

NUTRITIONAL & ALLERGEN INFORMATION

At January 2025

LIV EAT
healthy eating

NUTRITIONAL & ALLERGEN INFORMATION

We take pride in providing customers with delicious and high-quality food, accommodating a variety of dietary preferences & needs. Please be aware of the following information relating to our nutritional & allergen statements:

Nutritional Information

The nutritional values of our products may vary slightly due to factors such as portion size, preparation methods, & variations in ingredients. We try 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 **Milk, Egg, Fish, Mollusc, Sesame, Lupin, Peanut, Soy, Sulphites, Tree Nuts [Almond, Brazil Nut, Cashew, Hazelnut, Macadamia, Pecan, Pine Nut, Pistachio, Walnut], Gluten [Wheat, Barley, Oats, Rye]** 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.

NUTRITIONAL & ALLERGEN INFORMATION

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 charts regularly and contacting our staff for any questions or concerns.

You acknowledge & accept the limitations & disclaimers outlined above by utilising the information provided in our Allergen & Nutritional Information document. For questions and concerns regarding our nutritional information & allergens, contact our team at liveat.com.au/contact

ALLERGENS

Last updated 15 January 2025

	MENU ITEM	GLUTEN CONTAINING CEREALS	TREE NUTS	PEANUTS	EGGS	MILK	FISH	SESAME	SOY	SULPHITES
BREAKFAST	Egg & Bacon Wrap	Contains			Contains	Contains				
	Brekky Burrito	Contains			Contains	Contains			Contains	Contains
	Mushroom Wrap	Contains			Contains	Contains				
	Potato Gems									
	Avocado Toast	Contains				Contains		Contains	Contains	Contains
	Brekky Burger	Contains			Contains	Contains			Contains	
	Egg Benedict Pide	Contains			Contains	Contains		Contains	Contains	
TOASTED	Ham & Cheese Croissant	Contains			Contains	Contains			Contains	
	Egg & Bacon Croissant	Contains			Contains	Contains			Contains	
	Nutella Croissant	Contains	Contains			Contains			Contains	
	Plain Croissant	Contains				Contains			Contains	
	BBQ Chicken Panini	Contains				Contains			Contains	
	Chicken BLAT Panini	Contains			Contains				Contains	
	Pumpkin & Fetta Panini	Contains			Contains	Contains			Contains	Contains
	Chicken & Avocado Pide	Contains			Contains	Contains		Contains	Contains	Contains
	Chicken BLT Pide	Contains			Contains			Contains	Contains	
	Chicken Pesto Pide	Contains	Contains		Contains	Contains		Contains	Contains	Contains
	Roast Pumpkin Pide	Contains						Contains	Contains	Contains
	Chicken & Cheese Toastie	Contains			Contains	Contains			Contains	
	Ham & Cheese Toastie	Contains			Contains	Contains			Contains	
	Ham, Cheese & Tomato Toastie	Contains			Contains	Contains			Contains	

*Whilst we take every precaution to minimise cross-contact and provide accurate allergen information, we cannot guarantee that any product is completely free from traces of allergens, including those not listed. Customers with severe allergies should exercise caution and contact us directly with any concerns before ordering.
liveat.com.au/nutrition

ALLERGENS

Last updated 15 January 2025

		MENU ITEM	GLUTEN CONTAINING CEREALS	TREE NUTS	PEANUTS	EGGS	MILK	FISH	SESAME	SOY	SULPHITES
GRILL BOWLS – WARM SALADS - BURRITOS		Burrito Bowl (Chicken)				Contains				Contains	Contains
		Burrito Bowl (Chilli Con Carne)				Contains				Contains	Contains
		Burrito Bowl (Pork)				Contains				Contains	Contains
		Burrito Bowl (Falafel)				Contains				Contains	Contains
		Chicken Caesar Crunch	Contains			Contains	Contains		Contains	Contains	Contains
		Fiesta Chicken Salad				Contains				Contains	Contains
		Japanese Schnitzel Bowl	Contains			Contains				Contains	
		Taco Beef Bowl					Contains			Contains	Contains
		Nachos					Contains			Contains	Contains
		Loaded Nachos					Contains			Contains	Contains
		Satay Chicken Bowl	Contains	Contains	Contains				Contains	Contains	
		BBQ Chicken Bowl	Contains	Contains						Contains	Contains
		Mex Burrito (Grilled Chicken)	Contains			Contains				Contains	Contains
		Mex Burrito (Chilli Con Carne)	Contains			Contains				Contains	Contains
		Mex Burrito (Pork)	Contains			Contains				Contains	Contains
		Power Burrito	Contains			Contains				Contains	Contains
		Falafel Burrito Wrap	Contains							Contains	Contains

