

# 'Flavourful, healthy and nutritious'

That's how the owners of City Road's new eatery would describe their salads, which are now available for the Old Street crowds

**Superb news if you work close to Old Street, or if you just like good food and artisanal coffee generally.**

Found on City Road, *atis* is the area's new all-day eatery where you can get your fix of made-to-order salads, warm bowls, coffees, alcohol-free beers and cold-pressed juices.

Created by husband-and-wife team Phil Honer and Eleanor Warder, a "plant-forward but flexible lifestyle" is central to *atis*, so you'll find vegan, vegetarian and meat-based options available.

*atis* announced their arrival by dishing out 100 salad bowls for £1 last week and now they're in full flow serving breakfast on-the-go, salads in your lunch break and hearty dishes at dinner-time. There's also an in-house barista specialist called Maurizio.

Warder, a former sommelier at Holborn's

Noble Rot, says: "We have strived to create a modern and stylish space where people can come for a break outside of their working day and know that they can get a bowl of food that will be full of flavour, healthy and nutritious."

"The idea came from wanting to fill a need for a grab-and-go in London where the food, the space and the experience are all in line with each other – premium, modern and refreshing."

*atis* opens from 7.30am every weekday (and 8.30am on Saturday) with sample dishes including Avo smash on sourdough bread, tamari seeds and coriander; Mushrooms on sourdough toast, parsley yoghurt, a sprinkling of dukkah; and seasonal Kale Ploughman's.

Their Dahl-ing bowl, meanwhile, features a tasty-sounding and health-conscious blend of lentils, spinach, cherry tomatoes,



Well, would you look *atis*? Customers check out the new *atis* salad bar last week.

Picture: ATIS

and some other tasty greens – topped with a mint and curry yoghurt dressing.

To drink, *atis* is also your place for "specialist drinks, including Kombucha on tap" for those who need perking up after a dreary day at their desk.

**Dan Splarn**

*atis*, The Atlas Building, 145 City Road, EC1V 1AZ. Instagram: @atisfoodldn

## what's on bite

### Review

**I've always been a bit suspicious of calzones, but with Yard Sale serving them up for the first time at its new eatery in Hackney Road, I thought it was time to bite the bullet.**

There's four to choose from. I was drawn to the special – pork sausage, mozzarella, roasted shallots and chimichurri sauce – and it might just have made me a calzone convert.

Somehow it felt lighter than a regular pizza, and the tip-top ingredients were complemented by the fresh and tangy sauce.

Of course, all Yard Sale's regular pizzas are also on offer. My boyfriend chose the



Yard Sale's new calzones.

Picture: JUSTIN DE SOUZA

excellently titled 'New Yorker' – fresh Sicilian sausage, guindilla chillies, garlic, oregano & fresh basil – to share alongside the calzone.

Naturally it didn't disappoint, although it seemed far less exciting now that it had competition.

We couldn't resist rounding off our meal with a Happy Ending 'Malty one' because, frankly, there's no occasion when these supreme ice cream sandwiches aren't the right call.

**Janine Rasiah**

More: yardsalepizza.com

enjoy **BOOKS** more!

save 40%

**TODAY**  
A History of Our World through 60 Years of Conversations & Controversies

**The first ever book on BBC Radio 4's flagship news and current affairs programme shares 60 world-changing stories as they were broadcast.**

Today is the perfect book for fans of the programme and a fascinating journey through modern Britain. **SAVE 40%** at Enjoy Books More!

**save £10**

RRP £25  
**OUR PRICE £15**

See more offers at [www.enjoybooksmore.co.uk/offers](http://www.enjoybooksmore.co.uk/offers) or phone 020 3176 2934

• ANOTHER GREAT OFFER FROM YOUR LOCAL NEWSPAPER •

UK postage from £2.99. Promotional prices valid for a limited time only.