

NUTRITIONAL & ALLERGEN INFORMATION

July 2026

**LIV
EAT**

healthy eating

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.

Our nutritional information is calculated using standard recipes, standard serving sizes, product specifications and information provided by our approved suppliers and manufacturers. Where applicable, recognised food composition databases and calculated nutritional data may also be used.

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 21 July 2026
liveat.com.au/nutrition

	MENU ITEM	GLUTEN *SEE BELOW	TREE NUTS #SEE BELOW	PEANUTS	EGGS	MILK	FISH	SESAME	SOY	SULPHITES
BREAKFAST	Avocado Toast	W / R				Contains			Contains	Contains
	Brekky Burrito	W			Contains	Contains			Contains	Contains
	Egg & Bacon Wrap	W			Contains	Contains				
	Egg Benedict Pide	W			Contains	Contains		Contains	Contains	
	Egg & Mushroom Wrap	W			Contains	Contains				
	Hash Brown - 1pc									
MTO BREAKFAST SELECT LOCATIONS ONLY	Bacon & Egg Muffin	W / R			Contains	Contains			Contains	
	BBQ Bacon Wrap	W			Contains	Contains				
	Big Brekky Burrito	W			Contains	Contains			Contains	Contains
	Brekky Burrito Bowl				Contains	Contains			Contains	Contains
	Egg & Bacon Wrap (MTO)	W			Contains	Contains				
	Ham & Cheese Pocket Wrap	W			Contains	Contains				
	Pulled Mushroom Bowl				Contains			Contains	Contains	Contains
	Sausage & Egg Muffin	W / R			Contains	Contains			Contains	
	Smokey Mushroom Wrap	W			Contains	Contains			Contains	Contains
	Veggie Pancake - 1pc				Contains				Contains	
TOASTED	BBQ Chicken Panini	W				Contains			Contains	
	Chicken & Avocado Pide	W			Contains	Contains		Contains	Contains	Contains
	Chicken BLAT Panini	W			Contains				Contains	
	Chicken BLT Pide	W			Contains			Contains	Contains	
	Chicken & Cheese Toastie	W / R			Contains	Contains			Contains	
	Ham & Cheese Croissant	W				Contains			Contains	
	Ham & Cheese Toastie	W / R			Contains	Contains			Contains	
	Ham, Cheese & Tomato Toastie	W / R			Contains	Contains			Contains	
	Pumpkin & Fetta Panini	W			Contains	Contains			Contains	Contains
	Pumpkin & Fetta Pide	W			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.

*CONTAINS GLUTEN: O = OATS; W = WHEAT; R = RYE.

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	MENU ITEM	GLUTEN *SEE BELOW	TREE NUTS #SEE BELOW	PEANUTS	EGGS	MILK	FISH	SESAME	SOY	SULPHITES
BAKERY	Banana Bread	W			Contains				Contains	
	Plain Croissant	W				Contains			Contains	
	Nutella Croissant	W	H			Contains			Contains	
	Lemon & Poppyseed Muffin	W			Contains					Contains
	Apple & Cinnamon Muffin	O / W			Contains				Contains	
	Double Chocolate Muffin	W			Contains	Contains			Contains	
	Blueberry Muffin	W			Contains					
	Cookie - Raspberry Cheesecake	W			Contains	Contains			Contains	
	Cookie - Triple Choc Chip	W			Contains	Contains			Contains	
	Cookie - OG Chocolate Chip	W			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
	Cali Chicken Caesar Wrap	W			Contains	Contains			Contains	Contains
	Cali Chipotle Chicken Wrap	W			Contains	Contains			Contains	
	Chicken Burger Bowl				Contains	Contains			Contains	Contains
	Chicken Caesar Wrap	W			Contains	Contains			Contains	Contains
	Chipotle Chicken Wrap	W			Contains	Contains			Contains	Contains
	Chicken Sesame Crunch Salad		A					Contains	Contains	Contains
	Hot Honey Chicken Bowl				Contains			Contains	Contains	Contains
	Japanese Schnitzel Bowl	W			Contains				Contains	
	Mex Burrito (Chicken)	W			Contains				Contains	Contains
	Mex Burrito (Chilli Con Carne)	W			Contains				Contains	Contains
	Mex Burrito (Falafel)	W							Contains	Contains
	Power Burrito	W			Contains				Contains	Contains
	Satay Chicken Bowl		A	Contains				Contains	Contains	Contains
	Taco Beef Bowl					Contains			Contains	Contains
	Vegan Chipotle Bowl		A					Contains	Contains	Contains