*Whilst we take every precaution to minimise cross-contact and provide accurate allergen information, we cannot guarantee that any product is completely free from traces of allergens, including those not listed. Customers with severe allergies should exercise caution and contact us directly with any concerns before ordering.
liveat.com.au/nutrition

ALLERGENS

Last updated 15 January 2025

	MENU ITEM	GLUTEN CONTAINING CEREALS	TREE NUTS	PEANUTS	EGGS	MILK	FISH	SESAME	SOY	SULPHITES
BURGERS - FRIES	BBQ Beef & Bacon Burger	Contains			Contains	Contains			Contains	
	Original Beef Burger	Contains			Contains				Contains	
	Crispy Chicken Burger	Contains			Contains				Contains	
	Spicy Chicken Burger	Contains			Contains				Contains	
	Grilled Chicken Burger	Contains			Contains				Contains	Contains
	Original Chicken Burger	Contains			Contains	Contains			Contains	
	Bunless Beef Burger				Contains					
	Bunless Chicken Burger				Contains				Contains	Contains
	Mexican Burger	Contains			Contains	Contains			Contains	
	Chilli Beef Fries				Contains				Contains	Contains
	Cheesy Bacon Fries				Contains	Contains			Contains	
	Potato Fries									
	Sweet Potato Fries									
KIDS	Kids Chicken & Cheese Wrap	Contains				Contains			Contains	
	Kids Cheese Wrap	Contains				Contains				
	Kids Rice and Chicken Bowl								Contains	Contains
	Kids Cheese Sandwich	Contains				Contains		Contains	Contains	
	Mango Sorbet Tub									
	Kids Chicken & Cheese Sandwich	Contains				Contains		Contains	Contains	
	Kids Ham & Cheese Sandwich	Contains				Contains		Contains	Contains	
	Kids Beef Burger	Contains							Contains	

*Whilst we take every precaution to minimise cross-contact and provide accurate allergen information, we cannot guarantee that any product is completely free from traces of allergens, including those not listed. Customers with severe allergies should exercise caution and contact us directly with any concerns before ordering.
liveat.com.au/nutrition

ALLERGENS

Last updated 15 January 2025

		GLUTEN CONTAINING CEREALS	TREE NUTS	PEANUTS	EGGS	MILK	FISH	SESAME	SOY	SULPHITES
GRAB 'N' GO	Almond Chia Pudding		Contains							
	Cacao Choc Mousse					Contains			Contains	
	Edamame, Salmon and Egg Tub				Contains		Contains		Contains	
	Egg & Chicken Tub				Contains				Contains	Contains
	Fruit Salad									
	Protein Egg Tub				Contains					
	Cinnamon Granola & Yoghurt	Contains	Contains			Contains				
	Chicken Caesar Sandwich	Contains			Contains	Contains		Contains	Contains	Contains
	Curried Egg Sandwich	Contains			Contains			Contains	Contains	
	Classic Ham Sandwich	Contains			Contains			Contains	Contains	
	Ham & Cheese Sandwich	Contains			Contains	Contains		Contains	Contains	
	Herb Chicken Sandwich	Contains			Contains				Contains	
	Mediterranean Salad Sandwich	Contains			Contains	Contains		Contains	Contains	
	Roast Pumpkin Pide	Contains						Contains	Contains	Contains
	Chicken & Avocado Pide	Contains			Contains	Contains		Contains	Contains	Contains
	Chicken Pesto Pide	Contains	Contains		Contains	Contains		Contains	Contains	Contains
	Ham & Relish Pide	Contains			Contains			Contains	Contains	
	Chicken Salad Wrap	Contains			Contains					

*Whilst we take every precaution to minimise cross-contact and provide accurate allergen information, we cannot guarantee that any product is completely free from traces of allergens, including those not listed. Customers with severe allergies should exercise caution and contact us directly with any concerns before ordering.
liveat.com.au/nutrition

