

ATIS ALLERGEN GUIDE WINTER 2019/20

	NAME	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SEASAME SEEDS	SOYBEAN	SULPHITES
SEASONAL BOWLS	Smoky Butterbean Stew	Vegetarian	X	X					X					X		X
	atis x Winter	Gluten Ingredient Free - Dairy Free - Vegetarian - Vegan									X	X		X		
	Squash + Coco Curry	Dairy Free - Vegetarian - Vegan	X												X	
SALADS	Lean x Green	Gluten Ingredient Free - Dairy Free - Vegetarian - Vegan							X		X			X	X	
	Habibi Tahini	Gluten Ingredient Free - Vegetarian							X		X			X		
	Spicy Raw Thai	Dairy Free - Vegetarian				X						X			X	
	Azteca	Vegetarian		X					X							
WARM BOWLS	Mushroom Ragu	Vegetarian				X			X		X					
	Emperor Bowl	Dairy Free - Vegetarian		X		X								X	X	
	Dahl-ing	Gluten Ingredient Free - Vegetarian							X						X	
	Mighty Miso	Dairy Free - Vegetarian - Vegan												X	X	
BREAKFAST	Housemade Granola + Yoghurt	Vegetarian		X					X			X				
	Housemade Granola + Coco Yoghurt	Dairy Free - Vegetarian - Vegan		X								X				
	Housemade Granola	Dairy Free - Vegetarian - Vegan		X								X				
	atis Porridge (w/ Oat Milk)	Dairy Free - Vegetarian - Vegan		X												
	Seasonal Porridge (w/ Oat Milk)	Dairy Free - Vegetarian - Vegan		X								X				
	Plain Porridge (w/ Oat Milk)	Dairy Free - Vegetarian - Vegan		X												
	Spiced Apple Compote	Gluten Ingredient Free - Dairy Free - Vegetarian - Vegan														
	Avo Smash on Toast	Dairy Free - Vegetarian - Vegan		X										X	X	
Housemade Beans on Toast	Dairy Free - Vegetarian - Vegan	X	X												X	
TOPPINGS	Miso Aubergine	Gluten Ingredient Free - Dairy Free - Vegetarian - Vegan												X	X	
	Mushroom Ragu	Gluten Ingredient Free - Dairy Free - Vegetarian - Vegan														
	Baked Falafel	Gluten Ingredient Free - Dairy Free - Vegetarian - Vegan														
	Za'atar Roasted Squash	Gluten Ingredient Free - Dairy Free - Vegetarian - Vegan												X		
	Soft Boiled Egg	Gluten Ingredient Free - Dairy Free - Vegetarian				X										
	Cheddar / Feta / Goat's Cheese	Gluten Ingredient Free - Vegetarian							X							
	Houmous	Gluten Ingredient Free - Dairy Free - Vegetarian - Vegan												X		
	Smashed Avocado	Gluten Ingredient Free - Dairy Free - Vegetarian - Vegan														
	Blackened Chicken	Gluten Ingredient Free - Dairy Free														X
Miso Sesame Tofu	Gluten Ingredient Free - Dairy Free - Vegetarian - Vegan												X	X		
DRESSINGS	Green Goddess	Gluten Ingredient Free - Dairy Free - Vegetarian - Vegan													X	
	Balsamic Vinaigrette	Gluten Ingredient Free - Dairy Free - Vegetarian - Vegan									X					X
	Spicy Cashew	Gluten Ingredient Free - Dairy Free - Vegetarian - Vegan										X		X	X	
	Miso Lime Ginger	Gluten Ingredient Free - Dairy Free - Vegetarian - Vegan												X	X	
	Cucumber Mint Yoghurt	Gluten Ingredient Free - Vegetarian							X							
	Maple Cider Vinaigrette	Gluten Ingredient Free - Dairy Free - Vegetarian - Vegan									X					
	Tahini Yoghurt	Gluten Ingredient Free - Vegetarian							X		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		X		
	Crispy Shallot	Dairy Free - Vegetarian - Vegan														
	Puffed Rice	Gluten Ingredient Free - Dairy Free - Vegetarian - Vegan														
	Tortilla Shards	Dairy Free - Vegetarian - Vegan		X												
	Herby Breadcrumbs	Dairy Free - Vegetarian - Vegan		X												
	Dried Cranberries	Gluten Ingredient Free - Dairy Free - Vegetarian - Vegan														
Pecans	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.