

# NUTRITIONAL & ALLERGEN INFORMATION

June 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.

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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 02 June 2026

	MENU ITEM	GLUTEN CONTAINING CEREALS	TREE NUTS	PEANUTS	EGGS	MILK	FISH	SESAME	SOY	SULPHITES
<b>BREAKFAST</b>	Avocado Toast	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									
<b>MTO BREAKFAST</b> SELECT LOCATIONS ONLY	Bacon & Egg Muffin	Contains			Contains	Contains			Contains	
	Sausage & Egg Muffin	Contains			Contains	Contains			Contains	
	Brekky Burrito Bowl				Contains	Contains			Contains	Contains
	Pulled Mushroom Bowl				Contains			Contains	Contains	Contains
	BBQ Bacon Wrap	Contains			Contains	Contains				
	Smokey Mushroom Wrap	Contains			Contains	Contains			Contains	Contains
	Egg & Bacon Wrap (MTO)	Contains			Contains	Contains				
	Big Brekky Burrito	Contains			Contains	Contains			Contains	Contains
	Ham & Cheese Pocket Wrap	Contains			Contains	Contains				
	Veggie Pancake - 1pc				Contains				Contains	
<b>TOASTED</b>	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	

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

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BAKERY	Banana Bread	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	
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	
	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

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BURGERS & FRIES	BBQ Beef & Bacon Burger	Contains			Contains	Contains			Contains	
	OG Beef Burger	Contains			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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GRAB 'N' GO	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 GnG	Contains	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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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								
BLENDED DRINKS	Coffee Crush					Contains				
	Choconana					Contains			Contains	Contains
	Banana Bang					Contains				
	Berry Nice					Contains				
	Mango Mania									
	Blueberry Bliss	Contains								
	Protein Recovery			Contains					Contains	
	Peanut Butter		Contains	Contains						
	Green Machine									
	Immunity Green									
	Orange Crush									
	Summer Mango					Contains				
	Watermelon Crush									

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# ALLERGENS

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## SAUCES & DRESSINGS

MENU ITEM	GLUTEN CONTAINING CEREALS	TREE NUTS	PEANUTS	EGGS	MILK	FISH	SESAME	SOY	SULPHITES
Aioli Dressing				Contains					
Smoky BBQ Sauce									
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
House Herb Mayo				Contains					Contains
Miso & Roasted Sesame Dressing							Contains	Contains	
Jalapeno & Lime Dressing								Contains	Contains
Satay Dressing			Contains					Contains	Contains
Spicy Mayo				Contains					Contains
Vegan Firey Chipotle								Contains	
Wasabi Mayonnaise				Contains					
Whole Egg Mayonnaise				Contains					

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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 mg
BREAKFAST	Avocado Toast	135	1260	301	5.1	20.93	3.74	22.8	2.6	262.03
	Brekky Burrito	199	2170	520	17.8	31.22	9.78	40.8	5.5	717.57
	Egg & Bacon Wrap	184	1800	432	19.2	21.3	6.63	39.8	10.9	975.74
	Egg & Mushroom Wrap	200	2060	494	15.5	32.66	6.69	33.8	5.6	638.84
	Egg Benedict Pide	267	2310	553	25.3	21.98	3.42	60.9	3.4	1267.3
	Hash Brown - 1pc	61	646	154	1.2	10.38	1.28	14.1	0.58	470.67
MTO BREAKFAST SELECT LOCATIONS ONLY	Bacon & Egg Muffin	172	1720	413	25.9	21.1	8.57	29.6	6.3	1312.42
	Sausage & Egg Muffin	222	2270	543	40.4	29.21	12.66	29.4	6	815.67
	Brekky Burrito Bowl	380	3730	893	26.6	60.68	8.9	58.3	5.8	1510
	Pulled Mushroom Bowl	315	3490	836	21	53.97	11.37	61.7	13.8	991.08
	BBQ Bacon Wrap	184	1900	454	22	21.8	7.25	41.4	12.3	1228.03
	Smokey Mushroom Wrap	214	2640	631	18.9	39.65	11.36	45.5	6.6	905.12
	Egg & Bacon Wrap (MTO)	239	2460	589	22.7	39.84	12.07	34.2	5.7	1042.27
	Big Brekky Burrito	360	3110	744	22.8	46.3	9.48	57.2	9.9	1220.23
	Ham & Cheese Pocket Wrap	143	1890	451	16.4	29.16	9.18	30.3	2.5	1150.9
	Veggie Pancake - 1pc	55	398	95	2.5	5.04	0.67	9.3	1.7	148.16
	Ham & Cheese Croissant	148	1920	460	17.7	25.49	16.64	39.2	6.4	1059.51
	Ham, Cheese & Tomato Croissant	182	1950	466	18	25.52	16.64	40	7.2	1043.31
	BBQ Chicken - Panini	296	2390	571	30.9	11.04	6.99	83.4	16.3	1377.58
	Chicken BLAT Panini	329	3120	745	30.9	37.85	5.15	67.5	2.2	1283.44
TOASTED	Chicken BLT Pide	261	2590	619	26.7	29.22	3.76	60	1.6	1131.26
	Pumpkin & Fetta Panini	299	2700	646	15.9	31.68	5.3	71.2	6.1	922.44
	Pumpkin & Fetta Pide	286	2660	636	15	33.98	5.31	64.7	6.2	820.21
	Chicken & Avocado Pide	249	2640	632	24.7	30.85	5.23	61.5	2.4	942.19
	Chicken & Cheese Toastie	189	2100	502	28.1	28.2	9.44	33.2	1.6	1030.63
	Ham & Cheese Toastie	189	1990	477	24.3	27.72	9.32	31.9	1.9	1535.23
	Ham, Cheese & Tomato Toastie	214	2010	481	24.6	27.74	9.32	32.5	2.5	1537.23