ALLERGENS

Last updated 15 January 2025

	MENU ITEM	GLUTEN CONTAINING CEREALS	TREE NUTS	PEANUTS	EGGS	MILK	FISH	SESAME	SOY	SULPHITES
GRAB 'N' GO	Chilli Lime Quinoa					Contains			Contains	Contains
	Carbonara Pasta	Contains				Contains			Contains	
	Chicken Caesar Salad	Contains			Contains	Contains		Contains	Contains	Contains
	Japanese Salmon Salad				Contains		Contains	Contains	Contains	Contains
	Chicken Pesto Pasta	Contains	Contains		Contains	Contains				Contains
	Pumpkin, Kale & Cous Cous	Contains				Contains			Contains	Contains
	Power Bowl	Contains	Contains					Contains	Contains	Contains
SMOOTHIES	Iced Chai					Contains			Contains	
	Iced Chocolate					Contains			Contains	Contains
	Iced Latte					Contains				
	Iced Long Black									
	Coffee Crush					Contains				
	Choconana					Contains			Contains	Contains
	Banana Bang					Contains				
	Berry Nice					Contains				
	Mango Mania									
	Blueberry Bliss	Contains								
	Peanut Butter		Contains	Contains						
	Workout Warrior					Contains				
	Green Machine									
	Immunity Green									
	Summer Mango					Contains				
	Watermelon Crush									
	Orange Crush									

*Whilst we take every precaution to minimise cross-contact and provide accurate allergen information, we cannot guarantee that any product is completely free from traces of allergens, including those not listed. Customers with severe allergies should exercise caution and contact us directly with any concerns before ordering.
liveat.com.au/nutrition

NUTRITION

Last updated 15 January 2025

		MENU ITEM	SERVING SIZE g	ENERGY kJ	ENERGY kCal	PROTEIN g	FAT, TOTAL g	FAT, SATURATED g	CARBOHYDRATE g	SUGARS g	SODIUM mg
BREAKFAST		Egg & Bacon Wrap	186	1710	409	15.4	19.48	5.77	41.9	10	722.13
		Brekky Burrito	241	2610	625	21.3	37.93	11.54	48	7	1114.58
		Mushroom Wrap	207	2150	516	16.1	33.31	7.01	37.1	5.9	677.34
		Potato Gems	112	747	179	3.2	8.62	0.73	21	0.99	799.4
		Avocado Toast	124	1140	272	7.5	11.9	2.7	32.4	0.89	368
		Brekky Burger	303	3340	800	46.3	46.42	12.77	49.2	20.3	743.29
		Egg Benedict Pide	262	2320	555	24	22.08	3.44	62.6	3.6	1071.18
TOASTED		Ham & Cheese Croissant	159	1960	470	16.4	27.3	15.04	39.6	7.8	806.67
		Egg & Bacon Croissant	196	2020	482	13.8	26.4	12.7	47.3	15.6	591.84
		Nutella Croissant	165	2760	660	9.9	32.65	16.3	81.1	50.2	280.05
		Plain Croissant	100	1390	332	6.8	17.2	11	37.4	7.1	280
		BBQ Chicken Panini	296	2270	543	26.8	10.56	5.25	81.6	14.5	1066.52
		Chicken BLAT Panini	324	2890	692	24.7	35.26	3.92	66.1	2.2	814.12
		Pumpkin & Fetta Panini	299	2680	642	15.9	31.12	5.26	71.3	6.2	964.06
		Chicken & Avocado Pide	249	2570	616	23.5	30.02	5.11	60.4	2.5	802.29
		Chicken BLT Pide	256	2370	568	20.9	26.64	2.54	58.8	1.6	702.84
		Chicken Pesto Pide	276	3000	718	27.4	38.98	7.29	62.5	4.1	1004.99
		Roast Pumpkin Pide	266	1960	468	13.6	12	1.58	72.6	13.2	787.88
		Chicken & Cheese Toastie	189	2040	489	26.4	28.21	9.32	31.7	1.6	748.49
		Ham & Cheese Toastie	189	2050	490	23.7	28.09	9.32	34.8	2.4	1258.49
		Ham, Cheese & Tomato Toastie	214	2070	494	24	28.12	9.32	35.4	3	1260.49

**Nutritional information provided is based on standard recipes, average serving sizes, supplier data, product analysis, and reputable databases. Variations may occur due to seasonal changes, supplier differences, and preparation methods. Customers with any specific requirements or questions should contact us before ordering.
liveat.com.au/nutrition