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BURGERS & FRIES	BBQ Beef & Bacon Burger	W			Contains	Contains			Contains	
	Chipotle Chicken Burger	W			Contains	Contains			Contains	
	Crispy Chicken Burger	W			Contains				Contains	
	Hot Honey Chicken Burger	W			Contains				Contains	Contains
	Grilled Chicken Burger	W			Contains				Contains	Contains
	OG Beef Burger	W			Contains	Contains			Contains	
	Original Chicken Burger	W			Contains	Contains			Contains	
	Cheesy Bacon Fries				Contains	Contains			Contains	
	Chilli Beef Fries				Contains				Contains	Contains
	Potato Fries - Large								Contains	
	Potato Fries - Regular								Contains	
	Potato Fries - Small								Contains	
KIDS	Kids Beef Burger	W								
	Kids Cheese Wrap	W				Contains				
	Kids Cheese Sandwich	W / R				Contains		Contains	Contains	
	Kids Chicken Burger	W			Contains				Contains	
	Kids Chicken & Cheese Wrap	W				Contains			Contains	Contains
	Kids Chicken & Cheese Sandwich	W / R				Contains		Contains	Contains	
	Kids Ham & Cheese Sandwich	W / R				Contains		Contains	Contains	
	Kids Rice and Chicken Bowl								Contains	Contains
	Mango Sorbet Tub									
	Vanilla Ice Cream Tub					Contains				
PROTEINS	Chilli Con Carne								Contains	Contains
	Garlic & Herb Grilled Chicken								Contains	Contains
	Mexican Grilled Chicken								Contains	Contains
	Falafels									
	Beef Patty									
	Fried Chicken Breast	W							Contains	

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GRAB 'N' GO	Almond Chia Pudding		A							
	Chicken & Avocado Pide	W			Contains	Contains		Contains	Contains	Contains
	Chicken Caesar Salad	W			Contains	Contains		Contains	Contains	Contains
	Chicken Pesto Pasta	W	A / C		Contains	Contains			Contains	Contains
	Chicken Salad Wrap	W			Contains					
	Cinnamon Granola & Yoghurt	O / W	A			Contains				
	Creamy Carbonara	W				Contains			Contains	
	Curried Egg Sandwich	W / R			Contains			Contains	Contains	
	Dark Choc Mousse					Contains			Contains	
	Fruit Salad									
	Ham & Cheese Sandwich	W / R			Contains	Contains		Contains	Contains	
	Herb Chicken Sandwich	O / W / R			Contains				Contains	
	Jalapeno, Lime & Grains					Contains			Contains	Contains
	Japanese Salmon Salad				Contains		Contains	Contains	Contains	Contains
	Protein Egg Tub				Contains					
	Roast Broccoli & Sesame Salad							Contains	Contains	Contains
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	O								

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BLENDED DRINKS	Choconana					Contains			Contains	Contains
	Coffee Crush					Contains				
	Banana Bang					Contains				
	Berry Nice					Contains				
	Blueberry Bliss	O								
	Green Machine									
	Mango Mania									
	Peanut Butter		A	Contains						
	Protein Recovery			Contains					Contains	
	Immunity Green									
	Orange Crush									
	Summer Mango					Contains				
	Watermelon Crush									
SAUCES & DRESSINGS	Roasted Garlic Aioli				Contains					
	Smoky BBQ Sauce									
	Burger Sauce				Contains					Contains
	Caesar Dressing				Contains	Contains				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
	Sriracha Mayonnaise				Contains					Contains
	Vegan Fiery 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	262.19
	Brekky Burrito	199	2150	513	17.8	30.39	9.72	40.9	5.5	737.31
	Egg & Bacon Wrap	183	1770	424	19.1	20.48	6.55	39.7	10.8	969.26
	Egg Benedict Pide	267	2210	528	25	19.44	3.18	60.6	3.1	1306.3
	Egg & Mushroom Wrap	199	1930	461	15.1	29.3	6.38	33.5	5.3	671.36
	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
	BBQ Bacon Wrap	184	1870	448	21.9	21.16	7.19	41.3	12.3	1237.78
	Big Brekky Burrito	355	3060	732	22.6	44.93	9.35	57.3	9.9	1251.34
	Brekky Burrito Bowl	380	3650	872	26.8	57.98	8.57	58.9	5.8	1548.49
	Egg & Bacon Wrap (MTO)	234	2420	579	22.5	38.93	12.03	34.1	5.7	1073.17
	Ham & Cheese Pocket Wrap	143	1890	451	16.4	29.16	9.18	30.3	2.5	1150.9
	Pulled Mushroom Bowl	353	3720	891	22.2	54.3	11.5	73	12.8	904.82
	Sausage & Egg Muffin	222	2270	543	40.4	29.21	12.66	29.4	6	815.67
	Smokey Mushroom Wrap	214	2600	623	18.8	38.76	11.32	45.4	6.6	937.07
	Veggie Pancake - 1pc	55	398	95	2.5	5.04	0.67	9.3	1.7	148.16
TOASTED	BBQ Chicken Panini	296	2390	571	30.9	11.04	6.99	83.4	16.3	1358.58
	Chicken & Avocado Pide	253	2760	659	24.8	33.8	5.39	61.5	2.5	947.61
	Chicken BLAT Panini	328	3090	740	30.9	37.29	5.12	67.5	2.3	1280.89
	Chicken BLT Pide	261	2570	615	26.8	28.73	3.73	60	1.7	1145.36
	Chicken & Cheese Toastie	204	2380	569	28.1	35.76	11.62	33.2	1.6	1142.68
	Ham & Cheese Croissant	148	1920	460	17.7	25.49	16.64	39.2	6.4	1059.51
	Ham & Cheese Toastie	204	2270	544	24.3	35.28	11.5	31.9	2	1647.28
	Ham, Cheese & Tomato Toastie	214	2000	479	24.6	27.5	9.31	32.5	2.5	1544.28
	Pumpkin & Fetta Panini	308	2750	658	16.9	30.66	4.87	74.3	9	890.85
	Pumpkin & Fetta Pide	286	2760	660	15.7	34.74	5.46	67.5	8.8	845.29

