

ATIS NUTRITIONAL GUIDE – WINTER 2020/1

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	9	24	10	4	21	13
The Winter Bowl	Dairy Free - Vegan - Vegetarian	290	1968	477	41	4	18	11	4	8	2
Squash Stew	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	610	2963	709	50	4	62	20	11	16	12
atis x Club Cultured	Dairy Free - Vegan - Vegetarian	530	2420	579	27	4	52	16	6	28	5
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	40	9	21	8	3	20	12
The Winter Bowl	Dairy Free - Vegan - Vegetarian	270	1954	472	41	4	18	11	4	8	2
Squash Stew	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	500	2724	654	48	3	65	18	10	14	11
atis x Club Cultured	Dairy Free - Vegan - Vegetarian	490	2388	570	26	4	50	16	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	5	0	0	0	51	1
Rotisserie Chicken	Dairy Free - Gluten Ingredient Free	225	1870	460	6	2	6	2	1	69	3
Gochujang Tempeh	Dairy Free - Vegan - Vegetarian	290	1674	400	18	2	18	0	0	30	2
Buffalo Chicken	Gluten Ingredient Free	200	1926	474	6	2	6	2	1	71	3
Winter Slaw	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	50	37	9	0	0	2	2	1	0	0
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)
Rotisserie Chicken		90	748	184	2	1	2	1	0	28	1
Gochujang Tempeh		115	837	200	9	1	9	0	0	15	1
Umami Salmon		120	834	200	12	3	1	2	0	28	1
Squash Stew		300	1001	238	16	1	28	16	5	7	11
Butterbean Stew		300	500	118	6	1	17	7	2	10	11
Brussel Sprouts		30	22	5	0	0	1	1	0	1	0
Garlic Chard		30	418	101	10	1	2	1	0	2	1
Winter Slaw		50	37	9	0	0	2	2	1	0	0
Dried Cranberries		20	129	31	0	0	8	7	1	0	0
Toasted Coconut		15	201	41	2	0	3	0	1	1	0
Toasted Pecans		25	284	69	7	1	0	0	0	2	0
Maple Apple Cider Vinaigrette		50	1154	281	30	3	1	1	0	1	1

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
Spiced Chickpeas	150	723	174	3	1	21	1	1	1	0
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 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)
Sourdough Breadcrumbs	15	201	48	2	1	5	0	0	2	0
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)
Avocado Halves	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
Blackened Chicken	90	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
Balsamic Vinegar	25	100	24	0	0	5	5	0	0	0
Caesar Dressing	50	470	114	10	2	3	2	0	2	0
Lime Squeeze	35	13	3	0	0	1	1	0	0	0
Lime Coriander Dressing	50	1102	268	29	2	1	0	0	1	0
Miso Lime Ginger Dressing	50	432	105	10	1	5	4	1	2	2
Olive Oil	25	845	206	23	4	0	0	0	0	0
Tahini Dressing	50	661	160	16	2	2	2	0	3	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!