

# NUTRITIONAL & ALLERGEN INFORMATION

At May 2025



# 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](https://liveat.com.au/contact)*

# ALLERGENS

Last updated 06 May 2025

|           | MENU ITEM                      | GLUTEN<br>CONTAINING<br>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 |      |          |          |           |
|           | Avocado Toast                  | Contains                        |           |         |          | Contains |      | Contains | Contains | Contains  |
|           | Hash Brown - 1pc               |                                 |           |         |          |          |      |          |          |           |
|           | Brekky Burger                  | Contains                        |           |         | Contains | Contains |      |          | Contains |           |
|           | Egg Benedict Pide              | Contains                        |           |         | Contains | Contains |      | Contains | Contains |           |
| TOASTED   | Ham & Cheese Croissant         | Contains                        |           |         | Contains | Contains |      |          | Contains |           |
|           | Ham, Cheese & Tomato 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  |
|           | Chicken & Cheese Toastie       | Contains                        |           |         | Contains | Contains |      |          | Contains |           |
|           | Ham & Cheese Toastie           | Contains                        |           |         | Contains | Contains |      |          | Contains |           |
|           | Ham, Cheese & Tomato Toastie   | Contains                        |           |         | Contains | Contains |      |          | Contains |           |

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|                               |                                 | GLUTEN<br>CONTAINING<br>CEREALS | TREE NUTS | PEANUTS  | EGGS     | MILK     | FISH | SESAME   | SOY      | SULPHITES |
|-------------------------------|---------------------------------|---------------------------------|-----------|----------|----------|----------|------|----------|----------|-----------|
| WARM BOWLS, 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  |
|                               | Chicken Burger Bowl             |                                 |           |          | Contains | Contains |      |          | Contains | Contains  |
|                               | Fiesta Chicken Salad            |                                 |           |          |          |          |      |          | 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 V2 - 2024    |                                 | Contains  | Contains |          |          |      | Contains | Contains |           |
|                               | BBQ Chicken Bowl                |                                 | 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  |
| 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                |                                 |           |          |          |          |      |          |          |           |
|                               | Vanilla FroYo Tub               |                                 |           |          |          | Contains |      |          |          |           |
|                               | Kids Chicken & Cheese Sandwich  | Contains                        |           |          |          | Contains |      | Contains | Contains |           |
|                               | Kids Ham & Cheese Sandwich      | Contains                        |           |          |          | Contains |      | Contains | Contains |           |
|                               | Kids Beef Burger                | Contains                        |           |          |          |          |      |          | Contains |           |
|                               | Kids Chicken Burger             | Contains                        |           |          | Contains |          |      |          | Contains |           |

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# ALLERGENS

Last updated 06 May 2025

| BURGERS & FRIES | MENU ITEM                    | GLUTEN<br>CONTAINING<br>CEREALS | TREE NUTS | PEANUTS | EGGS     | MILK     | FISH | SESAME | SOY      | SULPHITES |
|-----------------|------------------------------|---------------------------------|-----------|---------|----------|----------|------|--------|----------|-----------|
|                 | 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 - Large         |                                 |           |         |          |          |      |        |          |           |
|                 | Potato Fries - Regular       |                                 |           |         |          |          |      |        |          |           |
|                 | Potato Fries - Small         |                                 |           |         |          |          |      |        |          |           |
|                 | Sweet Potato Fries - Large   |                                 |           |         |          |          |      |        |          |           |
|                 | Sweet Potato Fries - Regular |                                 |           |         |          |          |      |        |          |           |
|                 | Sweet Potato Fries - Small   |                                 |           |         |          |          |      |        |          |           |

