

# NUTRITIONAL & ALLERGEN INFORMATION



April 2026

# 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.

# 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 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 14 April 2026

	MENU ITEM	GLUTEN CONTAINING CEREALS	TREE NUTS	PEANUTS	EGGS	MILK	FISH	SESAME	SOY	SULPHITES
BREAKFAST	Avocado Toast	Contains				Contains		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	
	Ham, Cheese & Tomato Croissant	Contains				Contains			Contains	
	BBQ Chicken - Panini	Contains				Contains			Contains	
	Chicken BLAT Panini	Contains			Contains				Contains	
	Chicken BLT Pide	Contains			Contains			Contains	Contains	
	Pumpkin & Fetta Panini	Contains			Contains	Contains			Contains	Contains
	Pumpkin & Fetta Pide	Contains			Contains	Contains		Contains	Contains	Contains
	Chicken & Avocado Pide	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	
BAKERY	Banana Bread - 'Liv Eat'	Contains			Contains				Contains	
	Plain Croissant	Contains				Contains			Contains	
	Nutella Croissant	Contains	Contains			Contains			Contains	
	Lemon & Poppyseed Muffin	Contains			Contains					Contains
	Apple & Cinnamon Muffin	Contains			Contains				Contains	
	Double Chocolate Muffin	Contains			Contains	Contains			Contains	
	Blueberry Muffin	Contains			Contains					
	Cookie - Raspberry Cheesecake	Contains			Contains	Contains			Contains	
	Cookie - Triple Choc Chip	Contains			Contains	Contains			Contains	
Cookie - OG Chocolate Chip	Contains			Contains	Contains			Contains		

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[liveat.com.au/nutrition](http://liveat.com.au/nutrition)

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BURGERS & FRIES	BBQ Beef & Bacon Burger	Contains			Contains	Contains				
	OG Beef 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
	Original Chicken Burger	Contains			Contains	Contains			Contains	
	Chipotle Chicken Burger	Contains			Contains	Contains			Contains	
	Chilli Beef Fries				Contains				Contains	Contains
	Cheesy Bacon Fries				Contains	Contains				
	Potato Fries - Large									
	Potato Fries - Regular									
	Sweet Potato Fries - Large									
	Sweet Potato Fries - Regular									
KIDS	Kids Cheese Wrap	Contains				Contains				
	Kids Chicken & Cheese Wrap	Contains				Contains			Contains	
	Kids Cheese Sandwich	Contains				Contains		Contains	Contains	
	Kids Chicken & Cheese Sandwich	Contains				Contains		Contains	Contains	
	Kids Ham & Cheese Sandwich	Contains				Contains		Contains	Contains	
	Kids Rice and Chicken Bowl								Contains	Contains
	Kids Beef Burger	Contains								
	Kids Chicken Burger	Contains			Contains				Contains	
	Potato Fries - Kids									
	Sweet Potato Fries - Kids									
	Mango Sorbet Tub									
	Vanilla Ice Cream Tub						Contains			

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WARM BOWLS & WRAPS	Burrito Bowl (Chicken)				Contains				Contains	Contains
	Burrito Bowl (Chilli Con Carne)				Contains				Contains	Contains
	Burrito Bowl (Falafel)								Contains	Contains
	Chicken Burger Bowl				Contains	Contains			Contains	Contains
	Chicken Sesame Crunch Salad		Contains					Contains	Contains	Contains
	Hot Honey Chicken Bowl				Contains			Contains	Contains	Contains
	Japanese Schnitzel Bowl	Contains			Contains				Contains	Contains
	Satay Chicken Bowl		Contains	Contains				Contains	Contains	Contains
	Taco Beef Bowl					Contains			Contains	Contains
	Vegan Chipotle Bowl		Contains					Contains	Contains	Contains
	Mex Burrito (Grilled Chicken)	Contains			Contains				Contains	Contains
	Mex Burrito (Chilli Con Carne)	Contains			Contains				Contains	Contains
	Mex Burrito (Falafel)	Contains							Contains	Contains
	Power Burrito	Contains			Contains				Contains	Contains
	Cali Chicken Caesar Wrap	Contains			Contains	Contains			Contains	Contains
	Cali Chipotle Chicken Wrap	Contains			Contains	Contains			Contains	
	Chicken Caesar Wrap	Contains			Contains	Contains			Contains	Contains
	Chipotle Chicken Wrap	Contains			Contains	Contains			Contains	Contains
PROTEINS	Chilli Con Carne								Contains	Contains
	Garlic & Herb Grilled Chicken								Contains	Contains
	Mexican Grilled Chicken								Contains	
	Falafels									
	Beef Patty									
	Fried Chicken Breast	Contains							Contains	

