

ATIS NUTRITIONAL GUIDE WINTER 2019/20

| SEASONAL | Tags | Serving Size (g) | Energy (kj) | Energy (kcal) | Fat (g) | Of which saturates (g) | Carbohydrate (g) | Of which sugars (g) | Fibre (g) | Protein (g) | Salt (g) |
|-----------------------|--|------------------|-------------|---------------|---------|------------------------|------------------|---------------------|-----------|-------------|----------|
| Squash + Coco Curry | Dairy Free - Vegetarian - Vegan | 400 | 1804 | 427 | 20.6 | 1.6 | 60.4 | 18.6 | 8.1 | 15 | 11.4 |
| atis x Winter | Gluten Ingredient Free - Dairy Free - Vegetarian - Vegan | 270 | 1990.5 | 481.8 | 41.7 | 5.1 | 21 | 14.9 | 5.5 | 6.2 | 1.1 |
| Smoky Butterbean Stew | Vegetarian | 360 | 1950 | 470 | 39.6 | 8.5 | 21.3 | 7.8 | 2.9 | 19.8 | 11.7 |
| SALADS | Tags | Serving Size (g) | Energy (kj) | Energy (kcal) | Fat (g) | Of which saturates (g) | Carbohydrate (g) | Of which sugars (g) | Fibre (g) | Protein (g) | Salt (g) |
| Lean x Green | Gluten Free - Dairy Free - Vegetarian - Vegan | 360 | 1593 | 385 | 30 | 6 | 12 | 21 | 7 | 14 | 3 |
| Habibi | Gluten Free - Vegetarian | 375 | 1761 | 425 | 34 | 8 | 15 | 8 | 4 | 17 | 2 |
| Spicy Thai | Dairy Free - Vegetarian | 346 | 870 | 208 | 12 | 3 | 17 | 12 | 5 | 9 | 2 |
| Azteca | Vegetarian | 365 | 2460 | 594 | 48 | 9 | 28 | 8 | 5 | 16 | 2 |
| WARM BOWLS | Tags | Serving Size (g) | Energy (kj) | Energy (kcal) | Fat (g) | Of which saturates (g) | Carbohydrate (g) | Of which sugars (g) | Fibre (g) | Protein (g) | Salt (g) |
| Mushroom Ragu | Vegetarian | 401 | 2659 | 638 | 45 | 12 | 40 | 9 | 5 | 21 | 3 |
| Emperor Bowl | Dairy Free - Vegetarian | 331 | 2545 | 611 | 23 | 6 | 75 | 27 | 11 | 26 | 3 |
| Dahling | Gluten Free - Vegetarian | 375 | 912 | 220 | 13 | 3 | 17 | 6 | 3 | 8 | 1 |
| Mighty Miso | Dairy Free - Vegan - Vegetarian | 460 | 2056 | 492 | 25 | 5 | 53 | 33 | 7 | 16 | 6 |

| BREAKFAST | Tags | Serving Size (g) | Energy (kj) | Energy (kcal) | Fat (g) | Of which saturates (g) | Carbohydrate (g) | Of which sugars (g) | Fibre (g) | Protein (g) | Salt (g) |
|-------------------------------------|---|------------------|-------------|---------------|---------|------------------------|------------------|---------------------|-----------|-------------|----------|
| Housemade Granola + Coconut Yoghurt | Vegetarian | 270 | 1958 | 467 | 20 | 6 | 59 | 50 | 4 | 16 | 1 |
| Housemade Granola + Yoghurt | Dairy Free - Vegetarian - Vegan | 270 | 1816 | 726 | 22 | 7 | 45 | 34 | 5 | 16 | 0 |
| Housemade Granola | Dairy Free - Vegetarian - Vegan | 100 | 1633 | 390 | 25 | 2 | 40 | 23 | 6 | 9 | 0 |
| Seasonal Porridge | Dairy Free - Vegetarian - Vegan | 305 | 1189 | 574 | 8 | 3 | 41 | 22 | 3 | 13 | 0 |
| atis Porridge | Dairy Free - Vegetarian - Vegan | 415 | 2086 | 496 | 18 | 4 | 63 | 38 | 9 | 19 | 0 |
| Plain Porridge | Dairy Free - Vegetarian - Vegan | 250 | 995 | 528 | 6 | 2 | 37 | 18 | 2 | 11 | 0 |
| Apple Compote | Gluten Free - Dairy Free - Vegetarian - Vegan | 100 | 131 | 31 | 0 | 0 | 7 | 7 | 0 | 1 | 0 |
| Avo Smash Toast | Dairy Free - Vegetarian - Vegan | 235 | 1405 | 334 | 17 | 4 | 39 | 6 | 10 | 3 | 1 |
| Beans on Toast | Vegetarian | 355 | 1452 | 344 | 16 | 3 | 43 | 10 | 11 | 9 | 1 |
| BREAD | Tags | Serving Size (g) | Energy (kj) | Energy (kcal) | Fat (g) | Of which saturates (g) | Carbohydrate (g) | Of which sugars (g) | Fibre (g) | Protein (g) | Salt (g) |
| Bread Bread Sourdough | Dairy Free - Vegetarian - Vegan | 80 | 787 | 186 | 0.6 | 0.1 | 36.4 | 1.7 | 2.3 | 7.4 | 0.7 |

