

NUTRITIONAL INFORMATION



BREAKFAST

BREAKFAST	NUTRITION INFORMATION - PER 100g								NUTRITION INFORMATION - PER SERVE							
	Energy (Cal)	Energy (kJ) ²	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Sodium (mg)	Energy (Cal) PS	Energy (kJ) PS ²	Protein (g) PS	Total Fat (g) PS	Saturated Fat (g) PS	Carbohydrate (g) PS	Sugars (g) PS	Sodium (mg) PS
Almond Chia Pudding	118.9	497.5	3.2	6.1	1.2	10.2	7.5	29.6	192.6	806	5.2	9.9	2.0	16.5	12.1	48
Bacon & Egg Toastie	277.8	1162.4	7.8	17.7	5.1	21.4	3.8	507.9	568.8	2380	15.9	36.2	10.4	43.9	7.7	1040
Bacon & Egg Wrap	240.3	1005.4	9.0	13.3	7.0	20.7	4.9	573.0	444.6	1860	16.6	24.6	13.0	38.3	9.1	1060
Benedict Pide	243.1	1017.0	8.5	12.4	4.3	23.7	0.8	472.3	571.2	2390	19.9	29.2	10.1	55.6	1.9	1110
Chia Bircher Muesli	166.1	694.8	6.6	6.9	1.0	18.2	6.1	25.3	413.5	1730	16.4	17.1	2.6	45.2	15.1	63
Egg & Spinach Tub	137.2	573.9	12.3	9.7	3.0	0.3	131.3	9.7	157.7	660	14.2	11.1	3.4	0.4	0.4	151
Eggs Benedict Toastie	246.1	1029.6	7.6	14.6	4.5	18.8	1.3	507.4	499.5	2090	15.9	30.6	9.4	39.2	2.8	1030
Fruit Salad	38.4	160.8	0.6	0.2	0.1	7.5	7.5	12.4	71.5	299	1.1	0.4	0.1	13.9	13.9	23
Ham, Cheese & Tomato Pide	205.3	859.2	8.0	7.2	1.5	26.3	3.7	535.0	506.7	2120	19.8	17.8	3.7	64.8	9.2	1320
Ham, Cheese & Tomato Toastie	246.9	1033.1	8.0	14.0	2.4	21.8	1.4	580.1	446.9	1870	14.4	25.3	4.4	39.4	2.6	1050
Mushroom & Egg Wrap	273.0	1142.1	7.9	19.5	7.6	16.4	1.6	448.4	518.6	2170	15.1	37.1	14.5	31.1	3.0	852
Salmon & Egg Wrap	285.5	1194.4	8.0	20.6	8.0	17.2	1.6	471.1	513.9	2150	14.4	37.0	14.4	31.0	2.9	848
Salmon, Edamame & Egg Tub	142.9	597.7	14.1	8.8	2.5	1.7	0.5	187.7	185.7	777	18.3	11.4	3.2	2.2	0.6	244
Yoghurts	196.0	820.2	6.8	6.7	3.5	25.7	15.0	51.7	348.9	1460	12.1	12.0	6.3	45.8	26.7	92

GRAB 'N' GO

SALAD BOWLS (no dressing)	NUTRITION INFORMATION - PER 100g								NUTRITION INFORMATION - PER SERVE							
	Energy (Cal)	Energy (kJ) ²	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Sodium (mg)	Energy (Cal) PS	Energy (kJ) PS	Protein (g) PS	Total Fat (g) PS	Saturated Fat (g) PS	Carbohydrate (g) PS	Sugars (g) PS	Sodium (mg) PS
Cobb Salad	93.0	389.3	5.7	5.0	1.2	5.8	1.8	290.6	277.2	1160	16.9	15.0	3.6	17.4	5.4	866
Chicken Caesar	117.0	489.6	11.2	5.4	1.9	6.1	0.6	401.7	282.0	1180	26.9	12.9	4.5	14.6	1.4	968
Salmon & Edamame	84.9	355.2	6.9	2.1	0.4	8.3	0.7	148.9	217.7	911	17.8	5.5	1.0	21.4	1.8	382
Felafel & Beetroot Hummus	113.9	476.5	3.6	6.3	0.7	9.9	0.9	185.6	315.5	1320	9.9	17.5	1.9	27.3	2.5	514
Pumpkin, Fetta & Cous Cous	85.3	356.9	3.9	2.6	0.8	10.2	3.0	360.0	277.2	1160	12.7	8.6	2.6	33.3	9.6	1170

