

NUTRITIONAL & ALLERGEN INFORMATION

At July 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 in response to availability or 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.

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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 and accept the limitations and 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 01 July 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				
	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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	MENU ITEM	GLUTEN CONTAINING CEREALS	TREE NUTS	PEANUTS	EGGS	MILK	FISH	SESAME	SOY	SULPHITES
WARM BOWLS & 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		Contains	Contains				Contains	Contains	
	Hot Honey 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
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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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 - Large									
	Potato Fries - Regular									
	Potato Fries - Kid's									
SAUCES & DRESSINGS	Aioli Dressing 'Liv Eat'				Contains					
	Balsamic Honey Dressing									Contains
	BBQ Sauce									
	Burger Sauce				Contains					Contains
	Chilli Lime Dressing									Contains
	Chipotle Mayonnaise				Contains					
	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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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	
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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SMOOTHIES, FRESHIES & ICED DRINKS	MENU ITEM	GLUTEN CONTAINING CEREALS	TREE NUTS	PEANUTS	EGGS	MILK	FISH	SESAME	SOY	SULPHITES
	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				
	Orange Crush									

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	MENU ITEM	SERVING SIZE g	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

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		g	kJ	kCal	g	g	g	g	g	
WARM BOWLS & 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	420	2300	549	17.2	38.15	17.09	32.7	28.5	839.99
	Hot Honey Chicken Bowl	366	3130	748	26	46	7.9	55.6	13.5	399
	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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BURGERS & FRIES	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 - Kids	133	1760	420	4.9	29.28	5.9	34.7	2.6	1085.7
SAUCES & DRESSINGS	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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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
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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	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
	Orange Crush	515	762	182	4.1	0.41	0	34.9	34.9	12.61

**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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