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BAKERY	Banana Bread	100	1400	334	5	12.6	1.2	49.7	26.5	201
	Plain Croissant	90	1520	363	6.9	19.64	12.93	38.8	6	317.99
	Nutella Croissant	137	2560	612	9.8	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
WARM BOWLS & WRAPS	Burrito Bowl (Chicken)	452	3000	718	29.4	45.07	6.57	46.6	7.1	726.09
	Burrito Bowl (Chilli Con Carne)	462	2770	662	17.7	39.69	5.54	55.1	10.7	700.49
	Burrito Bowl (Falafel)	447	3050	731	17.2	41.01	4.9	70.6	8.6	1012.33
	Chicken Burger Bowl	400	3300	790	32.3	51.2	10.94	48.6	13.5	1483.88
	Chicken Sesame Crunch Salad	378	2680	640	33.1	36.66	5.89	41.7	13	1388.15
	Hot Honey Chicken Bowl	389	3380	809	28.9	46.13	7.48	66.8	15.2	915.63
	Japanese Schnitzel Bowl	309	2140	513	17.6	31.92	4	37.6	11	623.31
	Satay Chicken Bowl	418	3020	722	33.2	49.59	18.85	34.6	15.1	933.1
	Taco Beef Bowl	481	2850	682	26.6	33.18	11.87	64.7	12	394.49
	Vegan Chipotle Bowl	436	4140	990	15.4	62.99	8.55	87.9	9.9	631.47
	Mex Burrito (Grilled Chicken)	406	3830	917	34.3	53.86	10.66	71.1	8.5	1211.66
	Mex Burrito (Chilli Con Carne)	416	3600	861	22.6	48.49	9.62	79.5	12.1	1186.06
	Mex Burrito (Falafel)	401	3870	927	22.1	49.5	8.95	95.2	10.1	1515.39
	Power Burrito	436	4550	1090	37	63.26	12.01	89.6	6.5	957.39
	Cali Chicken Caesar Wrap	391	4600	1100	43.5	74.97	17.49	62.2	6.5	2225.99
	Cali Chipotle Chicken Wrap	428	6250	1490	43	106.26	16.48	91.7	9.6	3007.17
	Chicken Caesar Wrap	331	3730	892	41.3	60.04	16.33	45.9	5.4	1791.29
Chipotle Chicken Wrap	326	3460	828	34.9	54.28	13.81	48.9	8.3	1628.09	

