

# NUTRITIONAL & ALLERGEN INFORMATION



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

# ALLERGENS

Last updated 01 November 2025

	MENU ITEM	GLUTEN CONTAINING CEREALS	TREE NUTS	PEANUTS	EGGS	MILK	FISH	SESAME	SOY	SULPHITES
BREAKFAST	Avocado Toast	Contains				Contains		Contains	Contains	Contains
	Brekky Burger	Contains			Contains	Contains				
	Brekky Burrito	Contains			Contains	Contains			Contains	Contains
	Egg & Bacon Wrap	Contains			Contains	Contains				
	Egg & Mushroom Wrap	Contains			Contains	Contains				
	Egg Benedict Pide	Contains			Contains	Contains		Contains	Contains	
	Hash Brown - 1pc									
TOASTED	Ham & Cheese Croissant	Contains			Contains	Contains			Contains	
	BBQ Chicken - Panini	Contains				Contains			Contains	
	Chicken & Avocado Pide	Contains			Contains	Contains		Contains	Contains	Contains
	Chicken & Cheese Toastie	Contains			Contains	Contains			Contains	
	Chicken BLAT Panini	Contains			Contains				Contains	
	Chicken BLT Pide	Contains			Contains			Contains	Contains	
	Chicken Pesto Pide	Contains	Contains		Contains	Contains		Contains	Contains	Contains
	Ham & Cheese Toastie	Contains			Contains	Contains			Contains	
	Ham, Cheese & Tomato Croissant	Contains			Contains	Contains			Contains	
	Ham, Cheese & Tomato Toastie	Contains			Contains	Contains			Contains	
	Pumpkin & Fetta Panini	Contains			Contains	Contains			Contains	Contains
	Pumpkin & Fetta Pide	Contains			Contains	Contains		Contains	Contains	Contains
	Turkey, Chutney & Cheese Pide	Contains	Contains		Contains	Contains		Contains	Contains	

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BAKERY	Banana Bread - 'Liv Eat'	Contains			Contains				Contains	
	Cookies - 'Lucky Dough Co.'	Contains			Contains	Contains			Contains	
	Croissant - Nutella	Contains	Contains			Contains			Contains	
	Croissant - Plain	Contains				Contains			Contains	
	Muffin - Apple & Cinnamon	Contains			Contains				Contains	
	Muffin - Blueberry	Contains			Contains					
	Muffin - Double Chocolate	Contains			Contains	Contains			Contains	
	Muffin - Lemon & Poppyseed	Contains			Contains					Contains
	Muffin - Raspberry White Chocolate	Contains			Contains	Contains			Contains	
WARM BOWLS & BURRITOS	Burrito Bowl (Chicken)				Contains				Contains	Contains
	Burrito Bowl (Chilli Con Carne)				Contains				Contains	Contains
	Burrito Bowl (Falafel)								Contains	Contains
	Burrito Bowl (Pork)				Contains				Contains	Contains
	Chicken Burger Bowl				Contains	Contains			Contains	Contains
	Chicken Sesame Crunch Salad		Contains					Contains	Contains	Contains
	Falafel Burrito Wrap	Contains							Contains	Contains
	Fiesta Chicken Salad								Contains	Contains
	Hot Honey Chicken Bowl				Contains			Contains	Contains	Contains
	Japanese Schnitzel Bowl	Contains			Contains				Contains	
	Loaded Nachos					Contains			Contains	Contains
	Mex Burrito (Chilli Con Carne)	Contains			Contains				Contains	Contains
	Mex Burrito (Grilled Chicken)	Contains			Contains				Contains	Contains
	Mex Burrito (Pork)	Contains			Contains				Contains	Contains
	Power Burrito	Contains			Contains				Contains	Contains
	Satay Chicken Bowl		Contains	Contains				Contains	Contains	
	Taco Beef Bowl					Contains			Contains	Contains