| SEASONAL | Serving Size (g) | Energy (kj) | Energy (kcal) | Fat (g) | Of which saturates (g) | Carbohydrate (g) | Of which sugars (g) | Fibre (g) | Protein (g) | Salt (g) |
|---------------------------------|------------------|-------------|---------------|---------|------------------------|------------------|---------------------|-----------|-------------|----------|
| Squash + Chard Curry | 210 | 1001 | 238 | 16.4 | 0.8 | 27.9 | 16.4 | 5.3 | 7.4 | 10.7 |
| Roasted brussel Sprouts | 30 | 22 | 5 | 0.1 | 0 | 0.5 | 0.5 | 0 | 0.5 | 0 |
| Smoky Harissa Butterbeans | 180 | 396 | 94 | 5.6 | 0.3 | 14.3 | 5.1 | 1.7 | 8.3 | 9.8 |
| Lemon - Garlic Rainbow Chard | 30 | 418 | 101 | 9.7 | 1.3 | 2.4 | 0.5 | 0.2 | 1.5 | 0.7 |
| Herby Breadcrumbs | 5 | 71 | 17 | 0.8 | 0.1 | 2.2 | 0.2 | 0.3 | 0.4 | 0.1 |
| Za'atar Roasted Squash | 70 | 259 | 62 | 3.1 | 0.3 | 8.2 | 3.8 | 1.7 | 0.8 | 0.2 |
| Dried Cranberries | 10 | 128.9 | 30.8 | 0.4 | 0 | 8.2 | 6.5 | 0.6 | 0 | 0.3 |
| Toasted Pecans | 10 | 284 | 69 | 7 | 0.7 | 0.3 | 0.3 | 0 | 1.5 | 0 |
| Maple + Apple Cider Vinaigrette | 50 | 1154 | 281 | 30 | 3 | 1.2 | 1.2 | 0 | 0.7 | 0.5 |
| BASES | Serving Size (g) | Energy (kj) | Energy (kcal) | Fat (g) | Of which saturates (g) | Carbohydrate (g) | Of which sugars (g) | Fibre (g) | Protein (g) | Salt (g) |
| Spinach | 60 | 41 | 10 | 0 | 0 | 0 | 0 | 1 | 2 | 0 |
| Chopped Romaine | 50 | 29 | 7 | 0 | 0 | 1 | 1 | 1 | 1 | 0 |
| Shredded kale | 60 | 84 | 20 | 1 | 0 | 1 | 1 | 0 | 2 | 0 |
| Wild Rice | 90 | 608 | 143 | 2 | 0 | 28 | 0 | 2 | 5 | 1 |
| Sesame Soba Noodles | 80 | 1222 | 292 | 2 | 0 | 58 | 1 | 5 | 10 | 0 |
| Spiced Lentils | 140 | 141 | 33 | 0 | 0 | 6 | 0 | 0 | 3 | 0 |

| INGREDIENTS | Serving Size (g) | Energy (kj) | Energy (kcal) | Fat (g) | Of which saturates (g) | Carbohydrate (g) | Of which sugars (g) | Fibre (g) | Protein (g) | Salt (g) |
|------------------------------|------------------|-------------|---------------|---------|------------------------|------------------|---------------------|-----------|-------------|----------|
| Cucumber | 30 | 18 | 4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Lemon Broccoli | 40 | 121 | 29 | 2 | 0 | 1 | 1 | 1 | 1 | 2 |
| Cherry Tomatoes | 45 | 42 | 10 | 0 | 0 | 2 | 2 | 1 | 1 | 0 |
| Shredded Red Cabbage | 40 | 43 | 10 | 0 | 1 | 2 | 2 | 1 | 1 | 0 |
| Shaved Beetroot | 30 | 46 | 11 | 0 | 0 | 2 | 2 | 1 | 1 | 1 |
| Edamame | 50 | 348 | 84 | 3 | 3 | 5 | 17 | 2 | 5 | 0 |
| Mint | 5 | 9 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Turmeric Roasted Cauliflower | 40 | 149 | 36 | 3 | 0 | 2 | 2 | 1 | 1 | 0 |
| Beansprouts | 30 | 39 | 9 | 0 | 0 | 1 | 1 | 0 | 1 | 0 |
| Spring Onions | 5 | 8 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Carrot Ribbons | 30 | 44 | 10 | 0 | 0 | 2 | 2 | 1 | 0 | 0 |
| Sweetcorn | 50 | 165 | 39 | 1 | 0 | 7 | 4 | 2 | 1 | 0 |
| Black Beans | 45 | 222 | 52 | 0 | 0 | 9 | 1 | 0 | 4 | 0 |
| Pickled Red Onion | 20 | 28 | 7 | 0 | 0 | 1 | 1 | 0 | 0 | 0 |
| Coriander | 5 | 9 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Pickled Ginger | 5 | 18 | 4 | 0 | 0 | 1 | 1 | 0 | 0 | 0 |