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.
The average daily energy intake is 8,700 kJ. Individual energy requirements may vary.



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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	2800	669	29.9	39.12	5.28	46.9	7.4	1060.67
	Burrito Bowl (Chilli Con Carne)	462	2700	647	17.9	37.69	5.14	55.6	10.7	701.37
	Burrito Bowl (Falafel)	447	3010	719	17.4	39.47	4.59	71	8.6	1013
	Cali Chicken Caesar Wrap	391	4580	1100	43	74.53	17.21	62.7	6.7	2205.99
	Cali Chipotle Chicken Wrap	424	4740	1140	50.1	59.67	13.08	97.6	9.7	2391.36
	Chicken Burger Bowl	400	3310	791	32.4	51.2	10.93	48.8	13.4	1467.53
	Chicken Caesar Wrap	331	3710	888	40.7	59.6	16.05	46.4	5.5	1771.29
	Chipotle Chicken Wrap	326	3460	828	34.9	54.28	13.81	48.9	8.3	1628.09
	Chicken Sesame Crunch Salad	378	2680	641	33.3	36.66	5.88	41.9	13	1371.81
	Hot Honey Chicken Bowl	389	3390	811	29.1	46.12	7.46	67.1	15.1	891.02
	Japanese Schnitzel Bowl	309	2140	513	17.6	31.92	4	37.6	11	623.31
	Mex Burrito (Chicken)	406	3620	866	34.8	47.79	9.37	71.4	8.9	1557.34
	Mex Burrito (Chilli Con Carne)	416	3540	846	22.8	46.48	9.22	80.1	12.1	1186.94
	Mex Burrito (Falafel)	401	3830	915	22.2	47.96	8.65	95.6	10.1	1516.07
	Power Burrito	436	4340	1040	37.6	57.19	10.72	90.1	6.8	1286.74
	Satay Chicken Bowl	418	3020	722	33.2	49.59	18.74	34.6	15.1	933.1
	Taco Beef Bowl	481	2780	664	26.8	30.71	11.38	65.4	12	395.58
	Vegan Chipotle Bowl	436	4150	993	15.7	62.98	8.53	88.3	9.8	598.78