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# ALLERGENS

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GRAB 'N' GO

| Menu Item                    | Gluten Containing Cereals | Tree Nuts | Peanuts | Eggs     | Milk     | Fish     | Sesame   | Soy      | Sulphites |
|------------------------------|---------------------------|-----------|---------|----------|----------|----------|----------|----------|-----------|
| 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 |          |          |          |           |
| 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 |           |
| 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 |          |          |          |          |           |
| 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 GnG      | Contains                  | Contains  |         | Contains | Contains |          |          | Contains | Contains  |
| Pumpkin, Kale & Cous Cous    | Contains                  |           |         |          |          |          |          | Contains | Contains  |
| Power Bowl                   |                           | Contains  |         |          |          |          | Contains | Contains | Contains  |

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|                                   |                          | GLUTEN<br>CONTAINING<br>CEREALS | TREE NUTS | PEANUTS  | EGGS | MILK     | FISH | SESAME | SOY      | SULPHITES |
|-----------------------------------|--------------------------|---------------------------------|-----------|----------|------|----------|------|--------|----------|-----------|
| SMOOTHIES, FRESHIES & ICED DRINKS | 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 Smoothie   |                                 | Contains  | Contains |      |          |      |        |          |           |
|                                   | Workout Warrior Smoothie |                                 |           |          |      | Contains |      |        |          |           |
|                                   | Green Machine Smoothie   |                                 |           |          |      |          |      |        |          |           |
|                                   | Immunity Green           |                                 |           |          |      |          |      |        |          |           |
|                                   | Summer Mango             |                                 |           |          |      | Contains |      |        |          |           |
|                                   | Watermelon Crush         |                                 |           |          |      |          |      |        |          |           |
|                                   | Orange Crush             |                                 |           |          |      |          |      |        |          |           |

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# ALLERGENS

Last updated 06 May 2025

| SAUCES & DRESSINGS | MENU ITEM                      | GLUTEN<br>CONTAINING<br>CEREALS | TREE NUTS | PEANUTS  | EGGS     | MILK | FISH | SESAME | SOY      | SULPHITES |
|--------------------|--------------------------------|---------------------------------|-----------|----------|----------|------|------|--------|----------|-----------|
|                    | Aioli Dressing 'Liv Eat'       |                                 |           |          | Contains |      |      |        |          |           |
|                    | Balsamic Honey Dressing        |                                 |           |          |          |      |      |        |          | Contains  |
|                    | BBQ Sauce                      |                                 |           |          |          |      |      |        |          |           |
|                    | Burger Sauce                   |                                 |           |          | Contains |      |      |        |          | Contains  |
|                    | Chilli Lime Dressing           |                                 |           |          |          |      |      |        |          | Contains  |
|                    | Chipotle Mayonnaise            |                                 |           |          | Contains |      |      |        |          |           |
|                    | Green Goddess Dressing         |                                 |           |          |          |      |      |        |          |           |
|                    | Hot Chilli Sauce (Masterfoods) |                                 |           |          |          |      |      |        | Contains |           |
|                    | Jalapeno & Lime Dressing       |                                 |           |          |          |      |      |        | Contains | Contains  |
|                    | Satay Dressing                 |                                 |           | Contains |          |      |      |        | Contains | Contains  |
|                    | Vegan Firey Chipotle           |                                 |           |          |          |      |      |        | Contains |           |
|                    | Wasabi Mayonnaise              |                                 |           |          | Contains |      |      |        |          |           |
|                    | Whole Egg Mayonnaise           |                                 |           |          | Contains |      |      |        |          |           |

