

## ATIS NUTRITIONAL GUIDE – SUMMER 2020

<b>WARM BOWLS</b>	Dietary 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)
Chickpea'd	Vegetarian - Gluten Ingredient Free	285	1012	245	14.4	3.1	17.8	5.7	2.9	6.3	1
Shroomi	Vegetarian - Gluten Ingredient Free	450	3254	782	61	13.6	41.3	10.9	5.3	19.6	3.6
Miso Hungry	Vegan - Vegetarian - Gluten Ingredient Free - Dairy Free	316.25	1661.9	396.9	18.8	3.8	45.8	21.5	7.4	13.3	5.1
<b>SALADS</b>	Dietary 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)
Keep It Lean	Vegan - Vegetarian - Gluten Ingredient Free - Dairy Free	335	1490	360	29	5	9	13	7	13	3
Azteca	Vegetarian	365	2460	594	48	9	28	8	5	16	2
Spicy Raw Thai	Vegan - Vegetarian - Gluten Ingredient Free - Dairy Free	301	1090	261	17	4	17	11	5	11	2
Habibi Tahini	Vegetarian - Gluten Ingredient Free	375	1761	425	34	8	15	8	4	17	2
<b>SEASONAL BOWLS</b>	Dietary 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)
Seiz'a Caesar	Pescatarian	290	1007	243	17	4	13	6	4	10	1
Summer x atis	Vegetarian - Gluten Ingredient Free	271	1472	354	26	4	20	10	5	12	4
Mezze Me Crazy	Vegetarian - Gluten Ingredient Free	335	2501	603	53	7	23	11	5	13	4
Summer Emperor	Vegetarian - Gluten Ingredient Free - Dairy Free	331	2545	611	23	6	75	27	11	26	3

***PLEASE NOTE NUTRITIONAL INFORMATION FOR THE BOWLS DO INCLUDE DRESSINGS.***

<b>SEASONAL INGREDIENTS</b>	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)
Spring Tatties	45	192	46	1.9	0.3	6.8	0.6	0.8	0.8	0.2
Spring Slaw	45	37	9	0.1	0	1.7	1.5	0.9	0.4	0.4
Pickled Cucumber	40	91	21	0.3	0	4.5	4.5	0.2	0.4	2
Spiced Chickpeas	40	274	65	3.8	0.5	5.7	0.2	0.1	2.5	0.2
Toasted Parmesan Breadcrumbs	15	201	48	2.4	0.5	5.3	0.4	0.3	1.5	0.4
Caesar Dressing	50	470	114	10.3	1.9	3.3	2.1	0.1	2	0.3
Pesto Dressing	50	850	206	21	2.8	1.4	0.5	0	2.9	0.4
Romesco Dressing	50	960	233	24.4	3.2	1.5	1.1	1.2	2.2	0
Sesame Glass Noodles	80	1222	292	2.4	0.2	57.6	0.9	4.7	10.4	0
Parmesan Shavings	30	150.3	36.3	2.7	1.8	0	0	0	2.9	0.2

<b>BASES</b>	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
Quinoa	90	451	108	2	0	19	0	3	4	1

<b>INGREDIENTS</b>	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

<b>CRUNCHES</b>	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
<b>PREMIUMS</b>	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 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
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
Miso Sesame Tofu	80	428	105	7	1	7	7	0	6	1
Roast Trout	90	938	225	15	3	1	1	0	22	1
Blackened Chicken	100	835	200	11	2	0	0	0	25	1

<b>DRESSINGS</b>	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 Dressing	50	432	105	10	1	5	4	1	2	2
Cucumber Yoghurt Dressing	50	395	96	9	3	2	1	0	2	0
Tahini Dressing	50	661	160	16	2	2	2	0	3	0
Coriander Lime Dressing	50	1102	268	29	2	1	0	0	1	0
Spicy Cashew Dressing	50	474	115	10	1	6	3	1	1	2

***SOME MENU ITEMS MAY BE SUBJECT TO SEASONAL AND STORE AVAILABILITY! PLEASE DO GET IN CONTACT WITH US IF YOU HAVE ANY QUESTIONS.***