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BURGERS & FRIES	BBQ Beef & Bacon Burger	328	4100	982	59.1	61.68	19.44	48	10.8	1578.52
	OG Beef Burger	362	3910	935	54.8	58.54	18.26	47.1	10.4	1297.85
	Crispy Chicken Burger	249	4400	1050	34.5	72.4	6.18	66.7	4.1	2099.09
	Grilled Chicken Burger	292	2790	669	33.5	37.2	5.09	49.4	12.2	1381.96
	Hot Honey Chicken Burger	276	4590	1100	33.3	74.03	6.32	75.2	13.8	2258.06
	Original Chicken Burger	324	4830	1150	39.7	80.07	10.88	69.4	6.1	2559.54
	Chipotle Chicken Burger	309	5070	1210	40.2	82.73	11.29	77.3	5.2	2923.04
	Chilli Beef Fries	402	4590	1100	18.4	79.17	15.61	78.3	8.6	1635.82
	Cheesy Bacon Fries	387	5310	1270	30.2	97.34	27.14	70.2	5.5	2417.16
	Potato Fries - Large	275	3510	840	9.7	58.56	14.72	69.5	5.3	2171.4
	Potato Fries - Regular	185	2500	598	6.7	42.5	10.92	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	83	1150	275	9.7	12.64	7.74	29.7	2
Kids Chicken & Cheese Wrap		168	1920	460	29.6	24	10.92	30.5	2.1	649.76
Kids Cheese Sandwich		130	1550	372	16	13.19	6.41	45.2	0.92	551.28
Kids Chicken & Cheese Sandwich		162	1610	385	22.8	11.07	4.82	46.2	0.85	739.12
Kids Ham & Cheese Sandwich		162	1540	369	20.3	10.78	4.76	45.4	1.1	1076.24
Kids Rice and Chicken Bowl		125	667	160	5.6	4.6	0.68	22	0.57	52.25
Kids Beef Burger		237	2930	701	49.1	34.82	12.26	47.5	10.6	710.3
Kids Chicken Burger		188	3610	864	26.4	58.69	5.04	58.3	3.5	1660.85
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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GRAB 'N' GO	Almond Chia Pudding	173	951	228	5.9	12.69	2.68	18.4	15.8	48.53
	Dark Choc Mousse	142	1030	246	10.6	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	14.3	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	548	20.3	30.06	4.02	47	1.6	671.03
	Ham & Cheese Sandwich	204	2310	552	26.5	28.36	9.37	45.9	1.5	1407.23
	Herb Chicken Sandwich	211	2230	535	22.7	30.79	2.94	39.4	2.2	861.09
	Chicken & Avocado Pide	249	2640	632	24.7	30.85	5.23	61.5	2.4	942.19
	Chicken Salad Wrap	293	2260	541	21.4	34.12	5.91	35.1	6.1	878.4
	Jalapeno, Lime & Grains	425	2960	707	15.2	37.45	6.24	73.3	8.1	447.65
	Creamy Carbonara	345	3510	840	26.5	50.92	28.92	67.7	7.4	901.28
	Chicken Caesar Salad	288	2600	623	33.3	48.05	10.08	14.1	2.2	1208.72
	Japanese Salmon Salad	329	2640	633	17	49.45	5.93	28.4	7.7	568.68
	Chicken Pesto Pasta GnG	316	3160	756	25.8	47.96	6.72	54.5	7.5	770.9
PROTEINS	Chilli Con Carne	100	566	136	8.7	6.31	2.26	9.7	3.9	135.43
	Garlic & Herb Grilled Chicken	85	747	179	21.6	9.84	2.39	0.94	0.6	634.11
	Mexican Grilled Chicken	85	773	185	20	11.36	3.19	0.78	0.18	154.26
	Falafels	80	872	211	8.1	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	27.4	46.88	3.9	27.4	0.7	1578.48

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# NUTRITION

Last updated 02 June 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	8.4	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 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
BLENDED DRINKS	Coffee Crush	440	2120	508	11	22.01	14.49	63	60	210.2
	Choconana	520	2070	495	11.2	16.67	10.84	75.3	65.3	197.15
	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
	Mango Mania	520	1410	339	3.2	1.71	1.25	76.3	67.4	12.98
	Blueberry Bliss	504	1550	371	12.6	10.11	1.7	54.8	25.2	169.07
	Protein Recovery	538	2570	616	36	30.83	5.66	46.2	29.5	256.21
	Peanut Butter	490	2570	616	17.9	37.7	6.68	50.9	34.9	96.1
	Green Machine	510	1500	359	4.4	6.91	5.5	67.5	43.8	72.8
	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 02 June 2026

## SAUCES & DRESSINGS

MENU ITEM	SERVING SIZE g	ENERGY kJ	ENERGY kCal	PROTEIN g	FAT, TOTAL g	FAT, SATURATED g	CARBOHYDRATE g	SUGARS g	SODIUM mg
Aioli Dressing	30	906	216	0.51	23.88	1.95	0.69	0.45	91.5
Smoky BBQ Sauce	30	234	56	0.15	0.03	0.03	13.5	11.9	250.5
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	1.4	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
House Herb Mayo	20	514	123	0.3	13.52	1.1	0.47	0.38	70.03
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	2.5	7.12	1.41	5.5	4.8	120.88
Sriracha Mayonnaise	40	1120	269	0.76	29.28	2.4	1.8	1.2	267.6
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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