

'Flavourful, healthy and nutritious'

That's how the owners of City Road's new eatery would describe their salads, which are now available for the Old Street crowds

Superb news if you work close to Old Street, or if you just like good food and artisanal coffee generally.

Found on City Road, atis is the area's new all-day eatery where you can get your fix of made-to-order salads, warm bowls, coffees, alcohol-free beers and cold-pressed juices.

Created by husband-and-wife team Phil Honer and Eleanor Warder, a "plant-forward but flexible lifestyle" is central to atis, so you'll find vegan, vegetarian and meat-based options available.

atis announced their arrival by dishing out 100 salad bowls for £1 last week and now they're in full flow serving breakfast on-the-go, salads in your lunch break and hearty dishes at dinner-time. There's also an in-house barista specialist called Maurizio.

Warder, a former sommelier at Holborn's

Noble Rot, says: "We have strived to create a modern and stylish space where people can come for a break outside of their working day and know that they can get a bowl of food that will be full of flavour, healthy and nutritious."

"The idea came from wanting to fill a need for a grab-and-go in London where the food, the space and the experience are all in line with each other – premium, modern and refreshing."

atis opens from 7.30am every weekday (and 8.30am on Saturday) with sample dishes including Avo smash on sourdough bread, tamari seeds and coriander; Mushrooms on sourdough toast, parsley yoghurt, a sprinkling of dukkah; and seasonal Kale Ploughman's.

Their Dahl-ing bowl, meanwhile, features a tasty-sounding and health-conscious blend of lentils, spinach, cherry tomatoes,



Well, would you look atis? Customers check out the new atis salad bar last week.

Picture: ATIS

and some other tasty greens – topped with a mint and curry yoghurt dressing.

To drink, atis is also your place for "specialist drinks, including Kombucha on tap" for those who need perking up after a dreary day at their desk.

Dan Splarn

atis, The Atlas Building, 145 City Road, EC1V 1AZ. Instagram: @atisfoodldn

what's on bite

Review

I've always been a bit suspicious of calzones, but with Yard Sale serving them up for the first time at its new eatery in Hackney Road, I thought it was time to bite the bullet.

There's four to choose from. I was drawn to the special – pork sausage, mozzarella, roasted shallots and chimichurri sauce – and it might just have made me a calzone convert.

Somehow it felt lighter than a regular pizza, and the tip-top ingredients were complemented by the fresh and tangy sauce.

Of course, all Yard Sale's regular pizzas are also on offer. My boyfriend chose the



Yard Sale's new calzones.

Picture: JUSTIN DE SOUZA

excellently titled 'New Yorker' – fresh Sicilian sausage, guindilla chillies, garlic, oregano & fresh basil – to share alongside the calzone.

Naturally it didn't disappoint, although it seemed far less exciting now that it had competition.

We couldn't resist rounding off our meal with a Happy Ending 'Malty one' because, frankly, there's no occasion when these supreme ice cream sandwiches aren't the right call.

Janine Rasiah

More: yardsalepizza.com

enjoy **BOOKS** more!

save 40%

TODAY
A History of Our World through 60 Years of Conversations & Controversies

EDITED BY Edward Sturton
FOREWORD BY Nick Robinson & Martha Kearney

The first ever book on BBC Radio 4's flagship news and current affairs programme shares 60 world-changing stories as they were broadcast.

Today is the perfect book for fans of the programme and a fascinating journey through modern Britain. **SAVE 40%** at Enjoy Books More!

save £10

RRP £25
OUR PRICE £15

Today: A History of our World through 60 years of Conversations & Controversies

See more offers at www.enjoybooksmore.co.uk/offers or phone 020 3176 2934

• ANOTHER GREAT OFFER FROM YOUR LOCAL NEWSPAPER •

UK postage from £2.99. Promotional prices valid for a limited time only.