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# NUTRITION

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|           | Menu Item                      | Serving Size | Energy kJ | Energy kCal | Protein g | Fat, Total g | Fat, Saturated g | Carbohydrate g | Sugars g | Sodium  |
|-----------|--------------------------------|--------------|-----------|-------------|-----------|--------------|------------------|----------------|----------|---------|
| BREAKFAST | Egg & Bacon Wrap               | 186          | 1710      | 409         | 15.4      | 19.48        | 5.77             | 41.9           | 10       | 722.13  |
|           | Brekky Burrito                 | 241          | 2610      | 624         | 21.3      | 37.92        | 11.54            | 48             | 6.9      | 1092.95 |
|           | Mushroom Wrap                  | 207          | 2150      | 516         | 16.1      | 33.31        | 7.01             | 37.1           | 5.9      | 677.34  |
|           | Avocado Toast                  | 124          | 1140      | 272         | 7.5       | 11.91        | 2.68             | 32.4           | 0.89     | 368.09  |
|           | Hash Brown - 1pc               | 62           | 470       | 112         | 1.1       | 6.54         | 0.52             | 12.3           | 0.55     | 410.25  |
|           | Brekky Burger                  | 353          | 4500      | 1080        | 56.1      | 72.83        | 16.9             | 50             | 21.1     | 819.09  |
|           | Egg Benedict Pide              | 267          | 2310      | 553         | 25.3      | 21.98        | 3.42             | 60.9           | 3.4      | 1286.3  |
| TOASTED   | Ham & Cheese Croissant         | 164          | 1950      | 467         | 17.8      | 27.2         | 15.02            | 37.9           | 7.6      | 1021.79 |
|           | Ham, Cheese & Tomato Croissant | 180          | 1830      | 437         | 15.8      | 24.4         | 13.23            | 38.4           | 8.1      | 953.55  |
|           | 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          | 2320      | 556         | 28.6      | 10.66        | 5.3              | 82.9           | 14.4     | 1291.47 |
|           | Chicken BLAT Panini            | 324          | 2950      | 705         | 26.5      | 35.37        | 3.98             | 67.4           | 2.1      | 1039.07 |
|           | Pumpkin & Fetta Panini         | 299          | 2680      | 642         | 15.9      | 31.12        | 5.26             | 71.3           | 6.2      | 964.06  |
|           | Chicken & Avocado Pide         | 249          | 2620      | 627         | 24.9      | 30.1         | 5.16             | 61.7           | 2.6      | 988.51  |
|           | Chicken BLT Pide               | 256          | 2420      | 579         | 22.4      | 26.73        | 2.58             | 60             | 1.6      | 886.89  |
|           | Chicken Pesto Pide             | 276          | 3050      | 729         | 28.8      | 39.07        | 7.33             | 63.6           | 4.1      | 1189.04 |
|           | Chicken & Cheese Toastie       | 189          | 2110      | 504         | 28.4      | 28.33        | 9.38             | 33.2           | 1.6      | 993.89  |
|           | Ham & Cheese Toastie           | 189          | 2000      | 479         | 24.6      | 27.85        | 9.26             | 31.9           | 1.9      | 1498.49 |
|           | Ham, Cheese & Tomato Toastie   | 214          | 2020      | 483         | 24.8      | 27.88        | 9.26             | 32.5           | 2.5      | 1500.49 |