SANDWICHES	NUTRITION INFORMATION - PER 100g								NUTRITION INFORMATION - PER SERVE							
	Energy (Cal)	Energy (kJ)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Sodium (mg)	Energy (Cal) PS	Energy (kJ) PS	Protein (g) PS	Total Fat (g) PS	Saturated Fat (g) PS	Carbohydrate (g) PS	Sugars (g) PS	Sodium (mg) PS
Chicken Avocado	211.0	882.6	9.9	11.6	1.6	15.8	0.7	397.2	449.3	1880	21.1	24.7	3.4	33.6	1.4	846
Chicken Caesar	165.2	691.2	11.7	3.9	1.1	19.6	1.3	516.1	358.5	1500	25.3	8.5	2.4	42.5	2.8	1120
Curried Egg	221.5	926.6	9.1	12.1	1.9	18.3	0.7	355.0	482.8	2020	19.8	26.3	4.2	40.0	1.5	774
Ham & Cheese	256.8	1074.5	10.8	12.0	3.6	25.4	12.0	683.2	413.5	1730	17.4	19.4	5.8	40.9	1.3	1100

SNACKS	NUTRITION INFORMATION - PER 100g								NUTRITION INFORMATION - PER SERVE							
	Energy (Cal)	Energy (kJ)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Sodium (mg)	Energy (Cal) PS	Energy (kJ) PS	Protein (g) PS	Total Fat (g) PS	Saturated Fat (g) PS	Carbohydrate (g) PS	Sugars (g) PS	Sodium (mg) PS
Almond Chia Pudding	118.9	497.5	3.2	6.1	1.2	10.2	7.5	29.6	192.6	806	5.2	9.9	2.0	16.5	12.1	48
Cacao Choc Mousse	147.0	615.0	6.7	4.8	4.4	17.8	15.4	78.9	216.1	904	9.9	7.1	6.5	26.1	22.7	116
Chia Bircher Muesli	166.1	694.8	6.6	6.9	1.0	18.2	6.1	25.3	413.5	1730	16.4	17.1	2.6	45.2	15.1	63
Egg & Spinach Tub	137.2	573.9	12.3	9.7	3.0	0.3	131.3	9.7	157.7	660	14.2	11.1	3.4	0.4	0.4	151
Fruit Salad	38.4	160.8	0.6	0.2	0.1	7.5	7.5	12.4	71.5	299	1.1	0.4	0.1	13.9	13.9	23
Salmon, Edamame & Egg Tub	142.9	597.7	14.1	8.8	2.5	1.7	0.5	187.7	185.7	777	18.3	11.4	3.2	2.2	0.6	244
Yoghurts	196.0	820.2	6.8	6.7	3.5	25.7	15.0	51.7	348.9	1460	12.1	12.0	6.3	45.8	26.7	92

