

ATIS ALLERGEN GUIDE – APRIL 2021

	NAME	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SEASAME SEEDS	SOYBEAN	SULPHITES
*SEASONAL BOWLS	<i>Gochu Tempted</i>	Dairy Free - Vegan - Vegetarian		X								X		X	X	X
	<i>Greek Goddess</i>	Vegetarian		X					X		X					X
	<i>Caul Me Baby</i>	Dairy-Free + Gluten Ingredient Free - Vegan - Vegetarian														X
	<i>Spring Time</i>	Gluten Ingredient Free - Vegetarian							X			X				
*SALADS	<i>Seiz' a Caesar</i>			X		X	X		X							
	<i>Azteca</i>	Vegetarian		X					X							X
	<i>Keep It Lean</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian												X	X	X
*WARM BOWLS	<i>Shroomi</i>	Gluten Ingredient Free - Vegetarian				X			X		X			X		X
	<i>Miso Hungry</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian												X	X	
	<i>The Healer</i>	Gluten Ingredient Free - Vegetarian				x			X		X	X		X		X
<p>ITEMS THAT ARE ITALICISED ARE SUBJECT TO SEASONALITY. WE OPERATE IN AN OPEN KITCHEN THEREFORE 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.</p>																

*ALL BOWLS INCLUDE DRESSING AS STANDARD

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BASES	Baby Spinach	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
	Chopped Romaine	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian							S							
	Shredded Kale	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
	Wild Rice Mix	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
	Tri-Colour Quinoa	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
	<i>Cauliflower Couscous</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
INGREDIENTS	Black Beans	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
	Charred Corn	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
	Cucumber	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
	Edamame	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian													X	
	Charred Lemon Broccoli	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
	Pickled Ginger	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
	Pickled Red Onion	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														X
	Shaved Beetroot	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
	Shredded Carrot	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
	Turmeric Roasted Cauliflower	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
	<i>Chopped Herb Mix</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
	<i>Garden Peas</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
	<i>Kalamata Olives</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian											X		X	
	<i>Herb Lemon Radishes</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
	<i>Spring Roasted Greens</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
	<i>Seasonal Raw Slaw</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
<i>Tomato Medley</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian															
<i>Tahini Chickpeas</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian													X		

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PREMIUMS + HOT TOPPINGS	Soft Boiled Egg	Dairy Free - Gluten Ingredient Free - Vegetarian				X											
	Crumbled Feta / Parmesan Shavings	Gluten Ingredient Free - Vegetarian							X								
	House Hummus	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian												X			
	Avocado	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian															
	Roasted Umami Aubergine	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian													X		
	Grilled Shrooms	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian															
	Gochujang Organic Tempeh	Dairy Free - Vegan - Vegetarian		X										X	X		
	Rotisserie Style Chicken Breast	Dairy Free - Gluten Ingredient Free	X														
	Blackened Chicken Thigh	Dairy Free - Gluten Ingredient Free															X
	<i>Roasted Red Pepper Dip</i>	Dairy Free - Vegan - Vegetarian		X													X
	<i>Roasted Squash</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian															
<i>Pesto Salmon</i>	Gluten Ingredient Free					X		X			X						
DRESSINGS	Balsamic Vinegar	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian															X
	Classic Caesar	Gluten Ingredient Free				X	X		X								
	Lime Coriander	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian															X
	Lime Squeeze	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian															
	Miso Lime Ginger	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian												X	X		
	Olive Oil	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian															
	Roasted Cashew	Dairy Free - Vegan - Vegetarian		X								X		X	X		
	Tahini Yoghurt	Gluten Ingredient Free - Vegetarian				X			X		X			X			
	<i>Lemon Oregano</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian															X
<i>Pesto</i>	Gluten Ingredient Free - Vegetarian							X			X						
CRUNCHES	Crispy Shallots	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian															
	Dukkah	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian										X		X			
	Toasted Sourdough Crumbs	Dairy Free - Vegan - Vegetarian		X													
	Tamari Seeds	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian												X	X		
	Tortilla Shards	Dairy Free - Vegan - Vegetarian		X													
	<i>Smoky Almonds</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian										X					

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ADD ONS	Buffalo	Gluten Ingredient Free - Vegetarian							X						X	X
	Sriracha	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														X
	Sourdough	Dairy Free - Vegan - Vegetarian		X												
SIDE POTS	Buffalo Chicken	Gluten Ingredient Free	X			X	X		X						X	X
	<i>Roasted Red Pepper Dip</i>	Vegetarian		X					X							X
	<i>Roasted Squash + Cashew</i>	Dairy Free - Vegan - Vegetarian		X								X		X	X	
	<i>Mini Mezze</i>	Gluten Ingredient Free - Vegetarian				X			X		X	X		X		X
	<i>Seasonal Raw Slaw</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
SWEET TREATS	Vegan Banana Bread	Dairy Free - Vegan - Vegetarian		X											X	
	Vegan Brownie	Dairy Free - Vegan - Vegetarian		X											X	
	Vegan Cookie	Dairy Free - Vegan - Vegetarian		X											X	

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