\*\*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.  
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|                               | MENU ITEM                       | SERVING SIZE | ENERGY<br>kJ | ENERGY<br>kCal | PROTEIN<br>g | FAT, TOTAL<br>g | FAT, SATURATED<br>g | CARBOHYDRATE<br>g | SUGARS<br>g | SODIUM  |
|-------------------------------|---------------------------------|--------------|--------------|----------------|--------------|-----------------|---------------------|-------------------|-------------|---------|
|                               |                                 |              |              |                |              |                 |                     |                   |             |         |
| WARM BOWLS, SALADS & BURRITOS | Burrito Bowl (Chicken)          | 437          | 3330         | 797            | 21.1         | 39.9            | 4.91                | 85.6              | 8           | 674.21  |
|                               | Burrito Bowl (Chilli Con Carne) | 437          | 3470         | 830            | 19.4         | 40.88           | 6.1                 | 92.5              | 10.1        | 968.46  |
|                               | Burrito Bowl (Pork)             | 437          | 3690         | 882            | 29.4         | 45.4            | 7.52                | 86.2              | 7.8         | 914.38  |
|                               | Burrito Bowl (Falafel)          | 437          | 3750         | 898            | 19.1         | 40.89           | 4.97                | 110               | 8.5         | 1007.8  |
|                               | Chicken Burger Bowl             | 400          | 3340         | 800            | 27.3         | 54.43           | 10.72               | 49                | 13.6        | 1001.69 |
|                               | Fiesta Chicken Salad            | 360          | 2350         | 562            | 23           | 42.61           | 6.55                | 20.4              | 7.8         | 309.07  |
|                               | Japanese Schnitzel Bowl         | 304          | 1990         | 475            | 17.4         | 31.46           | 3.04                | 29.7              | 4.4         | 437.25  |
|                               | Taco Beef Bowl                  | 436          | 3540         | 846            | 27.9         | 34.98           | 12.62               | 101               | 11.4        | 936.7   |
|                               | Nachos                          | 390          | 3690         | 884            | 18.3         | 54.23           | 16.56               | 77.6              | 13.3        | 1283.26 |
|                               | Loaded Nachos                   | 470          | 4260         | 1020           | 26.4         | 61.53           | 19.44               | 85.9              | 16.5        | 1684.42 |
|                               | Satay Chicken Bowl V2 - 2024    | 420          | 2300         | 549            | 17.2         | 38.15           | 17.09               | 32.7              | 28.5        | 839.99  |
|                               | BBQ Chicken Bowl                | 466          | 3300         | 789            | 27.8         | 39.55           | 7.29                | 77.8              | 20.9        | 618.96  |
|                               | Mex Burrito (Grilled Chicken)   | 381          | 3510         | 840            | 24.5         | 41.38           | 8.45                | 89.2              | 9.2         | 1110.42 |
|                               | Mex Burrito (Chilli Con Carne)  | 381          | 3650         | 873            | 22.8         | 42.36           | 9.65                | 96.2              | 11.3        | 1404.67 |
|                               | Mex Burrito (Pork)              | 376          | 3860         | 924            | 32.7         | 46.86           | 11.06               | 89.8              | 8.9         | 1350.53 |
|                               | Power Burrito                   | 411          | 3830         | 916            | 25.8         | 50.8            | 9.9                 | 85.4              | 8.1         | 867.92  |
|                               | Falafel Burrito Wrap            | 381          | 3930         | 941            | 22.5         | 42.37           | 8.52                | 114               | 9.7         | 1444.01 |
| KIDS                          | Kids Chicken & Cheese Wrap      | 170          | 1650         | 395            | 18.2         | 19.32           | 8.4                 | 35.8              | 3.4         | 649.3   |
|                               | Kids Cheese Wrap                | 90           | 1220         | 292            | 8.3          | 13              | 6.72                | 34.4              | 2.3         | 542.4   |
|                               | Kids Rice and Chicken Bowl      | 195          | 1390         | 334            | 16           | 10.72           | 2.25                | 41.2              | 1.6         | 154.88  |
|                               | 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    |
|                               | Vanilla FroYo Tub               | 140          | 1240         | 297            | 6.7          | 14.98           | 9.8                 | 33.6              | 28.6        | 77      |
|                               | Kids Chicken & Cheese Sandwich  | 162          | 1610         | 386            | 23           | 11.13           | 4.78                | 46.2              | 0.85        | 720.86  |
|                               | Kids Ham & Cheese Sandwich      | 162          | 1550         | 370            | 20.5         | 10.85           | 4.72                | 45.4              | 1.1         | 1057.87 |
|                               | Kids Beef Burger                | 238          | 2930         | 701            | 49.7         | 38.32           | 13.44               | 39.3              | 11.5        | 479.4   |
|                               | Kids Chicken Burger             | 208          | 3360         | 804            | 25.2         | 64.15           | 10.11               | 32.7              | 5.5         | 473.96  |
|                               |                                 |              |              |                |              |                 |                     |                   |             |         |

