

# ATIS ALLERGEN GUIDE – WINTER 2020/21

	NAME	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SEASAME SEEDS	SOYBEAN	SULPHITES
SEASONAL BOWLS	atis x Club Cultured	Dairy Free - Vegan - Vegetarian		X								X		X	X	X
	Smokey Butterbean Stew	Vegetarian	X	X		X			X					X		X
	Squash Stew	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	X													X
	The Winter Bowl	Dairy Free - Vegan - Vegetarian		X								X				X
SALADS	Seiz'a Caesar			X		X	X		X	X						
	Azteca	Vegetarian		X			X									X
	Keep It Lean	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian												X	X	X
WARM BOWLS	Shroomi	Gluten Ingredient Free - Vegetarian				X			X		X			X		X
	Miso Hungry	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian												X	X	
	Mezze Me Crazy	Gluten Ingredient Free - Vegetarian				X					X	X		X		X
TOPPINGS	Soft Boiled Egg	Dairy Free - Gluten Ingredient Free - Vegetarian				X										
	Feta / Parmesan	Gluten Ingredient Free - Vegetarian							X							
	Housemade Hummus	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian												X		
	Smashed Avocado	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
	Baked Falafel	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian												X		
	Grilled Shrooms	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
	Blackened Chicken	Dairy Free - Gluten Ingredient Free														X
	Umami Aubergine	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian													X	
	Gochujang Tempeh	Dairy Free - Vegan - Vegetarian		X										X	X	
Yoghurt Chicken	Gluten Ingredient Free							X								
DRESSINGS	Balsamic Vinaigrette	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian									X					X
	Classic Caesar	Gluten Ingredient Free				X	X		X							
	Lime Coriander	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														X
	Miso Lime Ginger	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian												X	X	
	Maple Apple Cider Vinaigrette	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian									X					X
	Roasted Cashew	Dairy Free - Vegan - Vegetarian		X								X		X	X	
Tahini	Gluten Ingredient Free - Vegetarian				X			X		X			X	X		
CRUNCHES	Crispy Shallots	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
	Dried Cranberries	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
	Dukkah	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian										X		X		
	Sourdough Breadcrumbs	Dairy Free - Vegan - Vegetarian		X												
	Tamari Seeds	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian												X	X	
	Toasted Pecans	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian										X				
	Toasted Coconut	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
Tortilla Shards	Dairy Free - Vegan - Vegetarian		X													
SIDE POTS	Aubergine Parmigiana	Vegetarian	X	X					X						X	X
	Mini Mezze	Gluten Ingredient Free - Vegetarian				X			X		X	X		X		X
SWEET TREATS	Banana Bread	Vegetarian		X		X			X			X				
	Vegan Brownie	Dairy Free - Vegan - Vegetarian		X												

INDIVIDUAL FOODS MAY COME IN CONTACT WITH ONE ANOTHER DURING PREPARATION WHICH IS NOT REFLECTED ON THIS CHART. ALTHOUGH EFFORTS ARE MADE TO AVOID CROSS-CONTACT OF ALLERGENS, ATIS DOES NOT GUARANTEE THAT CROSS-CONTACT WITH ALLERGENS WILL NOT OCCUR. BEFORE PLACING YOUR ORDER, PLEASE INFORM YOUR TEAM MEMBER IF YOU OR ANYONE IN YOUR PARTY HAS A FOOD ALLERGY.