

ATIS NUTRITIONAL GUIDE – WINTER 2021

NUTRITIONAL INFORMATION INCLUDES DRESSINGS. SEE 'DRESSINGS' FOR MORE INFORMATION!	SEASONAL BOWLS (LARGE)	Tags	Serving Size (g)	Energy (kcal)	Energy (kj)	Protein (g)	Fat (g)	Of which saturates (g)	Carbohydrate (g)	Of which sugars (g)	Fibre (g)	Salt (g)
	<i>The Winter Bowl</i>	Dairy Free - Vegan - Vegetarian	360	716	2959	8	66	5	18	11	8	1
	<i>Squash Satay Booster</i>	Dairy Free - Vegan - Vegetarian	520	931	3900	22	31	4	134	17	10	2
	<i>Feel Upbeet</i>	Gluten Ingredient Free - Vegetarian	340	775	3199	15	71	11	15	14	5	2
	<i>Rainbow Remedy</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	530	716	2952	11	65	5	18	7	8	1
	SALADS (LARGE)	Tags	Serving Size (g)	Energy (kcal)	Energy (kj)	Protein (g)	Fat (g)	Of which saturates (g)	Carbohydrate (g)	Of which sugars (g)	Fibre (g)	Salt (g)
	Seiz'a Caesar		380	494	2048	20	40	10	13	7	3	2
	Axteca	Vegetarian	500	695	2885	15	59	9	24	7	7	3
	Keep It Lean	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	435	544	2245	7	54	4	4	1	4	2
	WARM BOWLS (LARGE)	Tags	Serving Size (g)	Energy (kcal)	Energy (kj)	Protein (g)	Fat (g)	Of which saturates (g)	Carbohydrate (g)	Of which sugars (g)	Fibre (g)	Salt (g)
Shroomi	Gluten Ingredient Free - Vegetarian	530	1113	4653	25	59	10	116	10	8	3	
Miso Hungry	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	470	623	2626	16	17	2	97	8	8	3	
The Healer	Gluten Ingredient Free - Vegetarian	530	705	2920	19	46	5	47	14	11	2	

NUTRITIONAL INFORMATION INCLUDES DRESSINGS. SEE 'DRESSINGS' FOR MORE INFORMATION!	SEASONAL BOWLS (REGULAR)	Tags	Serving Size (g)	Energy (kcal)	Energy (kj)	Protein (g)	Fat (g)	Of which saturates (g)	Carbohydrate (g)	Of which sugars (g)	Fibre (g)	Salt (g)
	<i>The Winter Bowl</i>	Dairy Free - Vegan - Vegetarian	310	552	2279	7	49	4	16	9	8	1
	<i>Squash Satay Booster</i>	Dairy Free - Vegan - Vegetarian	430	667	2795	15	22	3	97	16	8	2
	<i>Feel Upbeet</i>	Gluten Ingredient Free - Vegetarian	290	609	2517	14	54	10	13	12	5	1
	<i>Rainbow Remedy</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	440	519	2156	10	44	4	17	7	8	1
	SALADS (REGULAR)	Tags	Serving Size (g)	Energy (kcal)	Energy (kj)	Protein (g)	Fat (g)	Of which saturates (g)	Carbohydrate (g)	Of which sugars (g)	Fibre (g)	Salt (g)
	Seiz'a Caesar		310	403	1671	19	31	10	11	6	3	2
	Azteca	Vegetarian	430	533	2215	14	41	7	23	6	7	2
	Keep It Lean	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	375	383	1579	7	37	3	4	2	4	1
	WARM BOWLS (REGULAR)	Tags	Serving Size (g)	Energy (kcal)	Energy (kj)	Protein (g)	Fat (g)	Of which saturates (g)	Carbohydrate (g)	Of which sugars (g)	Fibre (g)	Salt (g)
	Shroomi	Gluten Ingredient Free - Vegetarian	470	945	3943	21	58	9	80	10	7	3
	Miso Hungry	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	380	528	2227	14	14	2	82	8	8	3
	The Healer	Gluten Ingredient Free - Vegetarian	470	573	2388	16	35	4	42	13	10	2