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# NUTRITION

Last updated 06 May 2025

| BURGERS & FRIES | MENU ITEM                    | SERVING SIZE | ENERGY<br>kJ | ENERGY<br>kCal | PROTEIN<br>g | FAT, TOTAL<br>g | FAT, SATURATED<br>g | CARBOHYDRATE<br>g | SUGARS<br>g | SODIUM  |
|-----------------|------------------------------|--------------|--------------|----------------|--------------|-----------------|---------------------|-------------------|-------------|---------|
|                 | BBQ Beef & Bacon Burger      | 316          | 4550         | 1090           | 55.4         | 78.41           | 20.5                | 41.5              | 12.7        | 1074.1  |
|                 | Original Beef Burger         | 381          | 4350         | 1040           | 51.9         | 70.45           | 16.05               | 49.8              | 20.9        | 725.94  |
|                 | Crispy Chicken Burger        | 233          | 3380         | 808            | 25.5         | 64.29           | 10.13               | 33.1              | 5.9         | 474.26  |
|                 | Spicy Chicken Burger         | 243          | 3410         | 817            | 25.7         | 64.52           | 10.16               | 34.6              | 6.8         | 572.36  |
|                 | Grilled Chicken Burger       | 340          | 3670         | 879            | 31.4         | 61.01           | 8.94                | 51.3              | 21.4        | 783.02  |
|                 | Original Chicken Burger      | 314          | 3790         | 906            | 30.4         | 71.54           | 14.59               | 36                | 8           | 909.8   |
|                 | Bunless Beef Burger          | 369          | 2550         | 611            | 45           | 41.91           | 12.69               | 12.6              | 12.1        | 297.14  |
|                 | Bunless Chicken Burger       | 314          | 1730         | 414            | 21.1         | 30.08           | 4.96                | 13.8              | 12.5        | 349.21  |
|                 | Mexican Burger               | 290          | 3970         | 950            | 30.9         | 72.74           | 14.88               | 43.7              | 7           | 1272.86 |
|                 | Chilli Beef Fries            | 387          | 4620         | 1100           | 18.2         | 80.47           | 14.15               | 77.3              | 8           | 1908.32 |
|                 | Cheesy Bacon Fries           | 387          | 4930         | 1180           | 22.4         | 87.66           | 18.86               | 76.6              | 5.7         | 2467.96 |
|                 | Potato Fries - Large         | 275          | 3510         | 840            | 9.7          | 58.56           | 11.8                | 69.5              | 5.3         | 2171.4  |
|                 | Potato Fries - Regular       | 185          | 2500         | 598            | 6.7          | 42.5            | 8.72                | 47.8              | 3.8         | 1654.8  |
|                 | Potato Fries - Small         | 133          | 1760         | 420            | 4.9          | 29.28           | 5.9                 | 34.7              | 2.6         | 1085.7  |
|                 | Sweet Potato Fries - Large   | 275          | 3670         | 878            | 3.6          | 63.5            | 12.18               | 74                | 35.7        | 1757.2  |
|                 | Sweet Potato Fries - Regular | 185          | 2610         | 624            | 2.5          | 45.88           | 8.98                | 50.9              | 24.6        | 1371.4  |
|                 | Sweet Potato Fries - Small   | 133          | 1830         | 439            | 1.8          | 31.75           | 6.09                | 37                | 17.8        | 878.6   |

