

ATIS NUTRITIONAL GUIDE – AUTUMN 2020

SASONAL 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)
The Autumn Bowl	Gluten Ingredient Free - Vegetarian	325	2728.5	656.8	48	9.8	43.3	14.2	6.5	15.1	2.4
Squash Satay	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	375	1566	374	17	2.1	48.4	11.7	6.1	8.8	3
Oh My Cobb	Gluten Ingredient Free - Vegetarian	331	2264	548	48.1	11.2	11.8	8	5	16.7	1.5
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)
Seiz'a Caesar		265	879	212	14	3	14	7	5	7	1
Axteca	Vegetarian	365	2460	594	48	9	28	8	5	16	2
Keep It Lean	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	315	1108	267	19	5	9	13	7	12	2
SEASONAL 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)
Shroomi	Gluten Ingredient Free - Vegetarian	450	3152	758	59	12	41	11	5	18	4
Miso Hungry	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	440	1975	473	25	5	51	27	8	15	6
Mezze Me Crazy	Gluten Ingredient Free - Vegetarian	390	2017	486	30	4	40	7	7	14	3

SEASONAL 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)
Spiced Chickpeas	40	274	65	3.8	0.5	5.7	0.2	0.1	2.5	0.2
Seasonal slaw	45	37	9	0.1	0	1.7	1.5	0.9	0.4	0.4
Pear	35	196	47	0.1	0	1.7	2	0.7	0.1	0.3
Raisins	15	95	15	0.6	0	3	0.5	0.3	0	0.1
Walnuts	15	98	24	1.1	0.1	3	0	0.1	0.3	0.13
Blue Cheese	35	465	112	9	6.3	0.4	0.4	0	7.4	0.54
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
Quinoa	90	451	108	2	0	19	0	3	4	1

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
Turmeric Roasted Cauliflower	40	149	36	3	0	2	2	1	1	0
Carrot Ribbons	30	44	10	0	0	2	2	1	0	0
Charred Corn	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
Pickled Red Onion	20	28	7	0	0	1	1	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)
Toasted Parmesan Breadcrumbs	15	201	48	2.4	0.5	5.3	0.4	0.3	1.5	0.4
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 Shallots	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 Feta	35	363	88	7	5	1	1	0	6	1
Blue Cheese	35	465	112	9	6	0	0	0	7	1
Parmesan Shavings	30	150	36	3	2	0	0	0	3	0
Houmous	40	358	86	6	1	6	0	0	3	1
Soft Boiled Egg	1	66	16	0	0	0	0	0	4	0
Roasted Roots	70	259	62	3	0	8	4	2	1	0
Grilled Shrooms	100	191	46	4	1	1	1	1	2	0
Sticky Aubergine	130	336	81	6	1	7	6	0	2	1
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 Chalkstream Trout	90	938	225	15	3	1	1	0	22	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 Vinaigrette	50	1049	255	27	4	2	2	0	1	1
Caesar Dressing	50	470	114	10	2	3	2	0	2	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
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
<i>SOME MENU ITEMS MAY BE SUBJECT TO SEASONAL AND STORE AVAILABILITY! PLEASE DO GET IN CONTACT WITH US IF YOU HAVE ANY QUESTIONS.</i>										