NUTRITION

Last updated 15 January 2025

MENU ITEM		SERVING SIZE g	ENERGY kJ	ENERGY kCal	PROTEIN g	FAT, TOTAL g	FAT, SATURATED g	CARBOHYDRATE g	SUGARS g	SODIUM mg
GRILL BOWLS – WARM SALADS - BURRITOS	Burrito Bowl (Chicken)	437	3340	798	21.2	39.93	4.91	85.8	8.2	767.48
	Burrito Bowl (Chilli Con Carne)	437	3470	831	19.4	40.91	6.1	92.8	10.3	1090.57
	Burrito Bowl (Pork)	437	3690	883	29.4	45.43	7.52	86.4	7.9	1007.65
	Burrito Bowl (Falafel)	437	3790	907	19.4	41.85	5.06	110	8.4	1048.57
	Chicken Caesar Crunch	285	2300	551	30.5	40.81	8.17	15	3.1	904.25
	Fiesta Chicken Salad	360	2370	567	23.1	42.9	6.7	21	8.5	297
	Japanese Schnitzel Bowl	304	1990	475	17.4	31.46	3.04	29.7	4.4	437.25
	Taco Beef Bowl	436	3840	918	27.3	43.4	18.25	100	11.2	1084.05
	Nachos	390	3990	955	17.8	62.6	22.2	77.3	12.9	1373
	Loaded Nachos	470	4560	1090	25.8	69.9	25.1	85.7	16.2	1803
	Satay Chicken Bowl	420	2240	535	16.9	36.95	15.83	32.2	28.4	849.89
	BBQ Chicken Bowl	466	3300	789	27.8	39.6	7.3	77.8	20.9	619
	Mex Burrito (Grilled Chicken)	381	3520	841	24.5	41.41	8.45	89.4	9.3	1203.69
	Mex Burrito (Chilli Con Carne)	381	3650	874	22.8	42.39	9.65	96.4	11.5	1526.78
	Mex Burrito (Pork)	376	3870	925	32.8	46.89	11.06	90	9	1443.8
	Power Burrito	411	2660	637	18.6	42.4	5.8	43.6	5.4	466
	Falafel Burrito Wrap	381	3940	942	22.5	42.4	8.52	114	9.8	1537.29

NUTRITION

Last updated 15 January 2025

		MENU ITEM	SERVING SIZE g	ENERGY kJ	ENERGY kCal	PROTEIN g	FAT, TOTAL g	FAT, SATURATED g	CARBOHYDRATE g	SUGARS g	SODIUM mg
BURGERS - FRIES		BBQ Beef & Bacon Burger	246	2980	714	45.7	42.57	15.65	37.1	9	913.3
		Original Beef Burger	296	2700	647	41.9	34.54	11.2	41.5	13.7	505.38
		Crispy Chicken Burger	208	2600	622	24.5	44	8.93	32.6	5.5	411.23
		Spicy Chicken Burger	218	2640	631	24.7	44.23	8.96	34.1	6.4	509.33
		Grilled Chicken Burger	270	2240	536	27.1	28.14	5.89	42.7	14.1	556.45
		Original Chicken Burger	289	3010	720	29.5	51.25	13.39	35.4	7.7	846.77
		Bunless Beef Burger	307	1890	451	35.3	28.46	9.59	12.4	11.8	246.88
		Bunless Chicken Burger	282	1420	340	20.6	22.06	4.27	13.6	12.2	316.95
		Mexican Burger	265	3240	776	29.9	53.9	13.8	43.1	6.5	1171.63
		Chilli Beef Fries	292	3950	945	15.2	73.64	13.55	56	6.8	1609.56
		Cheesy Bacon Fries	272	3950	944	16.7	74.4	14.76	53.5	4.3	1982.96
		Potato Fries	182	2500	598	6.7	42.5	8.73	47.8	3.8	1654.8
		Sweet Potato Fries	130	1750	419	4.8	29.26	5.9	34.4	2.4	896.7
KIDS		Kids Chicken & Cheese Wrap	295	2610	624	2.5	45.88	8.98	50.9	24.6	1371.4
		Kids Cheese Wrap	203	1780	425	1.7	31.05	6.03	35.1	16.9	862.2
		Kids Rice and Chicken Bowl	195	1400	335	16	10.74	2.25	41.4	1.7	248.15
		Kids Cheese Sandwich	130	1560	374	16.2	13.29	6.36	45.2	0.92	523.89
		Mango Sorbet Tub	140	595	143	0.42	0.14	0	34.3	34	0.56
		Kids Chicken & Cheese Sandwich	162	1570	376	21.7	11.05	4.74	45.2	0.89	557.26
		Kids Ham & Cheese Sandwich	157	1560	372	19.2	10.95	4.74	47.1	1.3	842.75
		Kids Beef Burger	208	2330	558	40.6	26.37	10.55	39.3	11.5	461.4
		Kids Chicken Burger	188	2590	620	24.3	44.17	8.93	32.1	5.2	421.39

