

## ATIS NUTRITIONAL GUIDE – WINTER 2020/21

SEASONAL BOWLS (LARGE)	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)
Smokey Butterbean Stew	Vegetarian	470	2054	494	40.4	8.7	23.5	9.8	3.6	21	12.5
The Winter Bowl	Dairy Free - Vegan - Vegetarian	290	1967.5	476.8	41.4	4.3	18.1	11.2	4.2	8.2	1.7
Squash Stew	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	610	2962.6	709	50.3	3.6	62.3	20.4	10.5	15.5	12.1
atis x Club Cultured	Dairy Free - Vegan - Vegetarian	530	2419.8	578.8	26.6	4.2	52.2	16.3	6.1	27.5	5.1
SALADS (LARGE)	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
WARM BOWLS (LARGE)	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 BOWLS (REGULAR)	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)
Smokey Butterbean Stew	Vegetarian	390	1946	469	39.5	8.5	21.3	7.8	2.6	19.6	11.7
The Winter Bowl	Dairy Free - Vegan - Vegetarian	270	1953.9	471.8	41.1	4.3	17.9	11	3.8	7.8	1.7
Squash Stew	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	500	2724	654	48	3.4	65.1	18.3	9.5	14.2	10.6
atis x Club Cultured	Dairy Free - Vegan - Vegetarian	490	2387.8	569.8	26.3	4.2	49.8	16.2	5.6	27	5
SALADS (REGULAR)	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		285	929	222	15	3	15	7	5	7	1
Axteca	Vegetarian	355	2456	593	47	9	28	8	5	15	2
Keep It Lean	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	305	2178	526	48	6	9	12	6	12	3
WARM BOWLS (REGULAR)	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	460	3130	750	59	12	39	11	7	17	4
Miso Hungry	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	450	1938	461	24	5	49	26	7	14	6
Mezze Me Crazy	Gluten Ingredient Free - Vegetarian	415	2015	485	30	4	40	7	7	14	3

SIDE POTS	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)
Blackened Chicken	Dairy Free - Gluten Ingredient Free	225	1670	400	22.2	4.8	0.4	0	0.2	50.8	1.04
Yoghurt Roasted Chicken	Gluten Ingredient Free	225	1881.9	480	8.4	1.5	7.2	2.4	0.6	79.2	2.4
Gochujang Tempeh	Dairy Free - Vegan - Vegetarian	290	1673.6	400	18	1.6	18	0	0	30	1.8
Aubergine Parmigiana	Vegetarian	180	599.3	146.3	10.8	4.2	11.7	4.1	1.3	7.9	4
Mini Mezze	Gluten Ingredient Free - Vegetarian	205	1613	388	32.3	4.1	17.3	4.3	1.6	10.6	2.1
Winter Slaw	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	50	37	9	0.1	0	1.7	1.5	0.9	0.4	0.4

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)
Yoghurt Roasted Chicken	90	627.3	160	2.8	0.5	2.4	0.8	0.2	26.4	0.8
Gochujang Tempeh	115	836.8	200	9	0.8	9	0	0	15	0.9
Squash Stew	300	1001	238	16.4	0.8	27.9	16.4	5.3	7.4	10.7
Butterbean Stew	300	500	118	6.4	0.5	16.5	7.1	2.4	9.5	10.5
Brussel Sprouts	30	22	5	0.1	0	0.5	0.5	0	0.5	0
Garlic Chard	30	418	101	9.7	1.3	2.4	0.5	0.2	1.5	0.7
Winter Slaw	50	37	9	0.1	0	1.7	1.5	0.9	0.4	0.4
Dried Cranberries	20	128.9	30.8	0.4	0	8.2	6.5	0.6	0	0.3
Toasted Coconut	15	201	41	2	0	3	0	1	1	0
Toasted Pecans	25	284	69	7	0.7	0.3	0.3	0	1.5	0
Maple Apple Cider Vinaigrette	50	1154	281	30	3	1.2	1.2	0	0.7	0.5

<b>BASES</b>	<b>Serving Size (g)</b>	<b>Energy (kj)</b>	<b>Energy (kcal)</b>	<b>Fat (g)</b>	<b>Of which saturates (g)</b>	<b>Carbohydrate (g)</b>	<b>Of which sugars (g)</b>	<b>Fibre (g)</b>	<b>Protein (g)</b>	<b>Salt (g)</b>
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
Spiced Chickpeas	150	723	174	3.3	0.6	21	0.6	1.2	1.2	0.3
Quinoa	90	451	108	2	0	19	0	3	4	1
<b>INGREDIENTS</b>	<b>Serving Size (g)</b>	<b>Energy (kj)</b>	<b>Energy (kcal)</b>	<b>Fat (g)</b>	<b>Of which saturates (g)</b>	<b>Carbohydrate (g)</b>	<b>Of which sugars (g)</b>	<b>Fibre (g)</b>	<b>Protein (g)</b>	<b>Salt (g)</b>
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 Ginger	5	18	4	0	0	1	1	0	0	0

CRUNCHES	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)
Sourdough 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
Parmesan Shavings	30	150	36	3	2	0	0	0	3	0
Housemade Hummus	40	358	86	6	1	6	0	0	3	1
Soft Boiled Egg	1	66	16	0	0	0	0	0	4	0
Grilled Shrooms	100	191	46	4	1	1	1	1	2	0
Umami Aubergine	130	336	81	6	1	7	6	0	2	1
Baked Falafel	60	485	116	8	1	8	1	0	4	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
Lime Squeeze	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
Lime Coriander Dressing	50	1102	268	29	2	1	0	0	1	0
Roasted 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!*