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BURGERS & FRIES	BBQ Beef & Bacon Burger	Contains			Contains	Contains				
	Crispy Chicken Burger	Contains			Contains				Contains	
	Grilled Chicken Burger	Contains			Contains				Contains	Contains
	Hot Honey Chicken Burger	Contains			Contains				Contains	Contains
	Mexican Burger	Contains			Contains	Contains			Contains	
	Original Beef Burger	Contains			Contains					
	Original Chicken Burger	Contains			Contains	Contains			Contains	
	Cheesy Bacon Fries				Contains	Contains			Contains	
	Chilli Beef Fries				Contains				Contains	Contains
	Potato Fries - Large									
	Potato Fries - Regular									
	Sweet Potato Fries - Large									
	Sweet Potato Fries - Regular									
KIDS	Kids Cheese Wrap	Contains				Contains				
	Kids Beef Burger	Contains								
	Kids Cheese Sandwich	Contains				Contains		Contains	Contains	
	Kids Chicken & Cheese Sandwich	Contains				Contains		Contains	Contains	
	Kids Chicken & Cheese Wrap	Contains				Contains			Contains	
	Kids Chicken Burger	Contains			Contains				Contains	
	Kids Ham & Cheese Sandwich	Contains				Contains		Contains	Contains	
	Kids Rice and Chicken Bowl								Contains	Contains
	Potato Fries - Kids									
	Sweet Potato Fries - Kids									
	Mango Sorbet Tub									
	Vanilla Ice Cream Tub					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							
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
Chicken Salad Wrap	Contains			Contains					
Cinnamon Granola & Yoghurt	Contains	Contains			Contains				
Classic Ham Sandwich	Contains			Contains			Contains	Contains	
Creamy Carbonara	Contains				Contains			Contains	
Curried Egg Sandwich	Contains			Contains			Contains	Contains	
Dark Choc Mousse					Contains			Contains	
Edamame, Salmon and Egg Tub				Contains		Contains		Contains	
Egg & Chicken Tub				Contains				Contains	Contains
Fruit Salad									
Ham & Cheese Sandwich	Contains			Contains	Contains		Contains	Contains	
Ham & Relish Pide	Contains			Contains			Contains	Contains	
Herb Chicken Sandwich	Contains			Contains				Contains	
Hot Honey, Pumpkin & Cous Cous	Contains			Contains				Contains	Contains
Jalapeno, Lime & Grains					Contains			Contains	Contains
Japanese Salmon Salad				Contains		Contains	Contains	Contains	Contains
Power Bowl		Contains					Contains	Contains	Contains
Protein Egg Tub				Contains					
Turkey & Chutney Sandwich	Contains	Contains		Contains			Contains	Contains	

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BLENDED & 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									
	Iced Matcha					Contains				
	Iced Mango Matcha					Contains				
	Iced Strawberry Matcha					Contains				
	Salted Honey Iced Latte	Contains								
	Banana Bang					Contains				
	Berry Nice					Contains				
	Blueberry Bliss	Contains								
	Choconana					Contains			Contains	Contains
	Coffee Crush					Contains				
	Green Machine Smoothie									
	Mango Mania									
	Peanut Butter Smoothie		Contains	Contains						
	Protein Recovery			Contains					Contains	
	Freshies - Immunity Green									
	Freshies - Orange Crush									
	Freshies - Summer Mango					Contains				

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PROTEINS	Chilli Con Carne								Contains	Contains
	Beef Burger Patty									
	Falafels									
	Fried Chicken Breast	Contains							Contains	
	Garlic & Herb Grilled Chicken								Contains	Contains
	Mexican Grilled Chicken								Contains	
	Pulled Pork									
SAUCES & DRESSINGS	Aioli Dressing 'Liv Eat'				Contains					
	Balsamic Honey Dressing									Contains
	BBQ Sauce									
	Burger Sauce				Contains					Contains
	Caesar Dressing 'Liv Eat'				Contains	Contains				Contains
	Chilli Lime Dressing									Contains
	Chipotle Mayonnaise				Contains					
	Green Goddess Dressing									
	Hot Chilli Sauce								Contains	
	Hot Honey Dressing				Contains				Contains	Contains
	Jalapeno & Lime Dressing								Contains	Contains
	Miso & Roasted Sesame Dressing							Contains	Contains	
	Satay Dressing			Contains					Contains	Contains
	Vegan Firey Chipotle								Contains	
	Wasabi Mayonnaise				Contains					
	Whole Egg Mayonnaise				Contains					