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# ALLERGENS

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GRAB 'N' GO

BLENDED DRINKS

MENU ITEM	GLUTEN CONTAINING CEREALS	TREE NUTS	PEANUTS	EGGS	MILK	FISH	SESAME	SOY	SULPHITES
Almond Chia Pudding		Contains							
Dark Choc Mousse					Contains			Contains	
Fruit Salad									
Protein Egg Tub				Contains					
Cinnamon Granola & Yoghurt	Contains	Contains			Contains				
Curried Egg 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 Salad Wrap	Contains			Contains					
Jalapeno, Lime & Grains					Contains			Contains	Contains
Creamy Carbonara	Contains				Contains			Contains	
Chicken Caesar Salad	Contains			Contains	Contains		Contains	Contains	Contains
Japanese Salmon Salad				Contains		Contains	Contains	Contains	Contains
Chicken Pesto Pasta	Contains	Contains		Contains	Contains			Contains	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	
Immunity Green									
Orange Crush									
Summer Mango					Contains				
Watermelon Crush									

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ICED DRINKS	Iced Chai					Contains			Contains	
	Iced Chocolate					Contains			Contains	Contains
	Iced Latte					Contains				
	Iced Long Black									
	Iced Matcha					Contains				
	Iced Strawberry Matcha					Contains				
	Salted Honey Iced Latte	Contains								
SAUCES & DRESSINGS	Aioli Dressing				Contains					
	Smoky BBQ Sauce	Contains								
	Burger Sauce				Contains					Contains
	Caesar Dressing				Contains	Contains				Contains
	Chilli Lime Dressing									Contains
	Chipotle Mayonnaise				Contains					
	Green Goddess Dressing									
	Hot Chilli Sauce								Contains	
	Hot Honey Dressing				Contains				Contains	Contains
	Miso & Roasted Sesame Dressing							Contains	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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BREAKFAST	Avocado Toast	119	1100	263	7.38	10.92	2.54	32.6	1.2	362.81
	Brekky Burrito	206	2270	542	18.38	31.87	10.11	44.1	5.7	756.06
	Egg & Bacon Wrap	191	1920	460	19.73	21.96	6.95	44.8	12.6	1044.69
	Egg & Mushroom Wrap	207	2150	516	16.08	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	1267.3
	Hash Brown - 1pc	62	470	112	1.12	6.54	0.52	12.3	0.55	410.25
TOASTED	Ham & Cheese Croissant	148	1930	462	17.8	25.55	16.61	39.2	6.4	1041.25
	Ham, Cheese & Tomato Croissant	182	1950	468	18.15	25.59	16.61	40	7.2	1025.05
	BBQ Chicken - Panini	296	2440	585	30.92	11.04	6.99	86.8	19.2	1438.47
	Chicken BLAT Panini	329	3120	745	30.88	37.85	5.15	67.5	2.2	1283.44
	Chicken BLT Pide	261	2590	619	26.75	29.22	3.76	60	1.6	1131.26
	Pumpkin & Fetta Panini	299	2680	642	15.91	31.12	5.26	71.3	6.2	964.06
	Pumpkin & Fetta Pide	286	2640	632	15.05	33.23	5.26	65	6.4	875.71
	Chicken & Avocado Pide	249	2620	627	24.87	30.13	5.16	61.7	2.6	988.51
	Chicken & Cheese Toastie	189	2110	504	28.36	28.33	9.38	33.2	1.6	993.89
	Ham & Cheese Toastie	189	2000	479	24.58	27.85	9.26	31.9	1.9	1498.49
	Ham, Cheese & Tomato Toastie	214	2020	483	24.83	27.88	9.26	32.5	2.5	1500.49
	BAKERY	Banana Bread - 'Liv Eat'	100	1400	334	5	12.6	1.2	49.7	26.5
Plain Croissant		90	1520	363	6.94	19.64	12.93	38.8	6	317.99
Nutella Croissant		137	2560	612	9.77	33.54	17.7	66.7	33.3	318.04
Lemon & Poppyseed Muffin		200	2740	648	9.8	25.4	2.8	94.2	43.2	172
Apple & Cinnamon Muffin		200	2620	618	10.4	22	3.6	93.6	37.2	266
Double Chocolate Muffin		200	2500	591	10.8	25	6.6	80	25.6	264
Blueberry Muffin		200	2620	618	10.4	22	3.6	93.6	37.2	266
Cookie - Raspberry Cheesecake		100	1400	331	4.5	8.7	7.7	58	38.8	172
Cookie - Triple Choc Chip		100	1300	303	5.4	7.3	6	53.2	34.1	193
Cookie - OG Chocolate Chip		100	1320	307	5	6.6	5.6	56.2	35.7	200

