

ALLERGEN INFORMATION 2019/20

	NAME	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SEASAME SEEDS	SOYBEAN	SULPHUR DIOXIDES/SULPHITES
SEASONALS	Rainbow Roots	Gluten Ingredient Free - Vegetarian							X							
	The Forager	Vegetarian		X									X			
	Kale Ploughmans	Vegetarian		X					X				X			
SALADS	Lean x Green	Gluten Ingredient Free - Dairy Free - Vegetarian - Vegan												X	X	
	Habibi	Gluten Ingredient Free - Vegetarian							X				X	X		
	Spicy Thai	Dairy Free - Vegetarian				X										
	Azteca	Vegetarian		X					X							
WARM BOWLS	Mushroom Ragu	Vegetarian		X		X			X							
	Emperor Bowl	Gluten Ingredient Free - Dairy Free - Vegetarian				X								X	X	
	Bombay Bowl	Gluten Ingredient Free - Vegetarian													X	
	Mighty Miso	Dairy Free - Vegetarian - Vegan		X										X	X	
BREAKFAST	Homemade Granola + Yoghurt	Vegetarian		X					X				X			
	Homemade Granola + Coconut Yoghurt	Dairy Free - Vegetarian - Vegan		X									X			
	Housemade Granola	Dairy Free - Vegetarian - Vegan		X									X			
	atis Porridge	Dairy Free - Vegetarian - Vegan		X									X			
	Seasonal Porridge	Dairy Free - Vegetarian - Vegan		X												
	Plain Porridge	Dairy Free - Vegetarian - Vegan		X												
	Berry Compote	Gluten Ingredient Free - Dairy Free - Vegetarian - Vegan														
	Smashed Avo Toast	Dairy Free - Vegetarian - Vegan		X										X	X	
Mushroom Ragu Toast	Vegetarian		X				X					X		X		
ELEMENTS	Miso Aubergine	Gluten Ingredient Free - Dairy Free - Vegetarian - Vegan												X	X	
	Soba Noodles	Gluten Ingredient Free - Dairy Free - Vegetarian - Vegan												X	X	
	Houmous	Gluten Ingredient Free - Dairy Free - Vegetarian - Vegan												X		
PROTEINS	Roast Salmon	Gluten Ingredient Free - Dairy Free					X									
	Blackened Chicken	Gluten Ingredient Free - Dairy Free														
	Miso Sesame Tofu	Gluten Ingredient Free - Dairy Free - Vegetarian - Vegan												X	X	
	Baked Falafel	Gluten Ingredient Free - Dairy Free - Vegetarian - Vegan														
DRESSINGS	Green Goddess	Gluten Ingredient Free - Dairy Free - Vegetarian - Vegan														X
	Balsamic Vinaigrette	Gluten Ingredient Free - Dairy Free - Vegetarian - Vegan									X					
	Spicy Cashew	Gluten Ingredient Free - Dairy Free - Vegetarian - Vegan												X	X	
	Roast Garlic	Gluten Ingredient Free - Dairy Free - Vegetarian - Vegan									X					
	Miso Lime Ginger	Gluten Ingredient Free - Dairy Free - Vegetarian - Vegan												X	X	
	Cucumber Mint Yoghurt	Gluten Ingredient Free - Vegetarian							X		X			X		
	Apple Cider Vinaigrette	Gluten Ingredient Free - Dairy Free - Vegetarian - Vegan									X					
	Tahini Yoghurt	Gluten Ingredient Free - Vegetarian							X		X					
Coriander Lime	Gluten Ingredient Free - Dairy Free - Vegetarian - Vegan															
CRUNCHES	Tamari Seeds	Gluten Ingredient Free - Dairy Free - Vegetarian - Vegan												X	X	
	Dukkah	Gluten Ingredient Free - Dairy Free - Vegetarian - Vegan												X		
	Crispy Shallot	Dairy Free - Vegetarian - Vegan		X												
	Savoury Granola	Dairy Free - Vegetarian - Vegan		X							X	X				
	Puffed Rice	Gluten Ingredient Free - Dairy Free - Vegetarian - Vegan														
	Tortilla Shards	Dairy Free - Vegetarian - Vegan		X												
Walnuts	Gluten Ingredient Free - Dairy Free - Vegetarian - Vegan											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.