NUTRITIONAL INFORMATION



GRILLED MENU

BOWLS (no dressing)	NUTRITION INFORMATION - PER 100g								NUTRITION INFORMATION - PER SERVE							
	Energy (Cal)	Energy (kJ)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Sodium (mg)	Energy (Cal) PS	Energy (kJ) PS	Protein (g) PS	Total Fat (g) PS	Saturated Fat (g) PS	Carbohydrate (g) PS	Sugars (g) PS	Sodium (mg) PS
Asian Beef Bowl	143.3	599.5	7.9	3.9	1.0	18.1	1.1	204.2	540.2	2260	29.8	14.6	3.6	68.2	4.3	770
Burrito Bowl - Beef	166.3	695.9	8.5	4.9	1.4	20.2	1.3	270.1	683.6	2860	34.8	20.1	5.9	83	5.2	1110
Burrito Bowl - Chicken	163.2	682.7	6.2	5.8	1.6	19.8	1.5	365.4	678.8	2840	25.8	24.1	6.6	82.3	6.3	1520
Burrito Bowl - Pork	198.1	828.6	8.8	7.7	2.5	21.4	2.0	506.4	774.4	3240	34.5	30.2	9.6	83.8	7.7	1980
Chicken Caesar Bowl	130.9	547.6	10.7	7.2	2.3	5.5	0.9	415.0	384.8	1610	31.6	21.1	6.9	16.1	2.7	1220
Japanese Schnitzel Bowl	86.0	360.0	6.3	1.6	0.4	10.6	2.7	212.2	225.9	945	16.5	4.1	1.0	27.8	7.0	557
Mex Falafel	172.9	723.3	4.2	5.8	1.4	23.9	1.6	298.5	712.2	2980	17.2	23.9	5.6	98.3	6.5	1230
Nachos	227.5	952.0	6.2	13.8	6.8	17.7	2.5	370.7	853.3	3570	23.3	51.6	25.6	66.4	9.2	1390
Satay Chicken Bowl	157.2	657.5	6.0	7.0	2.6	17.0	1.7	276.7	573.6	2400	21.9	25.5	9.4	62.0	6.1	1010
Southwest Bowl	114.2	477.8	7.0	7.9	2.8	3.2	1.6	7.9	360.9	1510	22.2	25.0	9.0	10.0	5.0	772
Tandoori Chicken	132.6	554.7	5.3	4.9	1.0	15.9	1.5	313.9	544.9	2280	21.8	20.0	4.3	65.3	6.2	1290

WRAPS (no dressing)	NUTRITION INFORMATION - PER 100g								NUTRITION INFORMATION - PER SERVE							
	Energy (Cal)	Energy (kJ)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Sodium (mg)	Energy (Cal) PS	Energy (kJ) PS	Protein (g) PS	Total Fat (g) PS	Saturated Fat (g) PS	Carbohydrate (g) PS	Sugars (g) PS	Sodium (mg) PS
Falafel Burrito	171.7	718.4	5.4	4.8	1.3	24.4	1.9	373.7	652.5	2730	20.5	18.4	5.0	92.9	7.3	1420
Mex Wrap - Beef	170.3	712.5	9.6	4.5	1.5	21.0	1.9	377.5	681.2	2850	38.4	17.8	6.1	83.8	7.4	1510
Mex Wrap - Chicken	165.2	691.4	7.5	5.1	1.6	20.3	1.9	446.9	669.2	2800	30.4	20.7	6.6	82.3	7.6	1810
Mex Wrap - Pork	191.2	800.0	9.8	6.7	2.4	21.0	2.3	567.5	764.8	3200	39.1	26.8	9.6	83.8	9.0	2270
Sweet 'n' Chilli	178.5	746.7	7.1	7.9	3.7	19.0	1.3	378.7	669.2	2800	26.5	29.7	13.9	71.4	4.7	1420
Tandoori Chicken	152.7	639.0	6.8	5.2	1.6	18.7	1.2	358.4	588.0	2460	26.2	20.0	6.2	72.1	4.6	1380

KIDS GRILL	NUTRITION INFORMATION - PER 100g								NUTRITION INFORMATION - PER SERVE							
	Energy (Cal)	Energy (kJ)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Sodium (mg)	Energy (Cal) PS	Energy (kJ) PS	Protein (g) PS	Total Fat (g) PS	Saturated Fat (g) PS	Carbohydrate (g) PS	Sugars (g) PS	Sodium (mg) PS
Chicken & Rice Bowl	190.9	798.9	9.6	7.0	1.7	21.7	0.9	9.6	171.8	719	8.6	6.3	1.5	19.5	0.8	402
Kiddy Nachos	404.7	1693.3	11.1	23.9	11.1	34.8	1.5	306.7	303.5	1270	8.3	17.9	8.3	26.1	1.1	230
Kids Wrap	320.5	1341.2	13.3	13.9	8.0	34.4	1.5	596.5	272.5	1140	11.3	11.8	6.8	29.2	1.3	507