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# NUTRITION

Last updated 06 May 2025

| GRAB 'N' GO | MENU ITEM                    | SERVING SIZE | ENERGY<br>kJ | ENERGY<br>kCal | PROTEIN<br>g | FAT, TOTAL<br>g | FAT, SATURATED<br>g | CARBOHYDRATE<br>g | SUGARS<br>g | SODIUM  |
|-------------|------------------------------|--------------|--------------|----------------|--------------|-----------------|---------------------|-------------------|-------------|---------|
|             | Almond Chia Pudding          | 173          | 951          | 228            | 5.9          | 12.69           | 2.68                | 18.4              | 15.8        | 48.53   |
|             | 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          | 1300         | 312            | 10.1         | 13.2            | 7.1                 | 36.8              | 29.7        | 74.25   |
|             | Curried Egg Sandwich         | 223          | 2290         | 549            | 20.3         | 30.02           | 4.01                | 47.3              | 1.6         | 670.43  |
|             | Classic Ham Sandwich         | 251          | 1970         | 472            | 20.1         | 21.07           | 2.38                | 47.9              | 3.3         | 1043.99 |
|             | Ham & Cheese Sandwich        | 204          | 2320         | 554            | 26.8         | 28.5            | 9.3                 | 45.9              | 1.5         | 1370.49 |
|             | Herb Chicken Sandwich        | 211          | 2230         | 535            | 22.7         | 30.79           | 2.94                | 39.4              | 2.2         | 861.09  |
|             | Mediterranean Salad Sandwich | 226          | 2030         | 485            | 14.8         | 27.55           | 4.05                | 41.6              | 4.2         | 840.5   |
|             | Chicken & Avocado Pide       | 249          | 2620         | 672            | 24.9         | 30.13           | 5.16                | 61.7              | 2.6         | 988.51  |
|             | Chicken Pesto Pide           | 276          | 3050         | 729            | 28.8         | 39.07           | 7.33                | 63.6              | 4.1         | 1189.04 |
|             | Ham & Relish Pide            | 266          | 2070         | 496            | 21.4         | 16.02           | 2.13                | 63.4              | 6.2         | 1162.24 |
|             | Chicken Salad Wrap           | 300          | 2350         | 562            | 22           | 34.78           | 6.23                | 38.4              | 6.4         | 916.9   |
|             | Chilli, Lime & Quinoa        | 430          | 2530         | 604            | 17.1         | 22.64           | 5.65                | 78.3              | 15.9        | 711.91  |
|             | Carbonara Pasta              | 345          | 3290         | 786            | 24.1         | 45.39           | 26.78               | 68.9              | 7.3         | 942.32  |
|             | Chicken Caesar Salad         | 302          | 2520         | 603            | 30.6         | 45.89           | 8.28                | 16.5              | 2.4         | 1146.39 |
|             | Japanese Salmon Salad        | 347          | 2910         | 696            | 17.8         | 53.98           | 6.35                | 32.9              | 7.8         | 593.04  |
|             | Chicken Pesto Pasta GnG      | 326          | 3110         | 743            | 25.8         | 46.3            | 6.59                | 54.8              | 7.9         | 812.7   |
|             | Pumpkin, Kale & Cous Cous    | 334          | 1950         | 468            | 11.3         | 18.76           | 2.78                | 59.2              | 16.5        | 223.28  |
|             | Power Bowl                   | 370          | 2210         | 528            | 13.3         | 23.65           | 3.25                | 62.9              | 11.8        | 777.32  |