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BREAKFAST	Avocado Toast	119	1100	262	7.4	11.05	2.56	32.1	0.93	364.97
	Brekky Burrito	241	2630	629	23.2	38.22	12.88	46.6	6.8	1084.55
	Brekky Burger	353	4500	1080	56.1	72.83	16.9	50	21.1	819.09
	Egg & Bacon Wrap	186	1890	453	17.9	23.24	5.79	42.1	10.2	872.07
	Egg & Mushroom Wrap	207	2150	516	16.1	33.31	7.01	37.1	5.9	677.34
	Egg Benedict Pide	267	2310	553	25.3	21.98	3.42	60.9	3.4	1286.3
	Hash Brown - 1pc	62	470	112	1.1	6.54	0.52	12.3	0.55	410.25
TOASTED	Ham & Cheese Croissant	164	1950	467	17.8	27.2	15.02	37.9	7.6	1021.79
	BBQ Chicken - Panini	296	2350	562	31	11.04	6.98	81.1	14.2	1280.98
	Chicken & Avocado Pide	249	2620	627	24.9	30.13	5.16	61.7	2.6	988.51
	Chicken & Cheese Toastie	189	2110	504	28.4	28.33	9.38	33.2	1.6	993.89
	Chicken BLAT Panini	324	2950	705	26.5	35.37	3.98	67.4	2.1	1039.07
	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
	Ham & Cheese Toastie	189	2000	479	24.6	27.85	9.26	31.9	1.9	1498.49
	Ham, Cheese & Tomato Croissant	180	1830	437	15.8	24.4	13.23	38.4	8.1	953.55
	Ham, Cheese & Tomato Toastie	214	2020	483	24.8	27.88	9.26	32.5	2.5	1500.49
	Pumpkin & Fetta Panini	299	2680	642	15.9	31.12	5.26	71.3	6.2	964.06
	Pumpkin & Fetta Pide	286	2640	632	15.1	33.23	5.26	65	6.4	875.71
	Turkey, Chutney & Cheese Pide	228	2330	558	18	17.74	2.49	78.6	19.7	1082.3

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BAKERY	Banana Bread - 'Liv Eat'	100	1400	334	5	12.6	1.2	49.7	26.5	201
	Cookie - 'Lucky Dough Co.'	100	1320	307	5	6.6	5.6	56.2	35.7	200
	Croissant - Nutella	165	2760	660	9.9	32.65	16.3	81.1	50.2	280.05
	Croissant - Plain	100	1390	332	6.8	17.2	11	37.4	7.1	280
	Muffin - Apple & Cinnamon	200	2620	618	10.4	22	3.6	93.6	37.2	266
	Muffin - Blueberry	200	2620	618	10.4	22	3.6	93.6	37.2	266
	Muffin - Double Chocolate	200	2500	591	10.8	25	6.6	80	25.6	264
	Muffin - Lemon & Poppyseed	200	2740	648	9.8	25.4	2.8	94.2	43.2	172
	Muffin - Raspberry White Chocolate	200	2620	618	10.4	22	3.6	93.6	37.2	266
WARM BOWLS & BURRITOS	Burrito Bowl (Chicken)	452	3710	889	32	45.1	6.46	85.9	7.3	729.23
	Burrito Bowl (Chilli Con Carne)	462	3610	864	21.6	42.4	6.69	94.9	10.8	1051.35
	Burrito Bowl (Falafel)	447	3790	907	19.8	41.04	5.02	111	8.6	1015.46
	Burrito Bowl (Pork)	457	4150	994	41.5	52.09	10.16	87.1	7.1	1109.7
	Chicken Burger Bowl	395	3280	785	31	51.03	11.06	48.9	13.4	981.74
	Chicken Sesame Crunch Salad	361	2580	617	31.2	36.2	5.63	39.4	11.4	879.73
	Falafel Burrito Wrap	391	3990	954	23.3	42.61	8.57	116	9.8	1451.99
	Fiesta Chicken Salad	350	2230	533	24.6	38.74	5.52	20.2	7.8	294.79
	Hot Honey Chicken Bowl	384	3400	812	27.6	46.92	7.75	67.2	15	406.46
	Japanese Schnitzel Bowl	314	2120	507	17.6	33.46	4.79	32.8	4.5	388.15
	Loaded Nachos	495	4470	1070	32.5	63.77	23.19	87	17	1750.23
	Mex Burrito (Chilli Con Carne)	406	3810	911	25.1	43.97	10.24	99.4	12	1487.88
	Mex Burrito (Grilled Chicken)	396	3910	936	35.4	46.66	10.01	90.3	8.4	1165.75
	Mex Burrito (Pork)	401	4350	1040	44.9	53.65	13.72	91.5	8.3	1546.23
	Power Burrito	426	4240	1010	36.8	55.11	11.27	89	6.4	919.02
	Satay Chicken Bowl	420	3550	850	31.1	40.67	17.49	87.3	27.7	882.94
	Taco Beef Bowl	481	3830	916	31.8	38.57	14.29	105	12.1	1093.07