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BURGERS & FRIES	BBQ Beef & Bacon Burger	328	3380	808	38.6	48.93	13.3	53.4	14.8	2015.62
	Chipotle Chicken Burger	309	3730	892	47.3	40.53	8.2	83.3	5.3	2307.23
	Crispy Chicken Burger	249	3050	730	41.6	29.87	3.08	72.6	4.3	1492.68
	Hot Honey Chicken Burger	276	3320	794	40.1	34.04	3.4	80.8	14	1674.67
	Grilled Chicken Burger	292	2780	666	33.6	36.88	5.07	49.4	12.2	1391.36
	OG Beef Burger	362	3180	761	34.4	45.8	12.11	52.5	14.3	1734.95
	Original Chicken Burger	324	3470	831	46.8	37.55	7.78	75.3	6.3	1953.13
	Cheesy Bacon Fries	372	5060	1210	30.1	91.19	19.1	69.3	5.9	2736.23
	Chilli Beef Fries	387	4330	1040	18.4	72.56	7.48	77.5	9	1955.1
	Potato Fries - Large	220	2470	591	8	36.92	2.96	57	3.9	1455.7
	Potato Fries - Regular	170	1910	457	6.2	28.53	2.29	44.1	3	1124.86
	Potato Fries - Small	130	1460	349	4.7	21.81	1.75	33.7	2.3	860.19
KIDS	Kids Beef Burger	237	2700	645	49.1	28.49	9.44	47.5	10.6	477.55
	Kids Cheese Wrap	83	1150	275	9.7	12.64	7.74	29.7	2	495.5
	Kids Cheese Sandwich	130	1550	372	16	13.19	6.41	45.2	0.92	551.28
	Kids Chicken Burger	188	2650	634	31.4	28.39	2.82	62.5	3.6	1232.71
	Kids Chicken & Cheese Wrap	168	1780	425	30	19.99	9.91	30.3	2.4	950.36
	Kids Chicken & Cheese Sandwich	162	1610	385	22.8	11.07	4.82	46.2	0.85	570.62
	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	620	148	5.7	3.06	0.38	22.4	0.59	52.93
	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
PROTEINS	Chilli Con Carne	100	551	132	8.8	5.82	2.17	9.9	4	135.65
	Garlic & Herb Grilled Chicken	85	747	179	21.6	9.84	2.39	0.94	0.6	634.11
	Mexican Grilled Chicken	85	628	150	20.3	7.35	2.17	0.62	0.4	454.87
	Falafels	80	872	211	8.1	8.24	1.6	24.4	1.4	388
	Beef Patty	140	1130	264	22	17.22	6.86	5.5	3.9	861
	Fried Chicken Breast	103	1080	258	28	3.81	0.66	27.1	0.7	783.24

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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
	Chicken & Avocado Pide	253	2760	659	24.8	33.8	5.39	61.5	2.5	947.61
	Chicken Caesar Salad	288	2570	615	32.3	47.4	9.76	14.6	2.4	1118.22
	Chicken Pesto Pasta	388	3800	909	29.9	55.52	7.79	71.1	9.7	816.85
	Chicken Salad Wrap	293	2260	541	21.4	34.12	5.91	35.1	6.1	878.4
	Cinnamon Granola & Yoghurt	160	1300	312	10.1	13.2	7.1	36.8	29.7	74.25
	Creamy Carbonara	345	3510	840	26.5	50.92	28.87	67.7	7.4	806.5
	Curried Egg Sandwich	223	2280	545	20.3	29.66	4	47	1.7	682.78
	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
	Ham & Cheese Sandwich	204	2300	550	26.5	28.12	9.35	45.9	1.6	1414.28
	Herb Chicken Sandwich	211	2230	535	22.7	30.79	2.94	39.4	2.2	861.09
	Jalapeno, Lime & Grains	390	2690	643	13.2	37.13	5.93	60.2	7.2	419.78
	Japanese Salmon Salad	329	2670	639	16.8	50.21	6.04	28.6	7.6	504.81
	Protein Egg Tub	119	670	160	14.3	10.85	2.92	0.83	0.37	145.83
	Roast Broccoli & Sesame Salad	374	2270	544	16.8	24.27	2.54	59.1	13	912.35
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

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NUTRITION

Last updated 21 July 2026
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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
BLENDED DRINKS	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
	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
	Green Machine	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	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
	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
SAUCES & DRESSINGS	Roasted Garlic Aioli	30	885	212	0.54	23.4	1.92	0.66	0.51	105.6
	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	1100	263	1.1	28.88	2.6	0.84	0.32	178.4
	Chipotle Mayonnaise	40	1080	259	0.68	28.4	2.4	1.1	0.8	242.8
	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	0.6	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	1.36	5.5	4.8	120.88
	Sriracha Mayonnaise	40	1120	269	0.76	29.28	2.4	1.8	1.2	267.6
	Vegan Fiery Chipotle	30	741	178	0.12	19.47	1.53	1.2	0.75	200.1
	Wasabi Mayonnaise	30	837	200	0.57	21.93	1.8	0.93	0.63	117.6
	Whole Egg Mayonnaise	30	854	204	0.42	22.62	1.86	0.6	0.54	127.2

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Good Choice.

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