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BURGERS & FRIES	BBQ Beef & Bacon Burger	328	4120	987	59.05	61.68	19.47	49.1	11.8	1598.82
	OG Beef Burger	362	3910	935	54.8	58.54	18.28	47.1	10.3	1297.85
	Crispy Chicken Burger	249	4400	1050	34.52	72.4	6.18	66.7	4.1	2099.09
	Grilled Chicken Burger	292	2870	686	33.48	38.9	5.61	49.9	12	792.06
	Hot Honey Chicken Burger	276	4590	1100	33.34	74.03	6.32	75.2	13.8	2258.06
	Original Chicken Burger	324	4830	1150	39.66	80.07	10.91	69.4	6.1	2559.54
	Chipotle Chicken Burger	309	5070	1210	40.22	82.73	11.31	77.3	5.1	2923.04
	Chilli Beef Fries	402	4590	1100	18.43	79.17	15.61	78.3	8.6	1635.82
	Cheesy Bacon Fries	387	5310	1270	30.22	97.34	27.14	70.2	5.5	2417.16
	Potato Fries - Large	275	3510	840	9.72	58.56	14.72	69.5	5.3	2171.4
	Potato Fries - Regular	185	2500	598	6.68	42.5	10.92	47.8	3.8	1654.8
	Sweet Potato Fries - Large	275	3670	878	3.64	63.5	12.18	74	35.7	1757.2
	Sweet Potato Fries - Regular	185	2610	624	2.52	45.88	8.98	50.9	24.6	1371.4
	KIDS	Kids Cheese Wrap	90	1240	297	10.22	13.3	8.06	33	2.2
Kids Chicken & Cheese Wrap		175	2010	482	30.18	24.66	11.24	33.8	2.4	688.26
Kids Cheese Sandwich		130	1560	374	16.22	13.29	6.36	45.2	0.92	523.89
Kids Chicken & Cheese Sandwich		162	1610	386	22.98	11.13	4.78	46.2	0.85	720.86
Kids Ham & Cheese Sandwich		162	1550	370	20.48	10.85	4.72	45.4	1.1	1057.87
Kids Rice and Chicken Bowl		125	667	160	5.6	4.6	0.68	22	0.57	52.24
Kids Beef Burger		237	2970	710	49.1	34.82	12.26	49.7	12.6	750.9
Kids Chicken Burger		188	3610	864	26.36	58.69	5.04	58.3	3.5	1660.85
Potato Fries - Kids		133	1760	420	4.86	29.28	7.36	34.7	2.6	1085.7
Sweet Potato Fries - Kids		133	1830	439	1.82	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	1.68	14.98	9.8	33.2	28.6	130.2