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BURGERS & FRIES	BBQ Beef & Bacon Burger	316	4800	1150	58.5	80.43	19.33	48.5	10.8	1480.1
	Crispy Chicken Burger	233	4030	964	28	68.27	5.9	60.3	4.2	1784.46
	Grilled Chicken Burger	340	3610	864	34.3	54.89	6.91	58.1	19.3	964.7
	Hot Honey Chicken Burger	276	4320	1030	34.8	65.4	5.72	76.6	13.8	2341.06
	Mexican Burger	290	4620	1110	33.5	76.71	10.65	70.9	5.3	2583.06
	Original Beef Burger	381	4350	1040	51.9	70.45	16.05	49.8	20.9	725.94
	Original Chicken Burger	314	4440	1060	33	75.52	10.36	63.2	6.3	2220
	Cheesy Bacon Fries	387	4960	1190	26.2	88.26	23.73	73.7	5.4	2451.16
	Chilli Beef Fries	402	4720	1130	19.7	81.84	16.88	78.9	8.6	1983.55
	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
	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
KIDS	Kids Cheese Wrap	90	1240	297	10.2	13.3	8.06	33	2.2	534
	Kids Beef Burger	238	2900	695	49.1	34.82	12.25	45.9	9.2	664.9
	Kids Cheese Sandwich	130	1560	374	16.2	13.29	6.36	45.2	0.92	523.89
	Kids Chicken & Cheese Sandwich	162	1610	386	23	11.13	4.78	46.2	0.85	720.86
	Kids Chicken & Cheese Wrap	175	2010	482	30.2	24.66	11.24	33.8	2.4	688.26
	Kids Chicken Burger	208	4010	960	27.8	68.13	5.88	59.9	3.8	1784.16
	Kids Ham & Cheese Sandwich	162	1550	370	20.5	10.85	4.72	45.4	1.1	1057.87
	Kids Rice and Chicken Bowl	125	1020	245	6.9	4.63	0.63	41.5	0.64	55.95
	Potato Fries - Kids	133	1760	420	4.9	29.28	7.36	34.7	2.6	1085.7
	Sweet Potato Fries - Kids	133	1830	439	1.8	31.75	7.55	37	17.8	878.6
	Mango Sorbet Tub	140	595	143	0.42	0.14	0	34.3	34	0.56
	Vanilla Ice Cream Tub	140	1150	274	6.7	14.98	9.8	33.2	28.6	130.2

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		g	kJ	kCal	g	g	g	g	g	mg
GRAB 'N' GO	Almond Chia Pudding	173	951	228	5.9	12.69	2.68	18.4	15.8	48.53
	Chicken & Avocado Pide	249	2620	627	24.9	30.13	5.16	61.7	2.6	988.51
	Chicken Caesar Salad	302	2520	603	30.6	45.89	8.28	16.5	2.4	1146.39
	Chicken Pesto Pasta GnG	326	3110	743	25.8	46.3	6.59	54.8	7.9	812.7
	Chicken Pesto Pide	276	3050	729	28.8	39.07	7.33	63.6	4.1	1189.04
	Chicken Salad Wrap	300	2350	562	22	34.78	6.23	38.4	6.4	916.9
	Cinnamon Granola & Yoghurt	160	1300	312	10.1	13.2	7.1	36.8	29.7	74.25
	Classic Ham Sandwich	251	1970	472	20.1	21.07	2.38	47.9	3.3	1043.99
	Creamy Carbonara	345	3290	786	24.1	45.39	26.78	68.9	7.3	942.32
	Curried Egg Sandwich	223	2290	549	20.3	30.02	4.01	47.3	1.6	670.43
	Dark 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	718	172	17.3	10.74	2.79	1.1	0.42	135.94
	Fruit Salad	186	256	61	0.99	0.34	0.01	12.3	12.3	9.19
	Ham & Cheese Sandwich	204	2320	554	26.8	28.5	9.3	45.9	1.5	1370.49
	Ham & Relish Pide	266	2070	496	21.4	16.02	2.13	63.4	6.2	1162.24
	Herb Chicken Sandwich	211	2230	535	22.7	30.79	2.94	39.4	2.2	861.09
	Hot Honey, Pumpkin & Cous Cous	329	2230	533	11.8	27.44	2.56	55.9	12.9	381.21
	Jalapeno, Lime & Grains	425	2950	706	15.2	37.58	6.26	72.8	7.8	451.84
	Japanese Salmon Salad	347	2910	696	17.8	53.98	6.35	32.9	7.8	593.04
	Power Bowl	370	2320	554	13.4	25.08	3.52	65.9	12.3	784.67
	Protein Egg Tub	119	670	160	14.3	10.85	2.92	0.83	0.37	145.83
	Turkey & Chutney Sandwich	206	2100	502	15.4	19.71	2.01	63.3	17.2	875.8

