

atis

SUMMER SPECIALS

SEIZ'A CAESAR (P)

R: 5.80 L: 6.50

SHREDDED KALE, CHOPPED ROMAINE, RADISHES, PARMESAN SHAVINGS, SPRING SLAW, PARMESAN SOURDOUGH CRUMBS, CLASSIC CAESAR DRESSING

TRY WITH: **BLACKENED CHICKEN +3.00**

atis x SUMMER (V) (GF)

R: 6.30 L: 7.50

GREEN LEAF MIX, PEAS, SPRING ONION, ROASTED LEMON BROCCOLI, SOFT BOILED EGG, HERBY POTATOES, PICKLED CUCUMBER, PESTO DRESSING

TRY WITH: **ROAST CHALK STREAM TROUT +4.95**

MEZZE ME CRAZY (V) (GF)

R: 6.50 L: 7.50

SPICED CHICKPEAS, CHOPPED ROMAINE, SPRING SLAW, HOUSEMADE HOUMOUS, PICKLED RED ONION, PICKLED CUCUMBER, DUKKAH, TAHINI YOGHURT, ROMESCO DRESSING

TRY WITH: **BLACKENED CHICKEN +3.00**

SUMMER EMPEROR (V) (GF) (DF)

R: 6.80 L: 7.50

SESAME GLASS NOODLES, BABY SPINACH, EDAMAME, SHREDDED RED CABBAGE, CARROT, SOFT BOILED EGG, SPRING ONION, PICKLED GINGER, TAMARI SEEDS, MISO + LIME GINGER DRESSING

TRY WITH: **MISO SESAME TOFU +2.50**

TRY WITH: **MISO SESAME TOFU +2.50**

WARM BOWLS

MISO HUNGRY (V) (DF) (GF)

R: 8.30 L: 9.30

WILD RICE MIX, SHREDDED KALE, SHAVED BEETROOT, ROASTED LEMON BROCCOLI, EDAMAME, PICKLED GINGER, MISO SESAME TOFU, CRISPY SHALLOTS, MISO + LIME GINGER DRESSING

SHROOMI (V) (GF)

R: 7.90 L: 8.30

WILD RICE MIX, SPINACH, CARROT, SHAVED BEETROOT, ROASTED SHROOMS, GOAT'S CHEESE, CRISPY SHALLOTS, BALSAMIC VINAIGRETTE + TAHINI DRESSING

TRY WITH: **BLACKENED CHICKEN +3.00**

CHICKPEA'D (V) (GF)

R: 7.40 L: 8.20

QUINOA, BABY SPINACH, SPICED CHICKPEAS, CHERRY TOMATOES, PICKLED RED ONION, TURMERIC ROASTED CAULIFLOWER, CORIANDER, MINT, PUFFED RICE, CUCUMBER + MINT YOGHURT DRESSING

TRY WITH: **BAKED FALAFEL +2.00**

SALADS

AZTECA (V)

R: 7.50 L: 8.50

CHOPPED ROMAINE, BABY SPINACH, SWEETCORN, BLACK BEANS, PICKLED RED ONION, CRUMBLLED FETA, SMASHED AVOCADO, TORTILLA SHARDS, LIME + CORIANDER DRESSING

TRY WITH: **BLACKENED CHICKEN +3.00**

SPICY RAW THAI (V) (V) (DF) (GF)

R: 5.40 L: 5.90

ROMAINE, SHREDDED RED CABBAGE, CARROT, CUCUMBER, BEAN SPROUTS, CORIANDER, ROASTED PEANUTS, LIME SQUEEZE, RED CHILLI, CRISPY SHALLOTS, SPICY CASHEW DRESSING

TRY WITH: **MISO SESAME TOFU +2.50**

HABIBI TAHINI (V) (GF)

R: 6.90 L: 7.50

BABY SPINACH, CHOPPED ROMAINE, CUCUMBER, CRUMBLLED FETA, PICKLED RED ONION, CHERRY TOMATOES, TURMERIC ROASTED CAULIFLOWER, HOUSE HOUMOUS, DUKKAH, MINT, TAHINI YOGHURT DRESSING

TRY WITH: **BAKED FALAFEL +2.00**

KEEP IT LEAN (V) (V) (DF) (GF)

R: 6.20 L: 7.10

GREEN LEAF MIX, EDAMAME, CUCUMBER, ROASTED LEMON BROCCOLI, SMASHED AVOCADO, TAMARI SEEDS, LIME + CORIANDER DRESSING

TRY WITH: **BLACKENED CHICKEN +3.00**

ADD
PROTEINS,
HOT
TOPPINGS
+ EXTRA
PREMIUMS
TO YOUR
BOWL

PROTEINS/ HOT TOPPINGS

MISO SESAME TOFU +2.50
BLACKENED CHICKEN +3.00
ROAST CHALK STREAM TROUT +4.95
BAKED FALAFEL + 2.00
ROASTED SHROOMS +2.00

PREMIUMS

HOUSEMADE HOUMOUS +1.50
AVO SMASH +2.00
CRUMBLLED FETA +1.00
GOAT'S CHEESE +1.00
SOFT BOILED EGG +1.00

(GF) GLUTEN FREE

(V) VEGETARIAN

(V+) VEGAN

(DF) DAIRY FREE

(P) PISCATARIAN

atis, UNIT 3, THE ATLAS BUILDING, 145 CITY ROAD, EC1V 1AZ

WWW.ATISFOOD.COM | @ATISFOODLDN

E: INFO@ATISFOOD.COM | M: 07425 258177

atis

COLD DRINKS

COLD PRESSED JUICES

CHARGED UP CARROT, LEMON, LIME, ORANGE, PINEAPPLE, TURMERIC	5
PRIME NUMBER CARROT, PEAR, ORANGE, PINEAPPLE, LEMON, BEETROOT, GINGER	5
GREEN THERAPY APPLE, CELERY, CUCUMBER, GINGER, KALE, LEMON, PARSLEY, ROMAINE	5
BOOSTERS TURMERIC + / HOT CITRUS	4

HEALTH DRINKS + SODAS

FIX8 KOMBUCHA (BOTTLE) STRAWBERRY TULSI	5
TRIP CBD INFUSED DRINKS ELDERFLOWER MINT PEACH GINGER LEMON BASIL	4.50
DASH SPARKLING WATER LEMON PEACH	2.40
FREESTAR	4

COFFEE + TEA

ESPRESSO	2.30
LONG BLACK	2.40
MACCHIATO	2.60
CORTADO	2.70
FLAT WHITE	2.40
LATTE	2.50
CAPPUCCINO	3.00
MOCHA	2.90 - 3.30
HOT CHOCOLATE	2.90 - 3.30

CHAI LATTE	3.10 - 3.60
TURMERIC LATTE	3.10 - 3.60
MATCHA LATTE	

EXTRAS	
OAT MILK	+0.30
EXTRA SHOT	+0.50
ICE IT UP	FREE!

ENGLISH BREAKFAST /	1.90
EARL GREY /	
CHAMOMILE /	
HIBISCUS /	
PEPPERMINT /	
ROOIBOS / JADE TIPS	
GREEN	

SNACKS

NOT STRICTLY NUTS	3.50
JAKARTA NUTS	3.50
ROSEMARY+THYME PITTA CHIPS	1.60
SEA SALT DARK CHOCOLATE	1.60
HOUSEMADE GRANOLA (400g)	4.50

SWEET TREATS

BANANA BREAD	3.50
--------------	-------------