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WARM BOWLS & WRAPS	Burrito Bowl (Chicken)	452	3000	718	29.38	45.07	6.57	46.6	7.1	726.07
	Burrito Bowl (Chilli Con Carne)	462	2770	662	17.73	39.69	5.53	55.1	10.7	700.47
	Burrito Bowl (Falafel)	447	3050	730	17.23	41.01	4.89	70.6	8.6	1012.31
	Chicken Burger Bowl	400	3330	797	32.26	51.67	11.23	49.1	13.5	986.8
	Chicken Sesame Crunch Salad	378	2740	655	33.1	38.1	6.33	42.2	12.9	886.84
	Hot Honey Chicken Bowl	389	3440	824	28.88	47.57	7.91	67.3	15.1	414.32
	Japanese Schnitzel Bowl	309	2140	513	17.42	31.86	4.01	37.9	10.2	527.01
	Satay Chicken Bowl	418	3080	737	33.13	51.04	19.28	35.1	15	431.79
	Taco Beef Bowl	481	2850	682	26.6	33.18	11.87	64.7	11.9	394.46
	Vegan Chipotle Bowl	436	4110	982	15.45	62.01	8.41	88	10	635.71
	Mex Burrito (Grilled Chicken)	406	3830	917	34.29	53.86	10.66	71.1	8.5	1211.64
	Mex Burrito (Chilli Con Carne)	416	3600	861	22.64	48.49	9.62	79.5	12.1	1186.03
	Mex Burrito (Falafel)	401	3870	927	22.05	49.5	8.95	95.2	10.1	1515.37
	Power Burrito	436	4520	1080	36.99	62.29	11.86	89.6	6.6	961.62
	Cali Chicken Caesar Wrap	391	4660	1110	43.51	76.41	17.93	62.7	6.4	1724.68
	Cali Chipotle Chicken Wrap	428	6250	1490	42.96	106.26	16.48	91.7	9.6	3007.17
	Chicken Caesar Wrap	331	3790	907	41.22	61.48	16.76	46.4	5.3	1289.97
Chipotle Chicken Wrap	326	3520	843	34.87	55.73	14.24	49.4	8.2	1126.77	
PROTEINS	Chilli Con Carne	100	566	136	8.75	6.31	2.26	9.7	3.9	135.43
	Garlic & Herb Grilled Chicken	85	809	194	21.56	11.28	2.82	1.4	0.47	132.8
	Mexican Grilled Chicken	85	773	185	19.96	11.36	3.19	0.78	0.18	154.26
	Falafels	80	872	211	8.08	8.24	1.6	24.4	1.4	388
	Beef Patty	140	1660	397	42.42	25.34	11.27	0	0	84
	Fried Chicken Breast	127	2670	638	27.36	46.88	3.9	27.4	0.7	1578.48