DRESSINGS

DRESSINGS	NUTRITION INFORMATION - PER 100g								NUTRITION INFORMATION - PER SERVE							
	Energy (Cal)	Energy (kJ)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Sodium (mg)	Energy (Cal) PS	Energy (kJ) PS	Protein (g) PS	Total Fat (g) PS	Saturated Fat (g) PS	Carbohydrate (g) PS	Sugars (g) PS	Sodium (mg) PS
Aioli	774.4	3240.0	1.3	86.2	6.8	1.3	1.2	378.0	154.9	648	0.26	17.2	1.4	0.3	0.2	75.6
Basil Pesto	430.2	1800.0	9.1	38.6	4.1	11.5	9.3	791.0	86.0	360	1.82	7.7	0.8	2.3	1.9	158.2
Caesar	199.8	836.0	2.4	13.4	3.6	17.2	13.0	745.0	40.0	167.2	0.48	2.7	0.7	3.4	2.6	149
Chipotle	669.2	2800.0	1.1	74.2	5.8	2.6	1.5	343.0	133.8	560	0.22	14.8	1.2	0.5	0.3	68.6
House Mayo	776.3	3248.0	1.3	86.6	6.8	1.2	1.2	380.0	155.3	649.6	0.26	17.3	1.4	0.2	0.2	76
Olive Oil	812.6	3400.0	0.0	92.0	13.8	0.0	0.0	0.0	162.5	680	0	18.4	2.8	0.0	0.0	0
Satay	317.2	1327.0	9.0	22.6	3.8	18.5	16.2	591.7	63.4	265.4	1.8	4.5	0.8	3.7	3.2	118.3
Vegan Chipotle	509.1	2130.0	1.2	55.6	4.1	3.2	1.1	210.0	101.8	426	0.2	11.1	0.8	0.6	0.2	42

VINAIGRETTES	NUTRITION INFORMATION - PER 100g								NUTRITION INFORMATION - PER SERVE							
	Energy (Cal)	Energy (kJ)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Sodium (mg)	Energy (Cal) PS	Energy (kJ) PS	Protein (g) PS	Total Fat (g) PS	Saturated Fat (g) PS	Carbohydrate (g) PS	Sugars (g) PS	Sodium (mg) PS
Asian Soy	382.4	1600.0	1.5	26.0	3.9	31.4	29.4	976.0	76.5	320	0.3	5.2	0.78	6.28	5.88	195.2
Balsamic	253.3	1060.0	0.1	27.6	5.4	0.0	0.0	4.0	50.7	212	0.02	5.52	1.08	0	0	0.8
Chilli Lime	530.6	2220.0	0.6	57.9	8.6	3.0	2.0	456.0	106.1	444	0.12	11.58	1.72	0.6	0.4	91.2
French	76.5	320.0	1.0	0.0	0.0	18.6	16.3	1095.0	15.3	64	0.2	0	0	3.72	3.26	219
Maple & Thyme	339.4	1420.0	0.2	25.8	5.1	25.4	24.2	262.0	67.9	284	0.04	5.16	1.02	5.08	4.84	52.4
Moroccan Chermoula	492.4	2060.0	0.7	53.5	10.5	3.5	0.6	97.0	98.5	412	0.14	10.7	2.1	0.7	0.12	19.4
Pesto Vinaigrette	461.3	1930.0	2.7	48.3	8.5	4.7	3.2	515.0	92.3	386	0.54	9.66	1.7	0.94	0.64	103
Turmeric & Lime	301.1	1260.0	1.9	29.9	5.8	5.6	2.8	224.0	60.2	252	0.38	5.98	1.16	1.12	0.56	44.8

*All rice products calculated with Brown Rice

Nutrition data correct as at 11th March 2020

THE AVERAGE ADULT DAILY INTAKE IS 8700kJ.

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