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# NUTRITION

Last updated 01 November 2025

BLENDED & ICED DRINKS	MENU ITEM	SERVING SIZE g	ENERGY kJ	ENERGY kCal	PROTEIN g	FAT, TOTAL g	FAT, SATURATED g	CARBOHYDRATE g	SUGARS g	SODIUM mg
	Iced Chai	501	1210	288	8.4	12.02	9.21	36.2	28.4	194.71
	Iced Chocolate	536	1460	350	10.5	11.38	7.52	50.9	47.6	143.72
	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
	Iced Matcha	478	790	189	8.7	8.62	5.82	19	17.6	111.28
	Iced Mango Matcha	513	1330	319	9	8.94	6.14	49.9	48.5	112.99
	Iced Strawberry Matcha	513	1300	311	9	8.94	6.14	48.1	46.7	112.99
	Salted Honey Iced Latte	491	1060	253	2.6	7.36	1.06	42.9	29.7	506.41
	Banana Bang	490	1800	431	10.3	15.22	9.95	62.4	55.5	168.7
	Berry Nice	580	2130	510	8.1	8.11	5.45	113	74.2	69.86
	Blueberry Bliss	504	1550	371	12.6	10.11	1.7	54.8	25.2	169.07
	Choconana	520	2070	495	11.2	16.67	10.84	75.3	65.3	197.15
	Coffee Crush	440	2120	508	11	22.01	14.49	63	60	210.2
	Green Machine Smoothie	510	1500	359	4.4	6.91	5.5	67.5	43.8	72.8
	Mango Mania	520	1410	339	3.2	1.71	1.25	76.3	67.4	12.98
	Peanut Butter Smoothie	490	2570	616	17.9	37.7	6.68	50.9	34.9	96.1
	Protein Recovery	538	2570	616	36	30.83	5.66	46.2	29.5	256.21
	Freshies - Immunity Green	530	877	210	3.8	3.45	1.42	37.9	36.4	51.61
	Freshies - Orange Crush	515	762	182	4.1	0.41	0	34.9	34.9	12.61
	Freshies - Summer Mango	530	1300	311	6.5	5.39	3.57	57.7	51.8	44.56

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# NUTRITION

Last updated 01 November 2025

	MENU ITEM	SERVING SIZE g	ENERGY kJ	ENERGY kCal	PROTEIN g	FAT, TOTAL g	FAT, SATURATED g	CARBOHYDRATE g	SUGARS g	SODIUM mg
PROTEINS	Beef Burger Patty	140	1660	397	42.4	25.34	11.27	0	0	84
	Chilli Con Carne	100	704	169	10.1	9.12	3.6	10.4	4	501.45
	Falafels	80	872	211	8.1	8.24	1.84	25.8	1.3	388
	Fried Chicken Breast	120	2250	539	27.4	35.77	3.09	27.4	0.7	1578.48
	Garlic & Herb Grilled Chicken	85	809	194	21.6	11.28	2.82	1.4	0.47	132.8
	Garlic & Herb Grilled Chicken	85	809	194	21.6	11.28	2.82	1.4	0.47	132.82
	Mexican Grilled Chicken	85	773	185	20	11.36	3.19	0.78	0.18	154.26
	Pulled Pork	90	1210	290	29.4	18.34	6.89	2	0	534.45
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
	Caesar Dressing	30	840	200	1.2	21.99	2.16	0.27	0.12	148.8
	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
	Hot Honey Dressing	40	939	225	0.61	21.55	1.76	7.7	7.4	160.18
	Jalapeno & Lime Dressing	30	579	137	0.09	14.85	1.17	1.3	0.95	70.5
	Miso & Roasted Sesame Dressing	30	498	119	0.93	10.32	0.87	5.8	4.8	510
	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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