kcal/per serve)	Protein (g/per serve)	Carbohydrate (g/per serve)	Sugars (g/per serve)	Fat (g/per serve)	Saturated Fat (g/per serve)
Bananarama Smoothie	1210	287	10	45	39	7	5
Berry Velvet Smoothie	1024	244	3	38	29	9	8
Chocbanana Shake	1297	307	12	56	51	3	2
Chocorama Smoothie	1548	368	12	60	52	8	5
Green Machine Smoothie	1017	242	4	37	28	9	8
Mango Passion Smoothie	980	231	2	53	50	1	1
Peanut Butter Smoothie	2648	635	20	50	32	40	4
Tropical Shine Smoothie	1028	245	3	38	31	9	8
Very Berry Smoothie	988	234	3	47	43	3	3
Watermelon Sour Smoothie	660	156	2	36	32	1	0
Workout Warrior Smoothie	1215	288	19	35	27	8	4
Iced Coffee	1171	279	10	40	37	8	5
Smoothie Add Ons							
Product	Energy (kJ/per serve)	Energy (kcal/per serve)	Protein (g/per serve)	Carbohydrate (g/per serve)	Sugars (g/per serve)	Fat (g/per serve)	Saturated Fat (g/per serve)
Chia Seeds	78	19	1	0	0	2	0
Protein Powder- Vanilla	159	37	9	0	0	0	0
Honey	217	51	0	12	12	0	0
Banana	147	35	1	8	5	0	0
Mixed Berries	29	7	0	1	1	0	0
Diced Dates	141	33	0	8	7	0	0
Chocolate Topping Syrup	318	75	0	18	17	0	0
Chocolate Powder	393	93	2	19	17	1	0
Baby Spinach, raw	9	2	0	0	0	0	0
Peanut Butter	745	180	8	3	2	15	2
Cinnamon, ground	18	4	0	1	0	0	0
Turmeric, ground	45	11	0	2	0	0	0

Hot Drinks							
Product	Energy (kJ/per serve)	Energy (kcal/per serve)	Protein (g/per serve)	Carbohydrate (g/per serve)	Sugars (g/per serve)	Fat (g/per serve)	Saturated Fat (g/per serve)
Hot Drinks- Full Cream 8oz	524	125	6	10	10	7	5
Hot Drinks- Full Cream 12oz	770	184	9	14	14	10	7
Hot Drinks- Full Cream 16oz	1081	259	13	20	20	14	10
Hot Drinks- Skim Milk 8oz	366	87	7	10	10	2	1
Hot Drinks- Skim Milk 12oz	539	128	11	15	15	3	2
Hot Drinks- Skim Milk 16oz	757	179	15	21	21	4	2
Hot Drinks- Lactose Free Milk 8oz	1326	317	17	24	24	17	12
Hot Drinks- Lactose Free Milk 12oz	1949	466	25	35	35	25	17
Hot Drinks- Lactose Free Milk 16oz	2738	655	35	50	50	35	24
Hot Drinks- Almond Milk 8oz	323	77	4	14	8	13	1
Hot Drinks- Almond Milk 12oz	474	113	6	21	12	19	2
Hot Drinks- Almond Milk 16oz	663	158	9	29	17	27	2
Hot Drinks- Coconut Milk 8oz	396	95	1	6	5	7	7
Hot Drinks- Coconut Milk 12oz	582	140	2	9	8	11	10
Hot Drinks- Coconut Milk 16oz	818	197	2	12	11	15	14
Hot Drinks- Soy Milk 8oz	507	121	7	8	4	7	1
Hot Drinks- Soy Milk 12oz	746	178	10	11	6	10	1
Hot Drinks- Soy Milk 16oz	1047	251	14	16	8	14	2
Hot Drinks- Oat Milk 8oz	404	96	1	13	2	4	1
Hot Drinks- Oat Milk 12oz	594	142	2	19	3	6	1
Hot Drinks- Oat Milk 16oz	835	199	2	27	4	9	2
Iced Latte - Coconut milk	468	113	1	8	6	8	8
Iced Latte - Almond Milk	924	222	5	17	9	15	1
Iced Latte - Soy Milk	593	142	8	10	4	8	1
Iced Latte Oat Milk	477	114	1	16	2	5	1
Iced Latte Lactose Free Milk	1514	362	19	28	27	19	13
Iced Latte Full Cream milk	612	146	7	12	11	8	5
Iced Latte Skim Milk	435	103	8	12	11	2	1
Hot Drink extras							
Product	Energy (kJ/per serve)	Energy (kcal/per serve)	Protein (g/per serve)	Carbohydrate (g/per serve)	Sugars (g/per serve)	Fat (g/per serve)	Saturated Fat (g/per serve)
Coffee, Single shot	11	3	0	1	0	0	0
Coffee, Double shot	23	5	0	1	0	0	0
Chai Latte Powder- Small	187	44	0	8	7	1	1
Chai Latte Powder- Regular	375	89	1	16	13	2	2
Chai Latte Powder- Large	562	133	1	24	20	4	3
Hot Chocolate- Small	157	37	1	8	7	0	0
Hot Chocolate- Regular	314	75	1	15	14	0	0
Hot Chocolate- Large	471	112	2	23	21	1	0
Caramel Syrup- Small	177	42	0	10	10	0	0
Caramel Syrup - Regular	259	62	0	15	15	0	0
Caramel Syrup - Large	353	84	0	21	21	0	0
Vanilla Syrup- Small	180	43	0	10	10	0	0
Vanilla Syrup - Regular	263	63	0	15	15	0	0
Vanilla Syrup - Large	359	86	0	21	21	0	0
Hazelnut Syrup- Small	177	42	0	10	10	0	0
Hazelnut Syrup - Regular	260	62	0	15	15	0	0
Hazelnut Syrup - Large	355	84	0	21	21	0	0