SIDE POTS	Tags	Serving Size (g)	Energy (kcal)	Energy (kJ)	Protein (g)	Fat (g)	Of which saturates (g)	Carbohydrate (g)	Of which sugars (g)	Fibre (g)	Salt (g)
<i>Aubergine Dengaku</i>	Dairy Free - Vegan - Vegetarian	250	245	1020	6	16	3	17	13	5	2
Blackened Chicken Thigh	Dairy Free - Gluten Ingredient Free	225	400	1670	51	22	5	0	0	0	1
Buffalo Chicken	Gluten Ingredient Free	200	412	1720	46	26	6	0	0	0	1
Gochujang Organic Tempeh	Dairy Free - Vegan - Vegetarian	290	400	1674	30	18	2	18	0	0	2
Mini Meze	Gluten Ingredient Free - Vegetarian	180	250	1040	8	17	2	12	3	5	1
<i>Roasted Roots + Cashew</i>	Dairy Free - Vegan - Vegetarian	200	258	1076	7	17	2	16	8	1	0
Rotisserie Chicken Breast	Dairy Free - Gluten Ingredient Free	225	460	1870	69	6	2	6	2	1	3
<i>Seasonal Raw Slaw</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	100	47	195	1	3	0	4	3	2	0

ITEMS THAT ARE ITALICISED ARE SUBJECT TO SEASONALITY. PLEASE DO GET IN CONTACT WITH US AT INFO@ATISFOOD.COM IF YOU HAVE ANY QUESTIONS!

SEASONAL INGREDIENTS	Tags	Serving Size (g)	Energy (kcal)	Energy (kJ)	Protein (g)	Fat (g)	Of which saturates (g)	Carbohydrate (g)	Of which sugars (g)	Fibre (g)	Salt (g)
<i>Apple Cider Vinaigrette</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	50	272	1120	1	28	2	4	3	0	1
<i>Dried Cranberries</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	20	70	298	0	0	0	17	15	1	0
<i>Freekeh</i>	Dairy Free - Vegan - Vegetarian	90	32	133	1	1	0	5	0	1	0
<i>Fresh Parsley</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	5	2	9	0	0	0	0	0	0	0
<i>Glazed Beetroot</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	40	27	114	1	1	0	4	3	1	0
<i>Goat's Cheese</i>	Gluten Ingredient Free - Vegetarian	35	101	415	6	8	5	1	1	0	1
<i>Green Leaf Mix</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	50	3	13	0	0	0	0	0	0	0
<i>Harissa Vinaigrette</i>	Dairy Free - Vegan - Vegetarian	50	323	1329	1	34	3	2	2	1	0
<i>Hot Honey Walnuts</i>	Dairy Free - Gluten Ingredient Free - Vegetarian	25	168	693	4	15	2	3	2	2	0
<i>Maple Glazed Pecans</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	25	179	737	3	18	1	1	1	2	0
<i>Miso Aubergine</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	120	89	371	2	4	1	9	7	3	1
<i>Roasted Brussels Sprouts + Chestnuts</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	55	43	182	2	3	0	2	2	2	0
<i>Roasted Roots</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	140	97	403	2	4	0	11	6	1	0
<i>Seasonal Raw Slaw</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	55	26	107	0	1	0	2	2	2	0
<i>Shredded Red Cabbage</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	40	11	46	0	0	0	1	1	1	0
<i>Spring Onion</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	15	6	26	0	0	0	1	1	0	0

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BASES	Tags	Serving Size (g)	Energy (kcal)	Energy (kj)	Protein (g)	Fat (g)	Of which saturates (g)	Carbohydrate (g)	Of which sugars (g)	Fibre (g)	Salt (g)
Baby Spinach	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	60	10	41	2	0	0	0	0	1	0
Chopped Romaine	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	50	7	29	1	0	0	1	1	1	0
Quinoa	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	90	108	451	4	2	0	19	0	3	1
Shredded Kale	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	60	20	84	2	1	0	1	1	0	0
Wild Rice	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	90	143	608	5	2	0	28	0	2	1
INGREDIENTS	Tags	Serving Size (g)	Energy (kcal)	Energy (kj)	Protein (g)	Fat (g)	Of which saturates (g)	Carbohydrate (g)	Of which sugars (g)	Fibre (g)	Salt (g)
Black Beans	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	45	52	222	4	0	0	9	1	0	0
Charred Corn	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	50	39	165	1	1	0	7	4	2	0
Charred Lemon Broccoli	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	40	29	121	1	2	0	1	1	1	2
Cherry Tomatoes	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	45	10	42	1	0	0	2	2	1	0
Cucumber	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	30	4	18	0	0	0	0	0	0	0
Edamame	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	50	84	348	5	3	3	5	17	2	0
Pickled Ginger	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	5	4	18	0	0	0	1	1	0	0
Pickled Red Onion	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	20	7	28	0	0	0	1	1	0	0
Shredded Carrot	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	30	10	44	0	0	0	2	2	1	0
Turmeric Roasted Cauliflower	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	40	36	149	1	3	0	2	2	1	0
Za'atar Chickpeas	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	50	96	398	4	5	1	8	0	3	1