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GRAB 'N' GO	Almond Chia Pudding	173	951	228	5.93	12.69	2.68	18.4	15.8	48.53
	Dark Choc Mousse	142	1030	246	10.63	9.49	8	28.8	25.6	119.06
	Fruit Salad	186	256	61	0.99	0.34	0.01	12.3	12.3	9.19
	Protein Egg Tub	119	670	160	14.26	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	20.28	30.02	4.01	47.3	1.6	670.43
	Ham & Cheese Sandwich	204	2350	563	26.09	28.7	9.35	48.4	1.9	1170.49
	Herb Chicken Sandwich	211	2230	535	22.73	30.79	2.94	39.4	2.2	861.09
	Chicken & Avocado Pide	249	2620	627	24.87	30.13	5.16	61.7	2.6	988.51
	Chicken Salad Wrap	300	2350	562	21.96	34.78	6.23	38.4	6.4	916.9
	Jalapeno, Lime & Grains	425	2960	707	15.17	37.45	6.24	73.3	8.1	447.63
	Creamy Carbonara	345	3530	844	27.29	51.4	28.98	66.7	7.3	1034.3
	Chicken Caesar Salad	288	2600	623	33.28	48.05	10.08	14.1	2.2	1208.72
	Japanese Salmon Salad	329	2640	633	17.03	49.45	5.93	28.4	7.7	568.68
	Chicken Pesto Pasta GnG	316	3110	745	25.9	46.46	6.62	54.8	7.8	881.9
BLENDED DRINKS	Banana Bang	490	1800	431	10.3	15.22	9.95	62.4	55.5	168.7
	Berry Nice	580	2130	510	4.21	8.11	5.45	113	74.2	69.86
	Blueberry Bliss	504	1550	371	12.63	10.11	1.7	54.8	25.2	169.07
	Choconana	520	2070	495	11.4	16.67	10.84	75.3	65.3	197.15
	Coffee Crush	440	2120	508	11.52	22.01	14.49	63	60	210.2
	Green Machine Smoothie	510	1500	359	4.43	6.91	5.5	67.5	43.8	72.8
	Mango Mania	520	1410	339	3.23	1.71	1.25	76.3	67.4	12.98
	Peanut Butter Smoothie	490	2570	616	17.88	37.7	6.68	50.9	34.9	96.1
	Protein Recovery	538	2570	616	35.98	30.83	5.66	46.2	29.5	256.21
	Immunity Green	530	877	210	3.8	3.4	1.4	37.9	36.4	52
	Orange Crush	515	762	182	4.1	0.41	0	34.9	34.9	12.6
	Summer Mango	530	1300	311	6.5	5.4	3.6	57.7	51.8	45
	Watermelon Crush	533	623	149	2.1	1.3	0.76	30.6	30.2	12.1

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# NUTRITION

Last updated 14 April 2026

	MENU ITEM	SERVING SIZE g	ENERGY kJ	ENERGY kCal	PROTEIN g	FAT, TOTAL g	FAT, SATURATED g	CARBOHYDRATE g	SUGARS g	SODIUM mg
ICED DRINKS	Iced Chai	501	1210	288	8.38	12.02	9.21	36.2	28.4	194.71
	Iced Chocolate	536	1460	350	10.46	11.38	7.52	50.9	47.6	143.72
	Iced Latte	510	677	162	8.07	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	8.66	8.62	5.82	19	17.6	111.28
	Iced Strawberry Matcha	513	1300	311	8.98	8.94	6.14	48.1	46.7	112.99
	Salted Honey Iced Latte	491	1060	253	2.59	7.36	1.06	42.9	29.7	506.41
SAUCES & DRESSINGS	Aioli Dressing	30	906	216	0.51	23.88	1.95	0.69	0.45	91.5
	Smoky BBQ Sauce	30	294	70	0.15	0.03	0.03	16.9	14.9	311.4
	Burger Sauce	30	576	138	0.51	13.74	1.11	3.5	3.2	220.5
	Caesar Dressing	40	1120	267	1.6	29.32	2.88	0.36	0.16	198.4
	Chilli Lime Dressing	30	238	56	1.35	2.88	0.51	5.6	4.7	228.6
	Chipotle Mayonnaise	40	1100	262	0.68	28.92	2.36	1	0.72	198.4
	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	0.6	21.54	1.76	7.8	7.4	160.25
	Miso & Roasted Sesame Dressing	30	498	119	0.93	10.32	0.87	5.8	4.8	510
	Jalapeno & Lime Dressing	30	579	137	0.09	14.85	1.17	1.3	0.95	70.5
	Satay Dressing	30	400	96	2.47	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

\*\*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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