

PLEASE NOTE DRESSINGS ARE INCLUDED IN THIS NUTRITIONAL INFORMATION	SEASONAL BOWL (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)
	The Chimichurri Garden Bowl	Vegan	475	646	2689	17	37	3	54	8	16	2
	Satay Power Bowl	Gluten Ingredient Free - Vegan	360	569	2354	14	45	15	21	14	10	3
	Mediterranean Summer	Gluten Ingredient Free - Vegetarian	340	408	1680	16	33	4	7	5	9	1
	SALAD (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	524	2170	24	40	11	14	9	6	3
	Azteca	Vegetarian	480	965	2928	19	59	9	32	9	14	2
	Keep It Lean	Gluten Ingredient Free - Vegan	415	743	3071	19	63	6	18	12	11	2
	WARM BOWL (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	485	834	3468	16	57	8	61	11	5	4
	Miso Hungry	Gluten Ingredient Free - Vegan	605	714	2995	23	29	4	82	23	15	5
	The Healer	Vegetarian	595	958	3987	25	55	6	81	20	17	3
	<b><i>*ITEMS THAT ARE ITALICISED ARE SUBJECT TO SEASONALITY. PLEASE GET IN CONTACT WITH <a href="mailto:INFO@ATISFOOD.COM">INFO@ATISFOOD.COM</a> IF YOU HAVE ANY QUESTIONS!</i></b>											

PLEASE NOTE DRESSINGS ARE INCLUDED IN THIS NUTRITIONAL INFORMATION	SEASONAL BOWL (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)
	The Chimichurri Garden Bowl	Vegan	375	473	1965	13	25	2	42	6	13	1
	Satay Power Bowl	Gluten Ingredient Free - Vegan	300	450	1866	12	34	14	19	13	9	2
	Mediterranean Summer	Vegetarian - Gluten Ingredient Free	280	333	1383	13	27	3	6	5	8	1
	SALAD (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	422	1748	21	31	10	13	7	5	2
	Azteca	Vegetarian	410	832	2386	18	45	8	31	9	14	2
	Keep It Lean	Gluten Ingredient Free - Vegan	355	572	2368	17	46	5	16	10	11	1
	WARM BOWL (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	395	596	2485	14	40	7	43	9	4	3
	Miso Hungry	Gluten Ingredient Free - Vegan	515	561	2343	19	22	3	63	21	13	4
	The Healer	Vegetarian	505	747	3111	20	41	5	66	19	14	2

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BUILD YOUR OWN - BASE	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	Vegan - Gluten Ingredient Free	40	8	31	1	0	0	0	0	0	0
Chopped Romaine	Vegan - Gluten Ingredient Free	40	7	28	0	0	0	0	0	1	0
Shredded Kale	Vegan - Gluten Ingredient Free	40	15	63	1	1	0	1	1	1	0
Green Leaf Mix	Vegan - Gluten Ingredient Free	40	10	40	1	0	0	0	0	1	0
Short Grain Brown Rice	Vegan - Gluten Ingredient Free	100	151	640	4	1	0	32	0	1	0
House Grains	Vegan	100	181	761	6	4	0	28	1	4	0
<i>Garden Herb Quinoa*</i>	Vegan - Gluten Ingredient Free	100	119	499	4	4	0	16	2	2	1

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BUILD YOUR OWN - INGREDIENT	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)
Pea + Edamame Medley	Vegan - Gluten Ingredient Free	50	59	246	5	2	0	4	2	3	0
Tahini Chickpeas	Vegetarian - Gluten Ingredient Free	50	79	328	4	3	0	8	1	3	0
Green Raw Slaw	Vegan - Gluten Ingredient Free	55	14	59	1	0	0	1	1	2	0
Red Raw Slaw	Vegan - Gluten Ingredient Free	55	12	51	0	0	0	2	2	1	0
Black Eyed Beans	Vegan - Gluten Ingredient Free	50	59	247	4	0	0	8	0	6	0
Charred Corn	Vegan - Gluten Ingredient Free	50	58	243	1	3	0	6	3	2	0
Cherry Tomatoes	Vegan - Gluten Ingredient Free	50	13	55	1	0	0	2	2	1	0
Cucumber	Vegan - Gluten Ingredient Free	50	8	33	1	0	0	1	1	0	0
Steamed Broccoli	Vegan - Gluten Ingredient Free	55	24	99	2	0	0	2	1	2	0
Pickled Ginger	Vegan - Gluten Ingredient Free	30	31	133	0	0	0	7	5	0	0
Pickled Red Onion	Vegan - Gluten Ingredient Free	40	11	44	0	0	0	2	2	0	0
<i>Zero-Waste Summer Greens*</i>	Vegan - Gluten Ingredient Free	55	37	152	1	2	0	2	2	2	0
<i>Slow Roast Courgette*</i>	Vegan - Gluten Ingredient Free	70	31	128	1	2	0	2	2	0	0

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BUILD YOUR OWN – DRESSING (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)
Miso Lime Ginger Dressing	Vegan - Gluten Ingredient Free	80	205	850	4	17	2	8	4	1	3
Apple Cider Vinaigrette	Vegan - Gluten Ingredient Free	80	437	1799	1	45	3	6	5	0	0
Roasted Cashew + Ginger Dressing	Vegan - Gluten Ingredient Free	80	219	909	6	19	3	5	2	1	1
Lime Coriander Dressing	Vegan - Gluten Ingredient Free	80	378	1552	1	41	3	1	0	1	1
Balsamic Vinaigrette	Vegan - Gluten Ingredient Free	80	424	1748	1	44	3	6	5	0	2
Tahini Yoghurt Dressing	Vegetarian - Gluten Ingredient Free	80	311	1284	4	31	3	2	2	2	1
Classic Caesar Dressing	Gluten Ingredient Free	80	249	1026	4	24	3	3	3	0	1
<i>Kick It Chimichurri Dressing*</i>	Vegan - Gluten Ingredient Free	80	256	1053	1	27	2	2	2	1	1
<i>Basil Pesto Dressing*</i>	Vegetarian - Gluten Ingredient Free	80	201	828	7	18	3	1	1	2	1