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COLD PREMIUMS	Tags	Serving Size (g)	Energy (kcal)	Energy (kj)	Protein (g)	Fat (g)	Of which saturates (g)	Carbohydrate (g)	Of which sugars (g)	Fibre (g)	Salt (g)
Avocado	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	40	73	302	1	8	2	1	0	1	0
Crumbled Feta	Gluten Ingredient Free - Vegetarian	35	88	363	6	7	5	1	1	0	1
House Hummus	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	40	86	358	3	6	1	6	0	0	1
Parmesan Shavings	Gluten Ingredient Free - Vegetarian	30	36	150	3	3	2	0	0	0	0
Soft Boiled Egg	Dairy Free - Gluten Ingredient Free - Vegetarian	50	66	274	6	5	1	0	0	0	0
HOT PROTEINS + TOPPINGS	Tags	Serving Size (g)	Energy (kcal)	Energy (kj)	Protein (g)	Fat (g)	Of which saturates (g)	Carbohydrate (g)	Of which sugars (g)	Fibre (g)	Salt (g)
Blackened Chicken Thigh	Dairy Free - Gluten Ingredient Free	90	200	835	25	11	2	0	0	0	1
Gochujang Organic Tempeh	Dairy Free - Vegan - Vegetarian	120	210	880	21	8	2	10	4	4	1
Grilled Shrooms	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	100	46	191	2	4	1	1	1	1	0
Roasted Salmon	Dairy Free - Gluten Ingredient Free	125	269	1118	25	19	3	0	0	0	0
Rotisserie Chicken Breast	Dairy Free - Gluten Ingredient Free	90	175	736	18	8	2	0	0	0	1

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CRUNCHES	Tags	Serving Size (g)	Energy (kcal)	Energy (kj)	Protein (g)	Fat (g)	Of which saturates (g)	Carbohydrate (g)	Of which sugars (g)	Fibre (g)	Salt (g)
Crispy Shallots	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	5	25	106	0	1	1	3	1	0	0
Dukkah	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	5	15	63	1	2	0	0	0	1	0
Tamari Seeds	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	10	78	323	3	7	1	2	1	0	0
Toasted Sourdough Crumbs	Dairy Free - Vegan - Vegetarian	15	48	201	2	2	1	5	0	0	0
Tortilla Shards	Dairy Free - Vegan - Vegetarian	15	50	208	1	2	0	7	0	1	0
DRESSINGS	Tags	Serving Size (g)	Energy (kcal)	Energy (kj)	Protein (g)	Fat (g)	Of which saturates (g)	Carbohydrate (g)	Of which sugars (g)	Fibre (g)	Salt (g)
Balsamic Vinaigrette	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	50	265	1093	1	27	2	4	4	0	1
Balsamic Vinegar	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	25	24	100	0	0	0	5	5	0	0
Caesar Dressing	Gluten Ingredient Free	50	151	624	2	15	1	2	2	0	1
Lime Coriander Dressing	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	50	267	1099	1	29	2	1	0	0	1
Lime Squeeze	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	10	3	13	0	0	0	1	1	0	0
Miso Lime Ginger Dressing	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	50	128	531	2	11	1	5	2	1	2
Olive Oil	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	25	206	845	0	23	4	0	0	0	0
Roasted Cashew Dressing	Dairy Free - Vegan - Vegetarian	50	115	474	1	10	1	6	3	1	2
Sauce Shop - Buffalo Sauce	Gluten Ingredient Free - Vegan - Vegetarian	25	19	80	1	1	1	2	1	0	1
Sauce Shop - Sriracha	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	25	22	93	1	0	0	5	3	0	1
Tahini Dressing	Gluten Ingredient Free - Vegetarian	50	194	799	3	19	2	2	1	1	0

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