| CRUNCH/FINISHERS | Serving Size (g) | Energy (kj) | Energy (kcal) | Fat (g) | Of which saturates (g) | Carbohydrate (g) | Of which sugars (g) | Fibre (g) | Protein (g) | Salt (g) |
|---------------------------|------------------|-------------|---------------|---------|------------------------|------------------|---------------------|-----------|-------------|----------|
| Tamari Seeds | 10 | 323 | 78 | 7 | 1 | 2 | 1 | 0 | 3 | 0 |
| Puffed Rice | 10 | 98 | 24 | 1 | 0 | 3 | 0 | 0 | 0 | 0 |
| Tortilla Shards | 15 | 208 | 50 | 2 | 0 | 7 | 0 | 1 | 1 | 0 |
| Dukkah | 5 | 63 | 15 | 2 | 0 | 0 | 0 | 1 | 1 | 0 |
| Crispy Shallot | 5 | 106 | 25 | 1 | 1 | 3 | 1 | 0 | 0 | 0 |
| PREMIUMS | Serving Size (g) | Energy (kj) | Energy (kcal) | Fat (g) | Of which saturates (g) | Carbohydrate (g) | Of which sugars (g) | Fibre (g) | Protein (g) | Salt (g) |
| Smashed Avocado | 40 | 302 | 73 | 8 | 2 | 1 | 0 | 1 | 1 | 0 |
| Crumbled Cheddar | 35 | 604 | 146 | 12 | 8 | 0 | 0 | 0 | 9 | 1 |
| Crumbled Feta | 35 | 363 | 88 | 7 | 5 | 1 | 1 | 0 | 6 | 1 |
| Goat's Cheese | 35 | 465 | 112 | 9 | 6 | 0 | 0 | 0 | 7 | 1 |
| Houmous | 40 | 358 | 86 | 6 | 1 | 6 | 0 | 0 | 3 | 1 |
| Miso Ginger Aubergine | 130 | 336 | 81 | 6 | 1 | 7 | 6 | 0 | 2 | 1 |
| Lemon Thyme Mushroom Ragu | 100 | 191 | 46 | 4 | 1 | 1 | 1 | 1 | 2 | 0 |
| Soft Boiled Egg | 1 | 66 | 16 | 0 | 0 | 0 | 0 | 0 | 4 | 0 |
| Baked Falafel | 60 | 485 | 116 | 8 | 1 | 8 | 1 | 0 | 4 | 1 |
| Roast Sesame Tofu | 80 | 428 | 105 | 7 | 1 | 7 | 7 | 0 | 6 | 1 |
| Blackened Chicken | 100 | 835 | 200 | 11 | 2 | 0 | 0 | 0 | 25 | 1 |

| DRESSINGS | Serving Size (g) | Energy (kj) | Energy (kcal) | Fat (g) | Of which saturates (g) | Carbohydrate (g) | Of which sugars (g) | Fibre (g) | Protein (g) | Salt (g) |
|------------------------|------------------|-------------|---------------|---------|------------------------|------------------|---------------------|-----------|-------------|----------|
| Balsamic Vinegar | 15 | 64 | 15 | 0 | 0 | 4 | 4 | 0 | 0 | 0 |
| Balsamic Vinaigrette | 50 | 1049 | 255 | 27 | 4 | 2 | 2 | 0 | 1 | 1 |
| Extra Virgin Olive Oil | 15 | 508 | 123 | 14 | 2 | 0 | 0 | 0 | 0 | 0 |
| Squeeze of lime | 35 | 13 | 3 | 0 | 0 | 1 | 1 | 0 | 0 | 0 |
| Miso Lime Ginger | 50 | 432 | 105 | 10 | 1 | 5 | 4 | 1 | 2 | 2 |
| Cucumber Yoghurt | 50 | 395 | 96 | 9 | 3 | 2 | 1 | 0 | 2 | 0 |
| Tahini Dressing | 50 | 661 | 160 | 16 | 2 | 2 | 2 | 0 | 3 | 0 |
| Coriander Lime | 50 | 1102 | 268 | 29 | 2 | 1 | 0 | 0 | 1 | 0 |
| Spicy Cashew | 50 | 474 | 115 | 10 | 1 | 6 | 3 | 1 | 1 | 2 |
| Roast Garlic | 50 | 1030 | 250 | 25 | 2 | 4 | 2 | 0 | 2 | 1 |
| Green Goddess | 50 | 400 | 97 | 10 | 1 | 1 | 0 | 1 | 1 | 0 |
| BEVERAGES | Serving Size (g) | Energy (kj) | Energy (kcal) | Fat (g) | Of which saturates (g) | Carbohydrate (g) | Of which sugars (g) | Fibre (g) | Protein (g) | Salt (g) |
| Cucumber Ginger | 475 | 251 | 60 | 0 | 0 | 0 | 10 | 0 | 0 | 5 |
| Hibiscus Lemonade | 475 | 251 | 60 | 0 | 0 | 0 | 10 | 0 | 0 | 5 |
| Jasmin Mint Lime | 475 | 251 | 60 | 0 | 0 | 0 | 10 | 0 | 0 | 5 |