

# ATIS ALLERGEN GUIDE – AUTUMN 2020

	NAME	DIETARY TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SEASAME SEEDS	SOYBEAN	SULPHITES	
SEASONAL BOWLS	The Autumn Bowl	Gluten Ingredient Free - Vegetarian							X		X	X				X	
	Squash Satay	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian										X		X	X	X	
	Oh My Cobb	Gluten Ingredient Free - Vegetarian				X			X		X					X	
SALADS	Seiz'a Caesar			X		X	X		X	X							
	Azteca	Vegetarian		X					X								
	Keep It Lean	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian												X	X		
WARM BOWLS	Shroomi	Gluten Ingredient Free - Vegetarian							X		X			X		X	
	Miso Hungry	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian												X	X		
	Mezze Me Crazy	Gluten Ingredient Free - Vegetarian				X					X	X		X		X	
TOPPINGS	Soft Boiled Egg	Dairy Free - Gluten Ingredient Free - Vegetarian				X											
	Blue Cheese / Feta / Parmesan	Gluten Ingredient Free - Vegetarian							X								
	Housemade Houmous	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian												X			
	Smashed Avocado	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian															
	Baked Falafel	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian												X			
	Roasted Roots	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														X	
	Sticky Aubergine	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian												X	X		
	Grilled Shrooms	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian															
	Miso Sesame Tofu	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian													X	X	
	Blackened Chicken	Dairy Free - Gluten Ingredient Free															X
Chalkstream Trout	Dairy Free - Gluten Ingredient Free					X											
DRESSINGS	Balsamic Vinaigrette	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian									X						X
	Classic Caesar	Gluten Ingredient Free				X	X		X								
	Cashew	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian										X		X	X		
	Honey Mustard Vinaigrette	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian									X						X
	Lime Coriander	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian															
	Miso Lime Ginger	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian													X	X	
CRUNCHIES	Tahini	Gluten Ingredient Free - Vegetarian				X					X			X	X		
	Crispy Shallots	Dairy Free - Vegan - Vegetarian															
	Dukkah	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian											X		X		
	Parmesan Sourdough Crumbs	Vegetarian		X					X								
	Raisins	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian															
	Tamari Seeds	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian												X	X		
SWEET TREATS	Tortilla Shards	Dairy Free - Vegan - Vegetarian		X													
	Walnuts	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian										X					
	Banana Bread	Vegetarian		X		X			X			X					
	Vegan Brownie	Dairy Free - Vegan - Vegetarian		X													

INDIVIDUAL FOODS MAY COME IN CONTACT WITH ONE ANOTHER DURING PREPARATION WHICH IS NOT REFLECTED ON THIS CHART. ALTHOUGH EFFORTS ARE MADE TO AVOID CROSS-CONTACT OF ALLERGENS, ATIS DOES NOT GUARANTEE THAT CROSS-CONTACT WITH ALLERGENS WILL NOT OCCUR. BEFORE PLACING YOUR ORDER, PLEASE INFORM YOUR TEAM MEMBER IF YOU OR ANYONE IN YOUR PARTY HAS A FOOD ALLERGY.