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BUILD YOUR OWN - DRESSINGS (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)
Miso Lime Ginger Dressing	Vegan - Gluten Ingredient Free	50	128	531	2	11	1	5	2	1	2
Apple Cider Vinaigrette	Vegan - Gluten Ingredient Free	50	273	1125	1	28	2	4	3	0	0
Roasted Cashew + Ginger Dressing	Vegan - Gluten Ingredient Free	50	137	568	4	12	2	3	1	0	1
Lime Coriander Dressing	Vegan - Gluten Ingredient Free	50	236	970	1	26	2	0	0	0	1
Balsamic Vinaigrette	Vegan - Gluten Ingredient Free	50	265	1093	1	27	2	4	3	0	1
Tahini Yoghurt Dressing	Vegetarian - Gluten Ingredient Free	50	195	803	3	20	2	2	1	1	0
Classic Caesar Dressing	Gluten Ingredient Free	50	156	641	2	15	2	2	2	0	1
<i>Kick It Chimichurri Dressing*</i>	Vegan - Gluten Ingredient Free	50	160	658	0	17	1	1	1	0	0
<i>Basil Pesto Dressing*</i>	Vegetarian - Gluten Ingredient Free	50	126	518	4	11	2	1	0	1	1

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BUILD YOUR OWN - CRUNCH	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)
Tortilla Shards	Vegan	15	75	315	1	4	0	9	0	1	0
Dukkah	Vegan - Gluten Ingredient Free	15	86	353	3	8	1	1	0	1	0
Tamari Seeds	Vegan - Gluten Ingredient Free	15	84	346	3	7	1	1	0	1	0
Crispy Shallots	Vegan - Gluten Ingredient Free	15	15	64	0	1	0	2	1	0	0
Toasted Sourdough Crumbs	Vegan	25	78	327	2	4	0	9	1	1	0
<i>Toasted Coconut Crunch*</i>	Vegan - Gluten Ingredient Free	25	146	601	2	13	10	4	3	4	1

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BUILD YOUR OWN - COLD PREMIUM	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	Gluten Ingredient Free - Vegan	90	159	655	2	16	4	2	0	3	0
Parmesan Shavings	Gluten Ingredient Free - Vegetarian	40	165	686	14	12	8	0	0	0	1
Crumbled Feta	Gluten Ingredient Free - Vegetarian	40	100	412	6	8	5	1	1	0	1
Soft Boiled Egg	Gluten Ingredient Free - Vegetarian	50	72	298	7	5	1	0	0	0	0
House Hummus	Gluten Ingredient Free - Vegan	70	113	475	6	5	1	9	0	4	0
<i>Bocconcini*</i>	Gluten Ingredient Free - Vegetarian	50	128	531	9	10	7	0	0	0	0
<i>Sustain Yo'self Avo Smash*</i>	Gluten Ingredient Free - Vegan	90	141	587	6	10	2	5	3	4	1
<i>Lemon Herb Salmon*</i>	Dairy Free - Gluten Ingredient Free	130	231	970	26	14	3	1	1	1	2

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BUILD YOUR OWN - HOT PREMIUM	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	Dairy Free - Gluten Ingredient Free	100	238	991	18	19	4	1	1	1	1
Golden Chicken	Dairy Free - Gluten Ingredient Free	100	222	925	17	18	5	3	2	0	0
Grilled Chestnut + Portobello Mushrooms	Gluten Ingredient Free - Vegan	110	61	254	3	4	0	2	1	1	1
Miso Red Cabbage	Gluten Ingredient Free - Vegan	110	111	460	4	6	1	9	5	3	2
Roasted Squash + Sweet Potato	Gluten Ingredient Free - Vegan	110	123	519	1	5	0	17	9	2	0
<i>Lime Leaf Tempeh*</i>	Gluten Ingredient Free - Vegan	<b>100</b>	261	1086	15	16	2	12	6	4	1

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POWER POT	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	Dairy Free - Gluten Ingredient Free	225	536	2230	34	43	10	2	2	1	2
Buffalo Chicken	Gluten Ingredient Free	225	506	2102	30	40	9	5	3	2	2
Golden Chicken	Dairy Free - Gluten Ingredient Free	225	500	2081	29	40	11	7	5	1	1
<i>Coconut Golden Chicken*</i>	Dairy Free - Gluten Ingredient Free	225	538	2232	23	45	17	9	7	5	1
<i>Lime Leaf Tempeh*</i>	Gluten Ingredient Free - Vegan	225	587	2444	34	37	4	27	14	8	3
<i>When Courgette Met Feta*</i>	Gluten Ingredient Free - Vegetarian	180	126	527	6	9	4	5	4	1	1
<i>atis Caprese*</i>	Gluten Ingredient Free - Vegetarian	180	261	1087	14	19	8	6	4	4	1
<i>Pesto*</i>	Gluten Ingredient Free - Vegetarian	225	338	1409	9	21	7	27	14	2	2
<i>Miso Raw Slaw*</i>	Gluten Ingredient Free - Vegan	180	70	295	3	2	0	8	7	4	1
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