

CATERING ALLERGEN INFORMATION

At August 2025

**LIV
EAT**

healthy eating

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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 August 2025

PLATTERS & BOXES	MENU ITEM	GLUTEN CONTAINING CEREALS	TREE NUTS	PEANUTS	EGGS	MILK	FISH	SESAME	SOY	SULPHITES
	Chicken Caesar Salad Platter	Contains			Contains	Contains		Contains	Contains	Contains
	Continental Breakfast	Contains	Contains		Contains	Contains			Contains	Contains
	Fairy Bread Box	Contains							Contains	
	Fruit & Cheese Box	Contains	Contains			Contains		Contains	Contains	
	Fruit Platter									
	Gourmet Triangle Box	Contains			Contains	Contains		Contains	Contains	Contains
	Ham & Cheese Croissants	Contains			Contains	Contains			Contains	
	Hot Pastry Box	Contains				Contains			Contains	Contains
	Kid's Sandwich Box	Contains			Contains	Contains		Contains	Contains	
	Mixed Wrap Box	Contains			Contains				Contains	
	Muffin Box	Contains			Contains	Contains			Contains	Contains
	Original Triangle Box	Contains			Contains	Contains		Contains	Contains	
	Pesto, Pasta & Rocket Salad Platter	Contains	Contains		Contains	Contains			Contains	Contains
	Sandwich & Pide Box	Contains	Contains		Contains	Contains		Contains	Contains	Contains
	Turkish Box	Contains	Contains		Contains	Contains		Contains	Contains	Contains
	Vegetarian Triangle Box	Contains			Contains	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

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INDIVIDUAL PRODUCTS	MENU ITEM	GLUTEN CONTAINING CEREALS	TREE NUTS	PEANUTS	EGGS	MILK	FISH	SESAME	SOY	SULPHITES
	Almond Chia Pudding		Contains							
	Banana Bread - 'Liv Eat'	Contains			Contains					
	Cacao Choc Mousse					Contains			Contains	
	Caramel Slice		Contains		Contains	Contains			Contains	Contains
	Chicken & Avocado Pide	Contains			Contains	Contains		Contains	Contains	Contains
	Chicken Caesar Salad	Contains			Contains	Contains		Contains	Contains	Contains
	Chicken Pesto Pasta GnG	Contains	Contains		Contains	Contains			Contains	Contains
	Chicken Pesto Pide	Contains	Contains		Contains	Contains		Contains	Contains	Contains
	Chilli, Lime & Quinoa					Contains			Contains	Contains
	Cinnamon Granola & Yoghurt	Contains	Contains			Contains				
	Fruit Salad									
	Ham & Cheese Sandwich	Contains			Contains	Contains		Contains	Contains	
	Ham Salad Sandwich	Contains			Contains			Contains	Contains	
	Herb Chicken Sandwich	Contains			Contains				Contains	
	Japanese Salmon Salad				Contains		Contains	Contains	Contains	Contains
	Lunch Pack - Chicken Avocado Pide	Contains			Contains	Contains		Contains	Contains	Contains
	Lunch Pack - Chilli, Lime & Quinoa					Contains			Contains	Contains
	Lunch Pack - Curried Egg Sandwich	Contains			Contains			Contains	Contains	
	Lunch Pack - Ham & Cheese Sandwich	Contains			Contains	Contains		Contains	Contains	
	Power Bowl		Contains					Contains	Contains	Contains
	Protein Ball - Choc Brownie			Contains						
	Protein Ball - Peanut Butter			Contains						
	Pumpkin, Kale & Cous Cous	Contains							Contains	Contains
	Pumpkin Salad Wrap - GF Vegan								Contains	

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Good Choice.

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