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# NUTRITION

Last updated 06 May 2025

| SMOOTHIES, FRESHIES & ICED DRINKS | MENU ITEM                | SERVING SIZE | ENERGY<br>kJ | ENERGY<br>kCal | PROTEIN<br>g | FAT, TOTAL<br>g | FAT, SATURATED<br>g | CARBOHYDRATE<br>g | SUGARS<br>g | SODIUM |
|-----------------------------------|--------------------------|--------------|--------------|----------------|--------------|-----------------|---------------------|-------------------|-------------|--------|
|                                   | 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          | 1590         | 381            | 11.5         | 17.03           | 11.19               | 45.1              | 40.1        | 130.03 |
|                                   | Choconana                | 525          | 2180         | 522            | 13.7         | 16.12           | 10.42               | 79.4              | 66.8        | 169.33 |
|                                   | Banana Bang              | 490          | 1500         | 359            | 13.8         | 6.06            | 3.6                 | 61.2              | 52.5        | 142.88 |
|                                   | Berry Nice               | 520          | 1500         | 360            | 5.9          | 7.06            | 4.75                | 67.2              | 56.6        | 41.08  |
|                                   | Mango Mania              | 520          | 1410         | 339            | 3.2          | 1.71            | 1.25                | 76.3              | 67.4        | 12.98  |
|                                   | Blueberry Bliss          | 506          | 1590         | 381            | 13           | 10.96           | 1.77                | 54.9              | 25.2        | 169.67 |
|                                   | Peanut Butter Smoothie   | 490          | 2570         | 616            | 17.9         | 37.7            | 6.68                | 50.9              | 34.9        | 96.1   |
|                                   | Workout Warrior Smoothie | 415          | 1490         | 356            | 20.7         | 10.34           | 5.53                | 43.5              | 34.2        | 132.56 |
|                                   | Green Machine Smoothie   | 500          | 1500         | 358            | 4.4          | 6.9             | 5.5                 | 67.4              | 43.7        | 71.8   |
|                                   | Immunity Green           | 530          | 877          | 210            | 3.8          | 3.45            | 1.42                | 37.9              | 36.4        | 51.61  |
|                                   | Summer Mango             | 530          | 1300         | 311            | 6.5          | 5.39            | 3.57                | 57.7              | 51.8        | 44.56  |
|                                   | Watermelon Crush         | 533          | 623          | 149            | 2.1          | 1.34            | 0.76                | 30.6              | 30.2        | 12.1   |
|                                   | Orange Crush             | 515          | 762          | 182            | 4.1          | 0.41            | 0                   | 34.9              | 34.9        | 12.61  |

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# NUTRITION

Last updated 06 May 2025

| SAUCES & DRESSINGS | MENU ITEM                | SERVING SIZE | ENERGY<br>kJ | ENERGY<br>kCal | PROTEIN<br>g | FAT, TOTAL<br>g | FAT, SATURATED<br>g | CARBOHYDRATE<br>g | SUGARS<br>g | SODIUM |
|--------------------|--------------------------|--------------|--------------|----------------|--------------|-----------------|---------------------|-------------------|-------------|--------|
|                    | Aioli Dressing           | 30           | 906          | 216            | 0.51         | 23.88           | 1.95                | 0.69              | 0.45        | 91.5   |
|                    | Balsamic Honey Dressing  | 30           | 444          | 106            | 0.06         | 8.58            | 1.32                | 7.3               | 7.3         | 1.5    |
|                    | BBQ Sauce                | 30           | 197          | 47             | 0.18         | 0.03            | 0.02                | 11.3              | 9.9         | 153.9  |
|                    | Burger Sauce             | 30           | 576          | 138            | 0.51         | 13.74           | 1.11                | 3.5               | 3.2         | 220.5  |
|                    | Chilli Lime Dressing     | 30           | 238          | 56             | 1.4          | 2.88            | 0.51                | 5.6               | 4.7         | 228.6  |
|                    | Chipotle Mayonnaise      | 30           | 825          | 196            | 0.51         | 21.69           | 1.77                | 0.78              | 0.54        | 148.8  |
|                    | Green Goddess Dressing   | 30           | 260          | 62             | 0.33         | 5.28            | 0.39                | 3.1               | 2.5         | 218.4  |
|                    | Hot Chilli Sauce         | 10           | 38           | 9              | 0.18         | 0.23            | 0.03                | 1.5               | 0.84        | 98.1   |
|                    | Jalapeno & Lime Dressing | 30           | 579          | 137            | 0.09         | 14.85           | 1.17                | 1.3               | 0.95        | 70.5   |
|                    | Satay Dressing           | 30           | 400          | 96             | 2.5          | 7.12            | 1.41                | 5.5               | 4.8         | 120.88 |
|                    | Vegan Firey Chipotle     | 30           | 791          | 188            | 0.24         | 20.76           | 1.68                | 1.2               | 0.75        | 201.3  |
|                    | Wasabi Mayonnaise        | 30           | 933          | 222            | 0.39         | 24.75           | 2.01                | 0.63              | 0.54        | 109.5  |
|                    | Whole Egg Mayonnaise     | 30           | 915          | 218            | 0.45         | 24.3            | 1.98                | 0.51              | 0.48        | 107.1  |

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