NUTRITION

Last updated 15 January 2025

GRAB 'N' GO	MENU ITEM	SERVING SIZE g	ENERGY kJ	ENERGY kCal	PROTEIN g	FAT, TOTAL g	FAT, SATURATED g	CARBOHYDRATE g	SUGARS g	SODIUM mg
	Almond Chia Pudding	173	915	219	4.9	11.87	2.63	19.1	15.5	49.57
	Cacao Choc Mousse	142	1030	246	10.6	9.49	8	28.8	25.6	119.06
	Edamame, Salmon and Egg Tub	155	974	233	21.4	14.97	3.65	1.9	0.96	319.43
	Egg & Chicken Tub	102	732	175	15.9	11.79	3.12	1	0.39	137.47
	Fruit Salad	186	256	61	0.99	0.34	0.01	12.3	12.3	9.19
	Protein Egg Tub	119	670	160	14.3	10.85	2.92	0.83	0.37	145.83
	Cinnamon Granola & Yoghurt	160	1310	314	10.3	13.34	7.1	36.8	29.7	73.73
	Chicken Caesar Sandwich	224	2100	504	25.6	22.98	4.46	46.4	1.4	732.44
	Curried Egg Sandwich	223	2290	549	20.3	30.02	4.01	47.3	1.6	670.43
	Classic Ham Sandwich	246	1980	474	18.8	21.17	2.4	49.5	3.5	830.99
	Ham & Cheese Sandwich	202	2350	561	25.8	28.67	9.34	48.3	1.9	1149.29
	Herb Chicken Sandwich	211	2180	522	21.1	30.69	2.89	38.1	2.3	656.59
	Mediterranean Salad Sandwich	226	2030	485	14.8	27.55	4.05	41.6	4.2	840.5
	Roast Pumpkin Pide	266	1960	468	13.6	12	1.58	72.6	13.2	787.88
	Chicken & Avocado Pide	249	2570	616	23.5	30.02	5.11	60.4	2.5	802.29
	Chicken Pesto Pide	276	3000	718	27.4	38.98	7.29	62.5	4.1	1004.99
	Ham & Relish Pide	261	2080	499	20.1	16.12	2.15	65.1	6.5	949.24
	Chicken Salad Wrap	300	2300	550	20.4	34.68	6.18	37.2	6.4	712.4

NUTRITION

Last updated 15 January 2025

MENU ITEM		SERVING SIZE g	ENERGY kJ	ENERGY kCal	PROTEIN g	FAT, TOTAL g	FAT, SATURATED g	CARBOHYDRATE g	SUGARS g	SODIUM mg
GRAB 'N' GO	Chilli Lime Quinoa	324	1820	434	13	18.34	5.47	51.4	13.3	762.62
	Carbonara Pasta	273	1860	445	13.1	34.02	20.68	21.8	4.7	674.3
	Chicken Caesar Salad	287	2050	491	28.6	34.8	7.15	15.3	2.4	887.93
	Japanese Salmon Salad	332	2440	584	17.6	41.6	5.35	32.6	7.5	538.29
	Chicken Pesto Pasta	281	3690	883	29.9	35.05	5.12	108	9.2	497.35
	Pumpkin, Kale & Cous Cous	280	1700	406	9.5	17.51	2.98	49.2	14.8	348.87
	Power Bowl	370	2210	528	13.3	23.65	3.25	62.9	11.8	777.32
SMOOTHIES	Iced Chai	501	1210	288	8.4	12.02	9.21	36.2	28.4	194.71
	Iced Chocolate	541	1550	372	10.9	11.88	7.84	54.6	50.9	144.27
	Iced Latte	510	677	162	8.1	8.61	5.81	13	12	118.72
	Iced Long Black	510	23	5	0.07	0.11	0.06	1	0	9.12
	Coffee Crush	425	1600	384	11.6	17.09	11.22	45.6	40.1	134.23
	Choconana	525	2180	522	13.7	16.12	10.42	79.4	66.8	169.33
	Banana Bang	490	1500	359	13.8	6.1	3.6	61.2	52.5	143
	Berry Nice	520	1500	360	5.9	7.06	4.75	67.2	56.6	41.08
	Mango Mania	520	1410	339	3.2	1.7	1.3	76.3	67.4	13
	Blueberry Bliss	506	1590	381	13	10.96	1.77	54.9	25.2	169.67
	Peanut Butter	490	2570	616	17.9	37.7	6.7	50.9	34.9	96
	Workout Warrior	415	1480	354	20.4	10.16	5.52	43.7	34.1	132.8
	Green Machine	500	1500	358	4.4	6.9	5.5	67.4	43.7	71.8
	Immunity Green	530	888	213	4.1	3.62	1.43	37.9	36.4	50.96
	Summer Mango	530	1300	311	6.5	5.39	3.57	57.7	51.8	44.56
	Watermelon Crush	503	593	142	2	1.28	0.76	29	28.6	12
	Orange Crush	515	762	182	4.1	0.41	0	34.9	34.9	12.61